



RLSS UK  
**Short Course Rules**  
Full Distance

## SHORT COURSE EVENTS

The event descriptions in this section are based on the standardized events contained in the International Life Saving Federation *Competition Manual*, and modified for 25 m short course swimming pools.

It is recommended that short course lifesaving competitions be conducted in facilities that comply with FINA facility standards. FINA facility rules are intended to provide the best possible environment for competitive use and training. (See FINA Rules & Requirements; Facility Rules; FR2 Swimming Pools at [www.fina.org](http://www.fina.org))

The following facility standards are based on FINA facility rules:

The pool shall be 25 m between automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end.

**Length** A tolerance of plus 0.03 m and minus 0.00 m in each lane is allowed.

### Starting platform

The height of the platform above the water surface shall be from 0.5 m to 0.75 m. The surface shall be at least 0.5 m x 0.5 m and covered with non-slip material. The starting platform shall be firm and give no springing effect.

### Depth

Except as specified in event-specific standards, a minimum depth of 1.0 m is required.

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

### Automatic officiating equipment and manual timekeeping

Automatic officiating equipment is recommended but not required. In RLSS UK recognized lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least three timekeepers.

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

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

**Automatic officiating equipment and manual timekeeping** (*cont'd*)

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

**Short course events**

The following pool events are described in this section:

Obstacle Swim – 200 m, 100 m, 50 m

Manikin Carry – 50 m

Rescue Medley – 100 m

Manikin Carry with Fins – 100 m

Manikin Tow with Fins – 100 m

Super Lifesaver – 200 m

Line Throw

Manikin Relay – 4 x 25 m

Obstacle Relay – 4 x 50 m

Medley Relay – 4 x 50 m

**5.0 GENERAL CONDITIONS FOR POOL COMPETITION**

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

- i) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- ii) A competitor or team absent from the start of an event shall be disqualified.
- iii) Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.
- iv) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).



### 5.1 GENERAL CONDITIONS FOR POOL COMPETITION (*cont'd*)

- v) The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events.
- vi) Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
- vii) Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.
- viii) A competitor who interferes with another competitor during a race shall be disqualified.
- ix) In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee to leave the pool.  
  
(Competitors must exit by the sides of the pool, not by the pool end over timing pads.)
- x) Competitors shall wear their team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.
- xi) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- xii) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

### 5.2 MANIKINS

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

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

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

## 5.2 MANIKINS (cont'd)

In events where the manikin is carried, the manikin (as victim) is presumed to be breathing. Competitors must carry the manikin while maintaining its mouth or nose above the surface.

In judging, officials should focus on the nose of the manikin. Officials shall disregard the water flowing over the manikin's mouth and/or nose due to the bow wave or wash created by the competitor or the manikin. "Surface" means the horizontal plane of the surface of a stillwater pool. "Pushing" means the manikin's head is held forward of the competitor's head.

"Surfacing the manikin" and "carrying the manikin" judging criteria apply only when the top of the manikin's head passes the relevant 5 m line or 10 m line. In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on "carrying the manikin" criteria.

**Towing the manikin:** Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

In the 5 m turn zone of the Manikin Tow with Fins, Super Lifesaver and Medley Relay events, competitors are not judged on the "towing the manikin" and "towing the victim" criteria.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

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

In judging, officials should focus on the nose of the manikin. Officials shall disregard the bow wave or wash created by the competitor or the manikin. "Surface" means the horizontal plane of the surface of a stillwater pool.



**5.2 MANIKINS** (cont'd)

**Manikin handlers:** A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the referee's approval, non-team members may act as handlers.

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

Manikin handlers must wear a team cap.

