



National Lifesaving Championships

2019 Edition

Rules

Contents

Significant Changes:	4
Rule Changes	4
Organisational Changes	4
Important Dates	5
Branch Heats	5
Regional Heats	5
1.0 General Procedures	6
1.1 Entry Procedures	6
1.2 Entry Details	6
1.2.1 Individual / Masters	6
1.2.2 Teams	6
1.2.4 Substitutes	6
1.2.5 Definition of Entry	6
1.2.6 One Entry in One Year Only	7
1.2.7 Acceptance of Entry	7
1.3 Membership	7
1.4 Finance	7
1.5 Behaviour	7
1.6 Drug Policy	7
1.7 Safeguarding Policy	7
1.8 Regional Team Managers	7
1.9 Protests and Appeals	8
1.9.1 Types of protests	8
1.9.2 Lodging a protest	8
1.9.3 Adjudication of protests	8
1.9.4 Appeals committee	9
1.9.5 Protest Fee	9
1.10 Complaints	9
2.0 Championship	10
2.1 Categories	10
2.2 Award Pre-requisites	10
2.3 Age Pre-requisites	10
2.4 Diving Pre-requisites	10
2.5 Team Membership	10
2.6 Proof of Society Membership	11
2.7 Safety	11
2.8 Competitor Control	11
2.9 Draw Order for Competing	11
2.10 Marking and Placing	11
2.11 Ties	12
2.12 Disqualifications and Invalidations	12

2.13	Officials	12
3.0	Events	13
3.1	General Conditions for Pool Competition.....	13
3.2	Swim wear	13
3.3	Starts	14
3.3.1	Dive start procedure.....	15
3.3.2	Invalidation	15
3.3.3	Notes	15
3.4	Aquatic Initiative Test.....	16
3.5	Life Support Initiative Test	17
3.6	Line Throw	18
3.7	Swim and Tow (Non-Contact).....	20

Significant Changes:

Rule Changes

1. Section 2.10.1 iii) – A new note has been added regarding the handling of invalid events where there are less than four competitors/pairs within a category.
2. Section 3.1 i) – A link has been added to Section 2.12 Disqualification and Invalidation.
3. Section 3.2 i) – Information has been added to the Swimwear section regarding “modesty” swimwear and the wearing of swimwear for cultural and/or religious reasons.
4. Section 3.2 vii) – The events in which footwear can be worn has been updated.
5. Section 3.3 iv) – Updated to clarify when clothing is to be removed before the start of an event.
6. Section 3.4 ix) – A new rule regarding wearing of clothing in the aquatic initiative test has been added.

Organisational Changes

7. Page 5 – The order of events for the National Final have been added.
8. Section 2.10.3 – The requirement for RHO's to display / post the results of the dry and wet initiative tests following completion of the tests has been added.
9. Section 2.10.4 – The ability of the Team Managers to collect the dry and wet initiative marking sheets of their competitors following confirmation of the Heat results by the Referee has been added,

Please Note

The College of Referees will appoint the Chief Referee for Regional Heats. The appointed individual will have the minimum qualification of National Judge and where practicable shall not be associated with a club or Branch within the Region.

RLSS UK reserves the right to disqualify any competitor who fails to follow the entry procedures or rules of competition.

The wet and dry initiatives shall be taken from the skills in Survive & Save and Life Support manuals and will be marked accordingly.

Important Dates

17:00 on Friday 28 th June 2019	Deadline for entries to reach Redhill House
8 th July to 29 th September 2019	Window for Regional Heats
12:00 Monday 7 th October 2019	Deadline for Regional Results to reach Redhill House
	Trophies to be returned to Redhill House
Sunday 24 th November 2019	National Final

The National Lifesaving Championships Final will take place at John Charles Centre for Sport, Leeds.

Branch Heats

Branch heats are no longer required as all members go straight through to the regional heat. Practice events at a Branch level are encouraged as they support the development of lifesavers in social and supportive environments.

