



British Universities Life Saving Clubs' Association Competition Manual

List of Amendments
Fifth Edition

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Preamble

The British Universities Life Saving Clubs' Association (hereafter BULSCA) Competition Manual contains the Rules, Standards and Procedures for BULSCA Sanctioned Competitions.

The BULSCA Competition Manual was originally drawn up with detailed consultation of:

- 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.

This document contains the list of amendments from previous British Universities Life Saving Clubs' Association Competition Manuals.

1. Version 1.0 (October 2004) to Version 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 University Lifesaving website www.uni-lifesaving.org.uk (Please note that this is now 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.

2. Version 1.1 (January 2005) to Version 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 University Lifesaving website www.uni-lifesaving.org.uk (Please note that this is now 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.

3. Version 2.0 (October 2005) to Version 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 BULSCA website.

- 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**.
- 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**.

4. Version 2.1 (February 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**.

5. 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.

6. 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.

7. 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.

8. Version 4.0 (July 2008) to Version 4.1 (January 2009)

These changes were discussed and agreed at the BULSCA General Meeting held at 12:00 on the 6th of December 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.

- Rule **1.0.3.10** updated to include extra details including; date, time, and venue of the competition.
- Rules **1.0.3.11** and **1.0.3.12** added to include submission of the two SERC setters for approval and the two SERCs to the Judges Panel.
- Rule **1.0.4** added, making fines applicable to the following sections: **1.0.3.10**, **1.0.3.11**, **1.0.3.12**, **1.2.4**, **3.3.3**, **5.0.3**, **5.0.3.1**, and **5.2.14.2**.
- Rule **2.4.3** updated to make swim hats optional during speed events.
- Rule **3.3.3** updated, fine removed as now covered by Rule **1.0.4**.
- Rule **3.4.1** updated to include the name of the competitor's member institution.
- Rule **5.3.6.3** updated to only include a marking on the forehead of unconscious casualties that are not breathing normally.

9. Version 4.1 (January 2009) to Fifth Edition (September 2009)

These changes were discussed and agreed at the BULSCA General Meeting held on the 5th of May at Loughborough University.

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 grammatical and consistency improvements.
- All competitors shall wear matching swimming hats. Section **2.2.3**.
- A-League scoring has been changed, removing all non-A teams from the competition results, prior to calculating the league results. Section **3.1.2.1** and **3.1.5**.
- B-League scoring has been changed, removing all but the highest placing non-A team from the competition results prior to calculating the league results. Section **3.1.2.2** and **3.1.6**.
- Section **5.2.2** has been added, consolidating all previous rules on starts.
- Clarification of the rule of pacing. Section **5.2.10**.
- Clarification as to when a competitor can grab the rope during the line throw. Section **5.4.9.3**.
- Competitors in the line throw may only grab the line with their free hand. Section **5.4.9.5**.
- Rules for the 4×25m manikin relay, the 4×50m obstacles relay and the 4×50m medley relay shall be taken from the RLSS UK long- or short-course rules (depending upon the size of the pool). Section **5.6.2**.

- Time penalties are now incurred for completing the swim and tow in more than the team's entry time plus 10%. Section **5.5.2.6**.