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

### 5.3 OBSTACLE SWIM

#### Event description – 200 m short course

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

#### Event description – 100 m short course

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

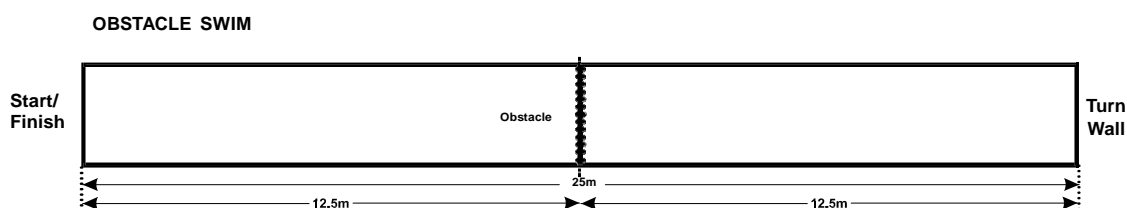
#### Event description – 50 m short course

With a dive entry on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacle to touch the finish edge of the pool.

#### Note

For all of the events described above:

- Competitors must surface after the dive entry before the obstacle; after passing under the obstacle; and after a turn prior to passing under the obstacle.
- The competitor may push off the pool bottom when surfacing from under the obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



#### Equipment

**Obstacles:** Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. Obstacles are positioned 12.5 m from the starting edge, in the middle of the pool.

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**5.3 OBSTACLE SWIM** *(cont'd)*

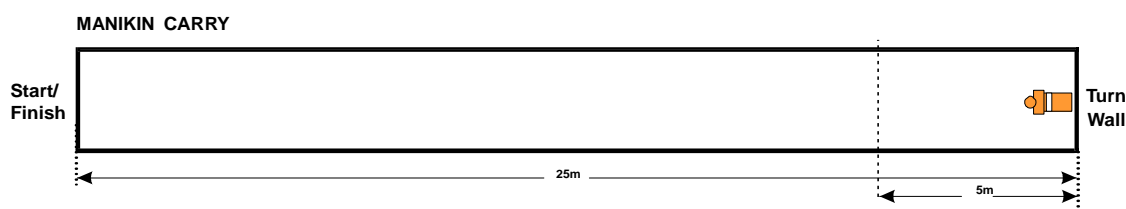
## 5.4 MANIKIN CARRY

### Event description – 50 m short course

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

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

Competitors need not touch the turning wall.



### Equipment

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

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

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

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

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

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Not surfacing before diving to the manikin.



**5.4 MANIKIN CARRY** (*cont'd*)

**Disqualification** (*cont'd*)

- ii) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- iii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- iv) Using an incorrect carrying technique as described in 5.2 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- vi) Releasing the manikin before touching the finish edge.
- vii) Failure to touch the finish edge

## 5.5 RESCUE MEDLEY

### Event description – 100 m short course

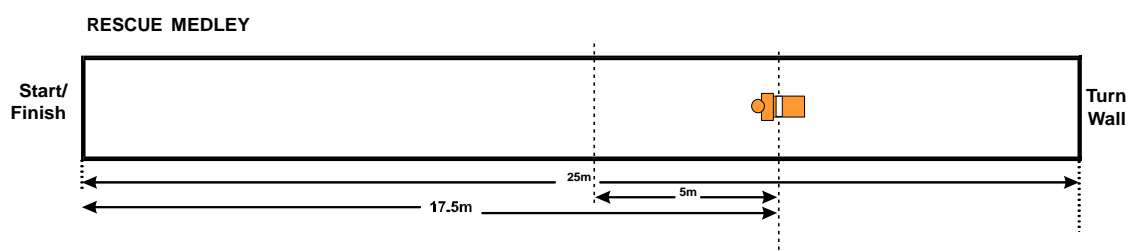
In short course pools, the Rescue Medley distance is approximately 85 m since competitors need not touch the turning wall after retrieving the manikin.

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

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

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

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



### Equipment

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

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

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

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

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Surfacing after turning and before lifting the manikin.



**5.5 RESCUE MEDLEY** (cont'd)

**Disqualification** (cont'd)

- ii) Breathing after the feet leave the turning edge and before surfacing with the manikin.
- iii) Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- iv) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- v) Using an incorrect carrying technique as described in 5.2 *Manikins*.
- vi) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.