Regional Heats

A Region shall determine the number of entries in each category. If a Region is in receipt of more valid entries than is their entitlement in the respective National Final, it will be obliged to hold a Regional Heat for that Championship Category in order to determine which entries are forwarded to the National Final. Competitors in categories where there are insufficient entries will receive a bye into the National Finals.

National Final

The order of the events for the National Final shall be as follows:

1. Dry Initiative Test;
2. Wet Initiative Test;
3. Line Throw;
4. Swim and Tow.

Branch/Regional Heats have the option to alter the order of events to suit local operational requirements.

The National Lifesaving Championship Rules

1.0 General Procedures

1.1 Entry Procedures

- i) All entries must be either online or official Entry Forms obtainable from RLSS UK website (rlss.org.uk).
- ii) The entry deadline for the competition is 17:00 on 28th June 2019.
- iii) RLSS UK will process entries, checking membership and award prerequisites.
- iv) Team Managers will be notified if entries are invalid.
- v) RLSS UK Headquarters will send details of entries for the Regional Heat to Regional Heat Organisers.
- vi) At the Regional Heat the results and details of all competitors qualifying for the National Finals will be endorsed by the Regional Heat Organiser and sent to competitions@rlss.org.uk.
- vii) **Please Note**

Altered, inaccurate or incomplete Entry Forms may not be accepted. Those submitting Entry details confirm their accuracy and will bear the responsibility for the non-acceptance of Entries should there be any errors or omissions.

RLSS UK reserves the right to disqualify those who fail to comply with entry rules and procedures.

1.2 Entry Details

1.2.1 Individual / Masters

Individual and Masters can be included on a group / club form or made online and shall include all the required details in full. They each shall bear responsibility for the non-acceptance of the Entry should there be any errors or omissions.

1.2.2 Teams

Team entries shall be made on the spreadsheet form and will include all the required details in full. All must be verified by a senior representative of the Team – this is to confirm the correctness and completeness of the Entry and to bear responsibility for the non-acceptance of the Entry should there be any errors or omissions.

1.2.3 Reserves

Reserves may not be otherwise entered as competitors in the same or any other Championship category. A reserve may be entered in a team category. They may, however, be withdrawn as a reserve and entered in the Championship if this is completed by the close of entries.

1.2.4 Substitutes

Each Region shall nominate one substitute in each Championship category. Only one substitute can be forwarded in each Championship heat or final.

If substitution is necessary, then notice, in writing is required by close of registration. This must be done by the Regional Team Manager to the Chairman of the Championships Organising Group or another identified person. **Only named Substitutes are allowed.** No other substitutes are permitted.

1.2.5 Definition of Entry

Entries must be submitted to the RLSS UK to compete in the Region **which they are normally resident and of which they are currently in membership.**

1.2.6 One Entry in One Year Only

Competitors may only enter the National Lifesaving Championships once each year. Where qualified to participate in more than one Championship category, Competitors must choose the Championship category in which they wish to be entered in that year.

1.2.7 Acceptance of Entry

Entries will be accepted by RLSS UK provided that all entry conditions are satisfied and that each entry is correct, complete in every detail and accompanied by the entry fee.

1.3 Membership

All competitors **must** be in a current individual category of membership by midday on the closing date. All competitors must remain in membership throughout their participation in the competition.

1.4 Finance

- i) Individual/Team Entry Fee to be sent to RLSS UK with official entry form.
- ii) Payment of entry fee will be considered as acceptance of the rules contained herein. There will be no refunds of the Entry Fee.
- iii) Cheques / POs should be made payable to RLSS UK.

1.5 Behaviour

RLSS UK expects Teams and Individuals to maintain standards of conduct and behaviour conducive to good sportsmanship and abide to the RLSS UK Code of Ethics and Conduct (Appendix C of the RLSS UK Safeguarding and Protecting Children and Vulnerable Adults Policy), as well as the ILS code of Fair play. Teams and/or individuals not maintaining standards will be disqualified from the Championships.

1.6 Drug Policy

The anti-doping rules of the Royal Life Saving Society UK are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the Royal Life Saving Society UK.

1.7 Safeguarding Policy

RLSS UK requires all personnel involved in the organisation, delivery and officiating of the National Lifesaving Championships at Branch, Regional and National level to adhere to the safeguarding requirements of the RLSS UK Safeguarding and Protecting Children and Vulnerable Adults Policy.

All officials, Team Managers and Heat Organisers shall have a valid DBS, Access NI, GCVU (Ireland) or PVG (Scotland) certificate in place throughout their involvement with the Championships. Any safeguarding concerns shall be reported in accordance with RLSS UK's reporting procedures.

1.8 Regional Team Managers

Every Region is required to nominate a Regional Team Manager to be the focal point between competitors and RLSS UK. The Team Manager is required to ensure all communications relevant to the Championships are provided to competitors within their region, attend any briefings and support their competitors throughout the Championships.

1.9 Protests and Appeals

The Championship Organising Committee with the College of Referees reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice. Protests resulting from such decisions will not be entertained.

In addition, event courses and the competition area may change from the descriptions in this manual if the referee deems it necessary and providing teams have been advised of the change before the start of that event.

A competitor or team manager may protest to a referee, and subsequently dispute a referee's decision in the manner prescribed below. See Appendices for Protest/Appeal Form.

1.9.1 Types of protests

Protests, which may lead to the imposition of penalties, fall broadly into the following categories:

- Protests arising from entry procedures or entry eligibility.
- Protests arising from scrutineering or equipment eligibility.
- Protests arising during participation in the competition and/or breaches of rules.

1.9.2 Lodging a protest

The conditions relating to the lodgement of protests shall be as follows:

- No protest shall be accepted which is a direct challenge to judges' order-of-finish decisions.
- A protest against the conditions under which an event or race is to be conducted must be made verbally to the referee prior to the event or race. Before the start of the event or race, the referee or appointed official shall inform the competitors in that event or race of such a protest.
- A protest against a competitor or a team or against a decision of an official must be lodged verbally with the Chief Referee within 15 minutes of the posting of the result of the event or within 15 minutes of being notified verbally by the Chief Referee of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the Chief Referee.
- The official result of an event shall be withheld until any protest is decided.
- The result of the protest shall be noted on the back of the event result card and also on the protest form.
- There is a fee payable whenever a matter is referred to the appeals committee, whether by the referee directly or by a team appealing a referee's decision.
- The assistance of video or other electronic equipment may be used to consider protests. However, the onus is on the protester to provide a viewing within 30 minutes of the protest being lodged with the Chief Referee, and to provide proof of its authenticity. The Chief Referee will adjudicate over the clarity and authenticity of the viewing, their decision is final.

1.9.3 Adjudication of protests

The conditions relating to the adjudication of protests shall be:

- Immediately after the correct lodgement of a protest, the referee may adjudicate on the matter as provided for herein or refer the matter directly to the appeals committee convenor.
- If the referee adjudicates the matter forthwith, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being

advised to the competitor, accompanied by the appeal fee. If the appeal is upheld, the fee is returned: if ruled against, the fee is forfeit.

1.9.4 Appeals committee

The Organising Committee (the College of Referees in the National Finals) shall appoint a person of suitable experience and practical knowledge to act as the appeals committee convenor.

The Organising Committee/College of Referees shall appoint appeals committee members of sufficient number to enable at least two committees of three persons to sit simultaneously. The Appeals Committee Convenor selects members of the appeals committee, based on their backgrounds and experience, to adjudicate individual cases.

While three people should ordinarily sit on an appeals committee, the quorum for an appeals committee shall be two persons.

The membership of an appeals committee shall not include a person who has previously participated in the making of the decision that is the subject of dispute.