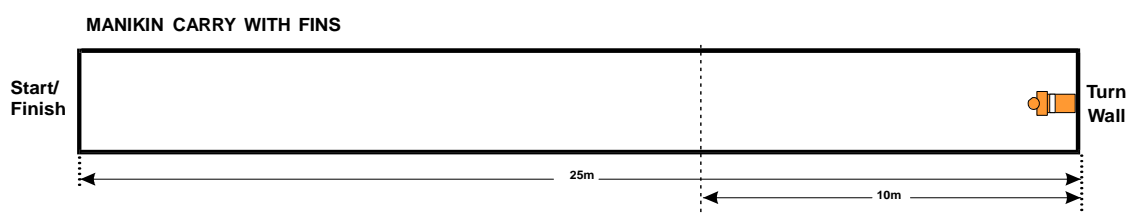
## 5.6 MANIKIN CARRY WITH FINS

### Event description – 100 m short course

With a dive start on acoustic signal, the competitor swims 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool.

On recovering the manikin competitors need not touch the turning edge of the pool.

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



### Equipment

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

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

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

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

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

**Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 5.2 *Manikins*). Competitors are not permitted to start again in another heat.



**5.6 MANIKIN CARRY WITH FINS** (*cont'd*)

**Disqualification**

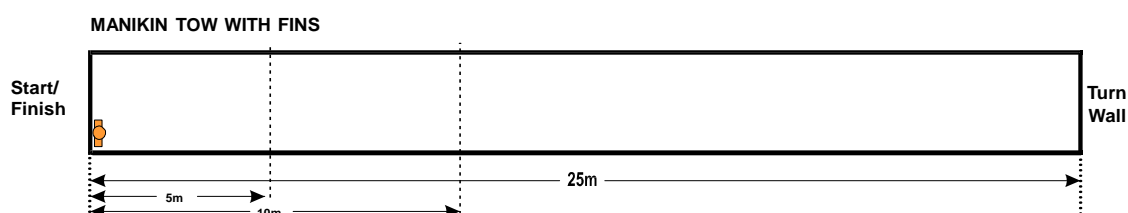
In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- ii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- iii) Using an incorrect carrying technique as described in 5.2 *Manikins*.
- iv) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- v) Releasing the manikin before touching the finish edge.
- vi) Failure to touch the finish edge.

## 5.7 MANIKIN TOW WITH FINS

### Event description – 100 m short course

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



### Equipment

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

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

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

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

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

**Starts with rescue tubes:** At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.

**Wearing rescue tubes:** Rescue tubes must be donned correctly with the loop across or over one shoulder.

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

## 5.7 MANIKIN TOW WITH FINS (cont'd)

### Equipment (cont'd)

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

Competitors must complete the freestyle swim by touching the pool edge before touching the manikin.

**Towing the manikin:** Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

In the 5 m turn zone competitors are not judged on the "towing the manikin" and victim criteria.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

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

As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

**Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 5.2 *Manikins*). Competitors are not permitted to start again in another heat.

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

## 5.7 MANIKIN TOW WITH FINS (*cont'd*)

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
- ii) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- iii) Manikin handler pushing the manikin towards the competitor or the finish edge.
- iv) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- v) Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- vi) At 50 m, not touching the pool edge before touching the manikin.
- vii) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- viii) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head.
- ix) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- x) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- xi) Pushing or carrying, instead of towing, the manikin.
- xii) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xiv) Touching the finish edge without the rescue tube and manikin in place.
- xv) Failure to touch the finish edge.