- i) The appeals committee shall deal with all protest referred to it by the referee or appeals committee convenor.
- ii) The appeals committee shall rule on the protest and advise the competitor and relevant officials of its decision and any penalty imposed (including a penalty other than disqualification). Reasons for the decision may be briefly given verbally and on the protest form.
- iii) The decision of the appeals committee shall be final, without the right of appeal.
- iv) The appeals committee may refer serious breaches of the RLSS UK code of conduct to the disciplinary committee.
- v) There shall be a fee payable whenever a matter is referred to the appeals committee, whether by the referee directly or by a team appealing a referee's decision.
- vi) The appeals committee shall adjudicate after both sides have had an opportunity to state their case.
- vii) Guidelines for an appeals committee inquiry are similar to the disciplinary committee procedure.
- viii) 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 referee and appeals committee convenor.

1.9.5 Protest Fee

The Protest Fee for the 2019 Championships is £20.00 and shall be transferred to RLSS UK.

1.10 Complaints

A Complaint is a formal expression of dissatisfaction with an action of any person connected with the Championships. It is not about rule contravention, which is dealt with by a Jury of Appeal.

Any complaint should follow the current RLSS UK complaints procedure.

2.0 Championship

2.1 Categories

Championships shall be held in the following categories:

- i) Junior Girls – 12-14 years
- ii) Junior Boys / Mixed – 12-14 years
- iii) Senior Girls – 15-17 years
- iv) Senior Boys / Mixed – 15-17 years
- v) Ladies Individual – 16 years +
- vi) Men's Individual – 16 years +
- vii) Masters Ladies - Age Groups 30-39; 40-49; 50-59; 60 +.
- viii) Masters Men's - Age Groups 30-39; 40-49; 50-59; 60 +.

2.2 Award Pre-requisites

Competitors shall, at the date of entry, fulfil the following conditions:

- i) Masters, Individuals - hold a current RLSS UK Survive & Save Bronze Medallion, Beach or Stillwater Award (or higher), or RLSS UK Beach Lifeguard qualification or RLSS UK Pool Lifeguard qualification, including RLSS UK Assistant Beach Lifeguard.
- ii) Senior Boys and Senior Girls - hold a current RLSS UK Survive & Save Bronze Medallion, Beach or Stillwater Award (or higher), or RLSS UK Beach Lifeguard qualification or RLSS UK Pool Lifeguard qualification, including RLSS UK Assistant Beach Lifeguard.
- iii) Junior Boys and Junior Girls - hold a current RLSS UK Survive & Save Bronze Medallion, Beach or Stillwater Award (or higher), or Rookie Silver Level 3.

2.3 Age Pre-requisites

Competitors shall conform to the following age pre-requisites at 31 December 2019;

- i) Members of Junior Boys/Mixed and Junior Girls Pairs Teams shall be between 12 and 14 years of age; Junior Girls and Junior Boys (12-14) may swim up an age category, i.e. compete in the 15 to 17 year age group.
- ii) Members of Senior Boys/Mixed and Senior Girls Pairs Teams shall be aged between 15 and 17 years of age;

Note: It is permitted for one 12-14 year old to pair with a 15-17 year old. This pairing shall compete in the Senior Boys/Mixed or Senior Girls (if both competitors are female) Pairs category.

- iii) Men's and Ladies Individual Competitors must be 16 years or over;
- iv) Men's and Ladies Masters shall compete in one age band from the following: -
30-39 years; 40-49 years; 50-59 years; 60 + years.

Note: Masters have the option to compete in the Individual Men's / Ladies category, if desired.

2.4 Diving Pre-requisites

Competitors who wish to start an event entering the water by diving must have met the required competencies outlined in the RLSS UK Competitive Start Checklist (available from rlss.org.uk)

2.5 Team Membership

In Pairs Teams both members must belong to the same RLSS UK affiliated club, school, swim school or leisure centre.

2.6 Proof of Society Membership

If requested, each competitor must produce proof of current membership of the Society at any time during the Championships. RLSS UK would recommend the use of RLSS UK MyApp.

2.7 Safety

Safety is of paramount importance. All Championships officials have a duty to ensure the safe conduct of the event. The Championships organising committee and/or the referees have the authority to take appropriate action to discontinue or prevent any unsafe practices.

2.8 Competitor Control

All Competitors must start, finish and compete in their defined area at all times and must remain in that area until told to leave by the Referee or Nominee. This Rule applies to all categories of the Championships and to the Subjects and equipment used by the Competitors.

2.9 Draw Order for Competing

A randomly generated draw will take place before the date of the competition under the guidance of an independent person. A separate draw will be made for each category of competitor/team. All eligible competitors/teams will be included in the draw.

2.10 Marking and Placing

2.10.1 The placing for each Heat / Championship will be determined in the following way:

- i) Team, Individual and Masters will be placed in rank order, with points being awarded as per their position within the event, (e.g. 8th will gain 8 points, 12th will gain 12 points etc.). In the Aquatic Initiative Test, the rank order points will be doubled (e.g. 1st will gain 2 points, 2nd will gain 4 points, 8th will gain 16 points etc.).
- ii) The rank order position allocated to Competitors tying for a place will be the position that the highest of them would have occupied had they not tied. (e.g. 3 Teams tying for third position in an event will all be placed as though they had come third in that event; the next Team will be placed sixth);
- iii) Competitors who have their Line Throw declared invalid will be awarded 2 minutes; Competitors who have their Swim & Tow declared invalid will be awarded the slowest valid swim and tow time within their category plus 10 seconds.

NOTE: Where there are less than four competitors/pairs in a category: if a competitor has their Line Throw or Swim & Tow declared invalid, the competitor shall be awarded the points equivalent to fourth place. For example, if there are three competitors in the Junior Mixed Pairs and only one pair achieve a valid throw, the other two pairs shall be awarded joint fourth place and corresponding points.

- iv) Competitors will then be placed in a final rank order according to the number of points, which they have been allocated, with the lowest score first and the highest last.

2.10.2 In the Team Heat / Championships the rank order for the Line Throw and Swim & Tow events shall be calculated by the addition of the two times for each member of the Team in each event and rank ordering the Teams according to the fastest to slowest cumulative total.

2.10.3 Regional Heat Organisers are to ensure that the results of the dry and wet initiative tests are displayed / posted as soon as possible following completion of the initiatives.

2.10.4 Team Managers are permitted to take the dry and wet initiative test marking sheets of their competitors, once the Referee has confirmed the results.

2.11 Ties

Should there be a tie on placings; Competitors who have tied will be placed according to the place achieved in the Aquatic Initiative Test. If the Competitors are still tied after this event the tie shall be decided by referring to the placings in the Life Support Initiative Test. If the equality is not then resolved a tie shall be declared.

2.12 Disqualifications and Invalidations

2.12.1 The following Rules refer to situations when disqualification from the Championships may take place:

1.5; 3.1.ii; 3.2.ii.2; 3.4.iv; 3.4.xii; 3.5.xiii

2.12.2 The following rules refer to situations when invalidation of an event may take place:

3.1.i; 3.3.2; 3.4.vi; 3.5.vii; 3.6.iii; 3.6.vi; 3.6.vii; 3.7.iii; 3.7.x

2.12.3 The referee or event director must report any disqualifications and invalidations including the reasoning to the competitor, or Team Manager for Junior and Senior Pairs, within 15 minutes of the decision.

2.13 Officials

Officials ensure that events operate safely, fairly and with RLSS UK rules and procedures. Officials also assess whether competitors' technique complies with specific event rules. For more information about Officials and their duties please see RLSS UK National Championships Procedures and Regulations.

Referees are responsible for the overall conduct of their events in accordance with these Rules; have the power to intervene at any stage to ensure the observance of these Rules; disqualify or penalise (as appropriate) any Individual/Team not complying with them; and make a final decision where the appropriate officials fail to agree on matters of fact.

Referees shall arrange for the information regarding any disqualification or penalties to be relayed to the Competitors/Team Manager.

Referees appointed shall have a minimum qualification of National Judge.

(Note: Any Deputy Referees appointed shall not come from the same club as the Chief Referee).