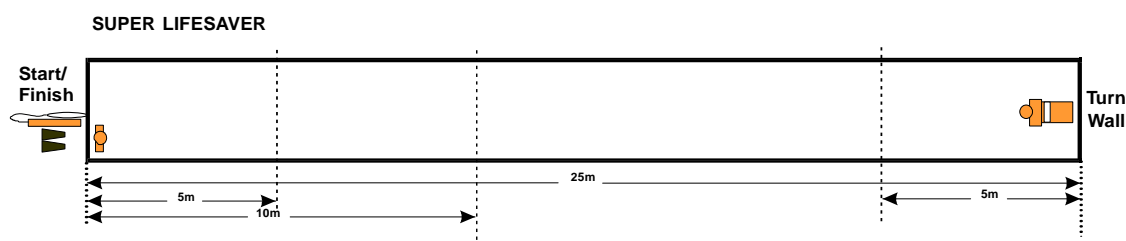
## 5.8 SUPER LIFESAVER

### Event description – 200 m short course

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

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

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



### Equipment

**Manikins, fins, rescue tubes:** Competitors must use the manikins and rescue tubes supplied by organisers.

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

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

The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.



## 5.8 SUPER LIFESAVER (cont'd)

### Equipment (cont'd)

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

A member of the competitor's team assists as manikin handler. With the referee's approval, non-team members may act as handlers, provided they are registered to participate at the championship in some capacity. Manikin handlers must wear a team cap.

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

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

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

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

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

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

**Wearing rescue tubes:** Rescue tubes must be donned correctly with the loop across or over one shoulder.

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

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

The competitors must complete the freestyle swim by touching the pool edge before touching the manikin.

**Towing the manikin:** Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the

## 5.8 SUPER LIFESAVER (cont'd)

### Equipment (cont'd)

surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

In the 5 m turn zone competitors are not judged on the "towing the manikin" and victim criteria.

When the top of the manikin's head passes the 10 m turning zone (on the final 25 m tow) the line of the tube must be fully extended.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

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

**Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as rules governing manikins are not violated (see 5.2 *Manikins*). Competitors are not permitted to start again in another heat.

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

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g. lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when surfacing with the manikin.
- ii) Surfacing the head of the first manikin beyond the 5 m pick-up zone.
- iii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick-up zone.
- iv) Using an incorrect carrying technique as described in 5.2 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).

**5.8 SUPER LIFESAVER** (*cont'd*)

**Disqualification** (*cont'd*)

- vi) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge / manikin.
- vii) Manikin handler pushing the manikin towards the competitor or the finish edge.
- viii) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge / manikin.
- ix) Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- x) At 150 m, not touching the pool edge before touching the manikin.
- xi) Incorrectly securing of the rescue tube around the manikin (i.e. not around body and under both arms and clipped to an O-ring).
- xii) Not securing the rescue tube around the manikin within the 5 m pick-up zone judged at the top of the manikin's head.
- xiii) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- xiv) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- xv) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xvi) Touching the finish edge without the rescue tube and manikin in place.
- xvii) Failure to touch the finish edge.

## 5.9 LINE THROW

### Event description

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

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

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

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

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

With a minimum required water depth of 1 m, competitors shall not be disqualified for standing or touching the pool bottom.

**On an acoustic starting signal:** The competitor shall retrieve the line, throw the line back to the victim, and pull him or her through the water until the victim touches the finish edge.

The victim remains in the water in his or her lane and the competitor remains in the throw zone until the referee signals the completion of the race.

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

**Fair throw:** Victims may grasp the throw line with their hands only within their lane. The lane marker is not “within the lane”. Victims may submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line with the other hand.

**Pull through the water:** While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not “climb” the throw line hand-over-hand. For safety reasons, victims may

### 5.9 LINE THROW (cont'd)

release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

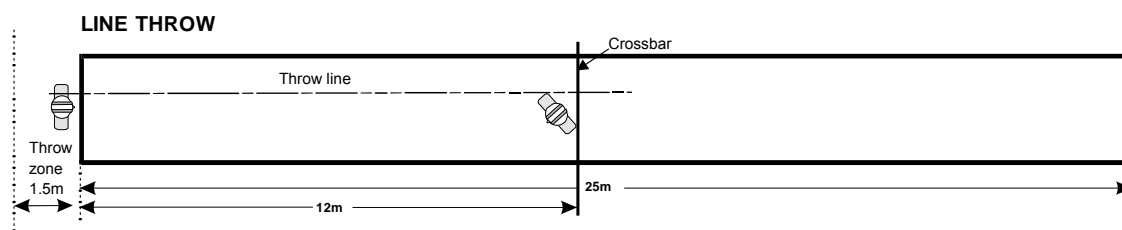
**Throw zone:** Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitors' body may touch or cross the throw zone line without penalty. Any part of the competitor's feet may cross over the front of the "pool edge" of the throw zone without penalty.