3.0 Events

The following events are described in this section

Life Support Initiative Test

Aquatic Initiative Test

Line Throw

Swim & Tow (Non-contact)

It is recommended that Regional Heats follow the same running order as the National Finals that shall be Life Support Initiative Test, Aquatic Initiative Test, Line Throw, and Swim & Tow.

There may be cases where necessary to suit local conditions that the Aquatic and Life Support Initiative Tests can be reversed.

3.1 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) 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. Failure to do so will result in the event being declared invalid.
- ii) **Competitors must take part in all four events, failure to do so will result in disqualification from the Championship.**
- iii) Competitors must exit by the sides of the pool, not by the pool end over timing pads.
- iv) Competitors shall wear swim caps in all events.
- v) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- vi) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

3.2 Swim wear

- i) RLSS UK allows swim wear that conforms to FINA standards. The referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:
 - The swim wear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
 - All swim wear shall be non-transparent.
 - Competitors shall not wear or use anything that may aid buoyancy.
 - All swim wear shall comply with the commercial identification policy.

Both male and female competitors may wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.

Upon application for religious and/or cultural reasons, RLSS UK shall consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

Eyewear

- ii) During the initiatives, competitors:
 - 1. May wear corrective eyewear, such as glasses/spectacles/contact lens. Loss of such eyewear shall not be grounds for protest.
 - 2. **May not wear goggles or masks irrespective of their optical quality i.e. corrective goggles/masks may not be worn. Any competitors wearing goggles/masks will be disqualified.**
- iii) Competitors may wear goggles/masks/corrective eyewear during the line throw and swim and tow events.
- iv) The rope catcher may wear goggles/masks/corrective eyewear during the line throw.

Contact Lens

- v) The use of contact lens is, at any time, a matter for the wearer.

Swimming Hats

- vi) Each Competitor will wear a swimming hat throughout the whole competition. Team members in the club events shall wear matching hats.

Footwear

- vii) Competitors are permitted to wear footwear during the Life Support Initiative. For all other competition events, competitors are not permitted to wear footwear.
- viii) Other than specified above, competitors must wear appropriate clothing and footwear at all times whilst on venue premises; this includes transferring between the Life Support and Aquatic Initiatives.

Jewellery

- ix) In the interest of safety for both competitors and subjects, all jewellery and associated items must be removed. However, wedding rings may be worn.

Hygiene

- x) Finger and toenails should be cut short.

3.3 Starts

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

- i) Check that all officials and judges are in position.
- ii) Check that competitors are in correct positions.
- iii) Check that all equipment is in a safe and correct position.
- iv) Notify competitors to remove all clothing except for swim-wear (for swim and tow and line throw events) and get ready to race.

When competitors and officials are ready for a legal start, a designated official shall:

- v) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform.
- vi) Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

Note: See event description for start procedure for Line Throw (Section 3.6).

3.3.1 Dive start procedure

At NATIONAL championships, the one-start rule shall be used.

- i) On the long whistle, competitors step onto the starting platform and remain there.
- ii) On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.

Competitors may start on the starting platform, or on the pool deck, or in the water.

- iii) For in water starts the competitor must have one hand on the pool edge or on the starting block.

3.3.2 Invalidation

- i) All competitors who **start** (i.e., commence a forward starting motion) before the starting signal has been given, shall have their event declared invalid.
- ii) If the starting signal sounds before the invalidation is declared, the race shall continue and the competitor(s) shall be informed of the invalidation upon completion of the race.
- iii) If the invalidation is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again.
- iv) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated).
- v) If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.
- vi) The invalidation will be marked in accordance with Rule 2.10.1.iii.

3.3.3 Notes

- i) The duty of the referee and starter is to ensure a fair start. If the starter or referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.
- ii) Competitors shall have their start declared invalid if they "commence a forward starting motion" prior to the starting signal. Movement by itself is not an invalidation. Anticipating the starting signal and commencing a starting motion is an invalidation.

The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not an invalidation.

- iii) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

3.4 Aquatic Initiative Test

Competitors will have 90 seconds to respond to an Aquatic Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs.

- i) The initiatives shall be in accordance with the current edition of the 'Survive and Save' Manual.
- ii) Competitors will be held in Security from the time the Security Room closes until called to compete;
- iii) Competitors will take part in draw order;
- iv) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.
- v) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- vi) CPR must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;
- vii) The system of marking shall conform to the Directed System of marking under which the mark sheet provides guidance on the principle areas of assessment;
- viii) One or more manikins may be used as Subjects.
- ix) Competitors are to wear a top with full length sleeves and full-length trousers over their swimwear at the start of their aquatic initiative test. The competitor may use their clothing as an aid during the initiative test, as required. Competitors will not be awarded points if they use additional clothing not specified in this rule.

Subjects

- x) Subjects may be required to wear and/or use other items in the Aquatic Initiative Test; No clothing to be marked with information regarding lifesaving or lifesaving club names.
- xi) For the Aquatic Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.
- xii) Any competitor who is deemed to treat a subject(s) roughly and in a manner, which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

3.5 Life Support Initiative Test

Competitors will have 90 seconds to respond to a Life Support Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs.

- i) **Life Support shall be in accordance with the current Edition of 'Life Support'.**
- ii) Competitors are not required to explain their actions.
- iii) Competitors will be held in a secure area until called to compete;
- iv) Competitors will take part in draw order;
- v) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships; competitors will be placed last in their category;
- vi) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- vii) Chest Compressions must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;
- viii) The system of marking shall conform to the Directed System of marking under which the Mark Sheet provides guidance on the principle areas of assessment;
- ix) One or more manikins may be used as Subjects.
- x) During the initiative test, competitors may wear clothing and footwear. However, competitors shall not use them during the initiative. Competitors will not be awarded points if they use the clothing or footwear.

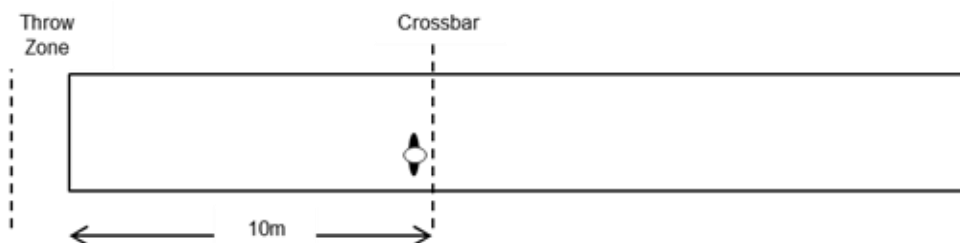
Subjects

- xi) Subjects may be required to wear and/or use other items in the Life Support Initiative Test; No clothing of competitors can be marked with information regarding lifesaving or lifesaving club names.
- xii) For the Life Support Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.
- xiii) Any competitor who is deemed to treat a subject(s) roughly and in a manner, which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

3.6 Line Throw

In this timed event, the competitor throws an unweighted line (16.5m to 17.5m in length, 8mm wide) to a fellow team member located in the water on the near side of a rigid crossbar located 12m distant (10 for Junior, Masters 50/59 and 60+). The competitor pulls this “subject” back to the finish wall of the pool.

In the Team Championships, members will alternate as subject and rescuer. In the Individual and Masters Championships, subjects will be nominated by the competitor, and shall be of like gender and a minimum body weight of 50kg.