Competitors may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Competitors who enter (or fall into) the water shall be disqualified.

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



## 5.9 LINE THROW (*cont'd*)

### Equipment

**Throw line:** The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers.

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

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

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Victims releasing the designated mark on the crossbar before grasping the throw line with the other hand.
- ii) Victim grasping the throw line outside the lane.
- iii) Victim not on his or her front while being pulled to the finish edge.
- iv) Victim not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall).
- v) Victim “climbing” the throw line hand-over-hand.
- vi) Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.

**Note:** Failure to get the victim to the finish edge before the 45-second completion signal shall be designated “Did Not Finish” (DNF).

## 5.10 MANIKIN RELAY

### Event description – 4 x 25 m short course

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

**The first competitor:** starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turning edge. The second competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the first competitor has touched the turning edge.

**The second competitor:** carries the manikin 25 m to touch the turning edge. The third competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the second competitor has touched the turning edge.

**The third competitor:** carries the manikin 25 m to touch the turning edge. The fourth competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the third competitor has touched the turning edge.

**The fourth competitor:** completes the event by carrying the manikin 25 m to touch the finish edge with any part of the competitor's body.

Competitors one, two, and three must exit the water, but remain in their lane until the referee signals the completion of the event. Competitor four must remain in the water in their lane until the referee signals the completion of the event.

Only the incoming and outgoing competitors may participate in the manikin exchange.

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

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

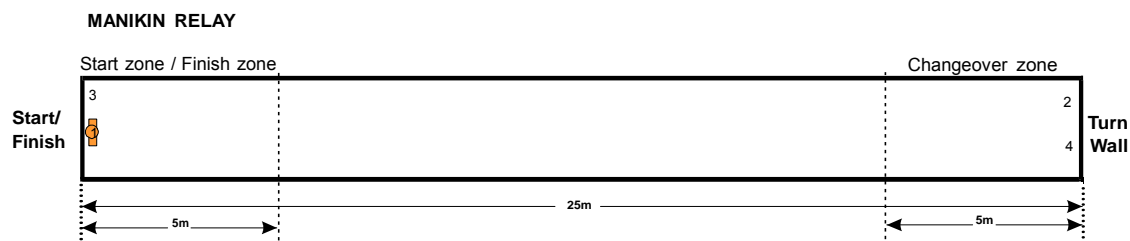
- at the start – 5 m from the pool wall
- at the turning wall – 5 m from the pool wall

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

At the start, competitors are not judged on "carrying the manikin" criteria (defined in 5.2) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

### 5.10 MANIKIN RELAY (cont'd)

Competitors are not judged on “carrying the manikin” criteria within the changeover zone.



#### Equipment

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

#### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Using incorrect manikin carry technique as described in 5.2 *Manikins*.
- ii) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- iii) Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- iv) The manikin changing hands:
  - Before or beyond the designated changeover zone
  - Before the first, second or third competitor touches the pool edge
  - Without the second, third or fourth competitor in touch with the pool edge
- v) Assistance from a third competitor during the exchange between the incoming and outgoing competitors.
- vi) Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.



#### 5.10 MANIKIN RELAY *(cont'd)*

##### **Disqualification** *(cont'd)*

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

The manikin exchange may take place at any time after the top of the manikin’s head has entered the changeover zone, but the exchange must occur within the changeover zone.

## 5.11 OBSTACLE RELAY

### Event description – 4 x 50 m short course

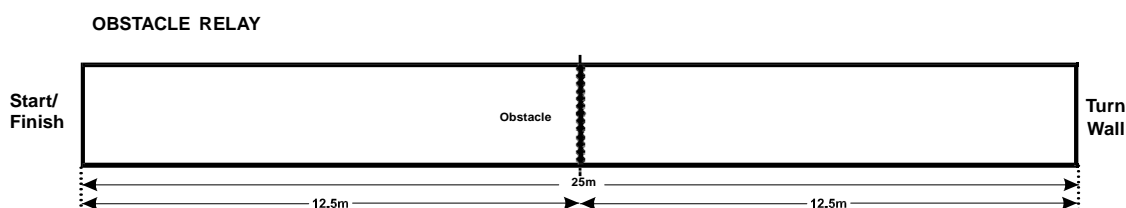
With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under the obstacle twice. After the first competitor touches the turning edge the second, third and fourth competitors repeat the procedure in turn.

Competitors must surface after the dive entry before the obstacle and after passing under the obstacle and after a turn prior to passing under an obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

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

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

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.



### Equipment

**Obstacles:** Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. Obstacles are positioned 12.5 m from the starting edge, in the middle of the pool.

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

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



**5.11 OBSTACLE RELAY** (*cont'd*)

**Disqualification** (*cont'd*)

- iv) One competitor repeating two or more legs of the event.
- v) Leaving the start before the previous competitor has touched the edge.
- vi) Failure to touch the wall during turns.
- vii) Failure to touch the finish edge.
- viii) A competitor re-entering the water after completing his or her leg of the relay.

## 5.12 MEDLEY RELAY

### Event description – 4 x 50 m short course

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

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

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

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

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

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

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

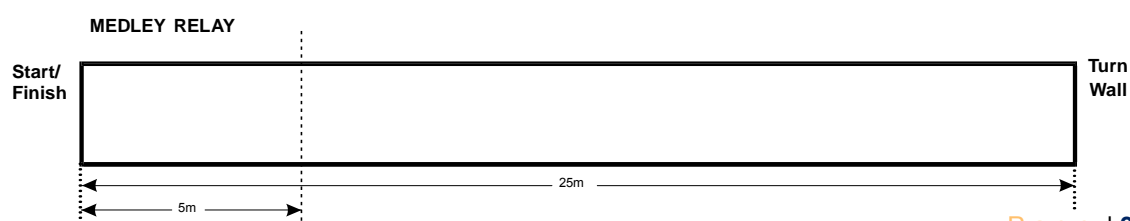
The victim may kick while being towed, but no other assistance is permitted.

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

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

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

The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.



## 5.12 MEDLEY RELAY (cont'd)

### Equipment

**Rescue tube, swim fins:** Competitors must use the rescue tubes supplied by organisers.

**Starts with rescue tubes:** For the third competitor's start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.

**Wearing rescue tubes:** Rescue tubes must be donned correctly with the loop across or over one shoulder. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach or tow.

**Towing the victim:** Competitors must tow the victim with the line of the rescue tube fully extended. During the turn the competitor will not be judged on towing the victim criteria within the 5 m turn zone.

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

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

### Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) The second and third competitors starting before first and second competitors respectively touch the turning edge.
- ii) The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turning edge.
- iii) The fourth competitor leaving the turning edge before the third competitor touches the wall.
- iv) The victim holding the rescue tube by the rope or clip.
- v) The victim helping with arm movements, or not holding the rescue tube with both hands.
- vi) The victim losing the rescue tube after passing the 5 m line.

## 5.12 MEDLEY RELAY *(cont'd)*

### **Disqualification** *(cont'd)*

- vii) The fourth competitor towing the victim without the line of the rescue tube fully extended. During the turn the competitor will not be judged on the rescue tube fully extended within the 5 m turning zone.
- viii) One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- ix) Failure to touch the finish edge.
- x) A competitor re-entering the water after completing his or her leg of the relay