- i) **The start:** On the first whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “casualty” takes the line and enters the water. No practice throws are permitted.
At the second whistle, competitors take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command “Take your marks”. When all competitors are stationary, the Starter gives the acoustic starting signal.
- ii) **Starting position:** The thrower stands in the throw zone facing the casualty, motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand. The casualty treads water on the near side of the rigid crossbar in allotted lane. The casualty holds both the throw line and the crossbar with one or two hands.
- iii) **On an acoustic starting signal:** The thrower shall retrieve the line, throw it back to the casualty (who grasps it), and pull him or her through the water until the casualty touches the finish wall.
To avoid any possible interference with other lanes, the casualty may not exit the water and remains in his or her lane. The casualty will have the throwers throw declared invalid if he or she attempts to climb out of the water or sit on the pool edge before the Chief Referee’s signal.
Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.
- iv) **Fair throw:** Subjects must grasp the throw line with their hands only within their lane. The lane marker is not “within the lane”. Subjects may submerge to retrieve the throw line. Subjects may not release the crossbar before grasping the throw line with the other hand.
As long as subjects remain entirely within their designated lane and do not release their grasp on the crossbar, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.
- v) **Pull through the water:** While being pulled to the edge, subjects must be on their front grasping the throw line with both hands, arms out stretched and keeping their heads up. Subjects may not “climb” the throw line hand-over-hand or provide any propulsion to the poolside (e.g.no kicking). For safety reasons, subjects may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification/invalidation.

- vi) **Throw zone:** Throwers 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.

Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the casualty or prior to the 45-second completion signal, shall be declared invalid.

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

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

- vii) **Time limit:** Throwers must make a fair throw and pull the casualty to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 45-second limit. An invalid throw or a throw not completed in 45 seconds shall be awarded a time of 2 minutes.

3.7 Swim and Tow (Non-Contact)

Competitors are required to enter the water, swim over a prescribed distance, pick up the subject in their respective lanes and tow that subject over the prescribed distance, to the end of the pool designated as the finishing point.

The tow shall be a non-contact tow using a tea towel of minimum size 500 x 300mm. The towel is to be in the competitor's possession at the start of the event.

- i) **Tows shall be in accordance with Lifesaving Rescue Skills section of the current Edition of the Survive & Save Manual.**
- ii) Tumble turns will be permitted, but not during the pickup of the subject or during the tow.
- iii) The subject shall not kick or move or assist the competitor in any other way whatsoever during the tow. This will result in an invalid attempt and the competitor shall be awarded the slowest valid swim and tow time for their category plus 10 seconds.
- iv) **For Senior Pairs, Men and Women & Masters 30-39 and 40-49:** The total distance of the Swim & Tow shall not be less than 90m and not more than 105m and the swim and tow component shall be of equal distance.
At the National Finals the distance will be 50m Swim & 50m Tow.
- v) **For Junior Pairs Age Groupings and Masters 50-59 and 60+:** The total distance of the Swim & Tow shall not be less than 40m and not more than 50m and the swim and tow component shall be of equal distance.
At the National Finals the distance will be 25m Swim & 25m Tow.
- vi) Each Competitor will be timed from the starting signal until they touch the end of the pool at the completion of the tow.
- vii) Subjects will be positioned in the centre of each lane and shall be facing away from the direction in which they are to be towed. On commencing the tow, the Competitor will proceed in the reverse direction to the approach swim. The Competitor must touch the end of the pool whenever a turn is required but not on pick up of the Subject. The subjects shall be vertical in the water with their elbows and shoulders below the water level. In the event of a 25m pool the subject will hold onto and face the wall opposite the start end. The competitor will pick-up the casualty and proceed in the reverse direction to the approach swim.
- viii) In the Team Championships Competitors will alternate as Subject and Rescuer. In the Individual and Masters Championships, Subjects will be nominated by the Competitors; such Subjects must be of like gender and a minimum body weight of 50kg. Where a subject does not perform to a satisfactory standard a second alternative will not be allowed.
- ix) In the Finals in Senior Teams, Individual and Masters 30-39 and 40-49 each Competitor will swim 50m to a subject who shall be holding and facing the end wall. After picking-up the subject the competitor will tow the subject 50m in the reverse direction and will complete the event by touching the finish wall.
- x) In all Championships any assistance on the part of the Subject will result in the attempt being declared invalid. No further attempt will be permitted. The Competitor will be awarded the slowest valid swim and tow time for their category plus 10 seconds.