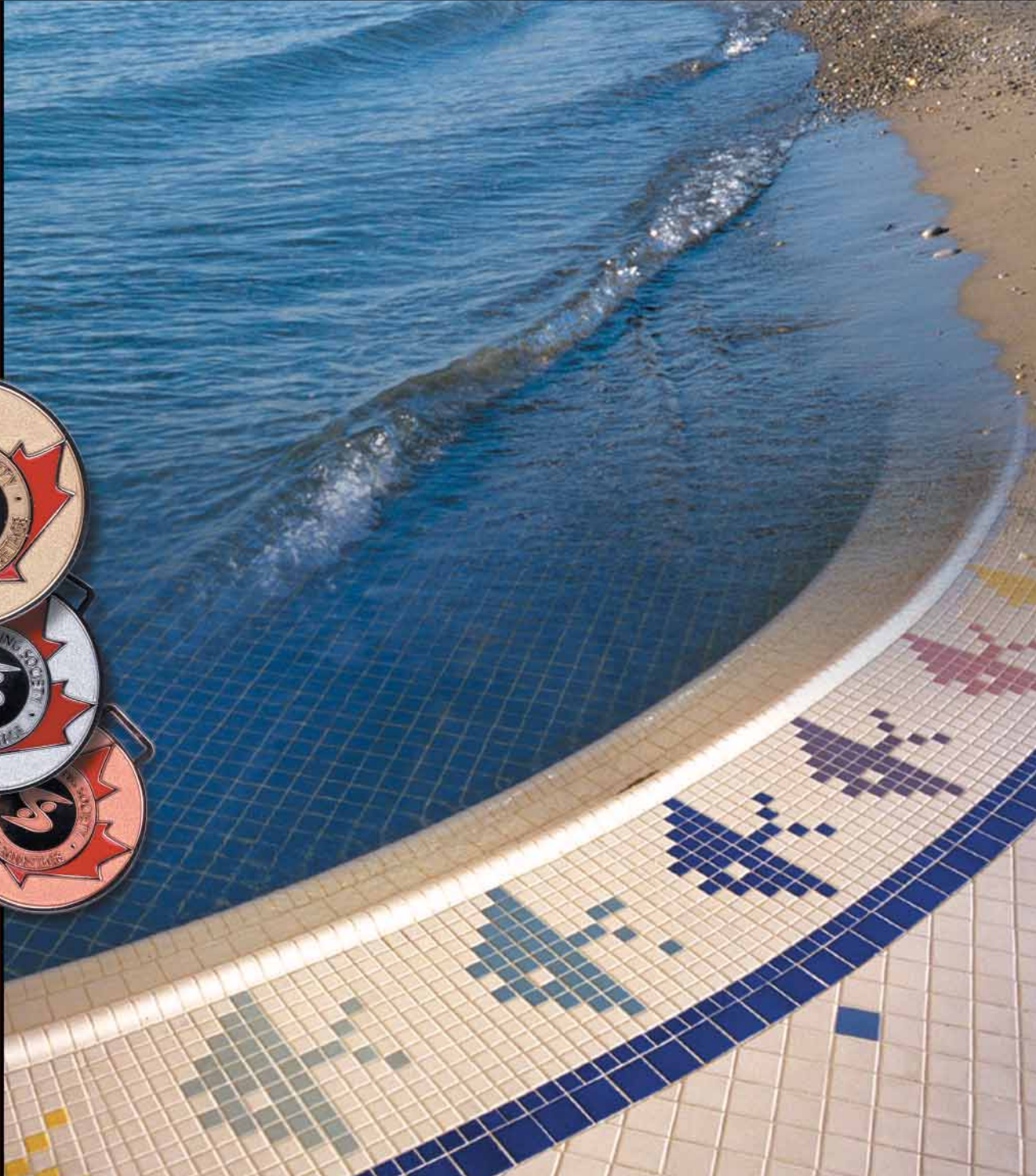
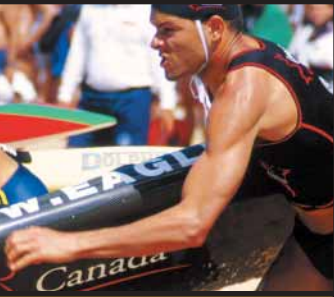




JANUARY 2003 EDITION

CANADIAN COMPETITION MANUAL

Rules, Standards and Procedures for Competition in Canada





LIFESAVING SOCIETY®

The Lifeguarding Experts

Canadian Competition Manual

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, and aquatic safety management services.

The Society is the Canadian governing body for competitive lifesaving – a sport recognized by the International Olympic Committee.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion was earned in 1896.

Canadian Competition Manual

Rules, Standards and Procedures for Competition in Canada



LIFESAVING SOCIETY®

The Lifeguarding Experts

ACKNOWLEDGEMENTS

The Lifesaving Society's *Canadian Competition Manual* is consistent with rules outlined in the International Life Saving Federation *Competition Manual*.

The Society acknowledges and thanks the members of the ILS Sport Commission who established the international rules from which this manual is derived.

The Lifesaving Society also acknowledges the contributions of the experienced competitors, competition managers and officials who have helped shape the sport of competitive lifesaving.

We especially acknowledge the contributions of: Greg Allum, Jeff Arthurs, Edward L.M. Bean, Eddie Beaucage, Dan Bérubé, Carl Bovell, Steve Box, Janet Castro, Nicole Ciccello, Brian Connors, Bruce Cox, Paul D'Eon, Ryan Douglas, Craig Durling, Norm Farmer, Kathleen Grainger, Judy Kent, Barb Kusyanto, Declan Lawlor, Wendy Mahony, Brad McConnell, Brian P. Miess, Jeff Norburn, Sindy Parsons, Judith Shim, Shanna Reid, Connie Smith, Perry Smith, Denise Yoreff.

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FOREWORD

The *Canadian Competition Manual* provides competition organizers, officials, team managers and coaches with definitive rules, standards and procedures for competitive lifesaving in Canada. The manual will help standardize competitive lifesaving events across Canada.

The manual outlines the events, regulations, and procedures for Canadian championships – both pool and open water – for age group, senior and masters divisions, and it defines the rules for sanctioned competitions. Canadian records will be accepted only from competitions organized and operated under these standards and rules.

Section 1 highlights the Lifesaving Society's long-standing interest in competition in Canada.

Section 2 lists the individual and team events selected for Canadian championships in age group, senior and masters divisions.

Section 3 outlines the general rules and procedures including eligibility requirements and entry procedures.

Sections 4, 5 and 6 present pool, open water and emergency response events in separate sections where event descriptions are accompanied by details concerning required equipment, judging and disqualification. Competition organizers need no longer reproduce this information in every local, regional, provincial or national competition handbook, but simply refer competitors to the *Canadian Competition Manual*.

I invite officials and coaches to participate in the ongoing review and revision of rules, standards and procedures for Canadian competition by submitting your input directly to the Lifesaving Society (Email: sport@lifeguarding.com).

Doug Ferguson
Lifesaving Society Sport Commissioner

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THE LIFESAVING SOCIETY

SECTION 1 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

The Lifeguarding Experts

Section 1

THE LIFESAVING SOCIETY

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, and aquatic safety management services.

The Society has been educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion was earned in 1896.

Our roots trace back to the late 19th century in London, England where we began as The Swimmers’ Life Saving Society. Today, we are known to Canadians simply as the Lifesaving Society, a national volunteer organization and registered charity. And while we’ve expanded our strengths over the past century to include research and public education, we haven’t forgotten the ideals that formed the foundation of our organization.

Teaching Canadians to save themselves and others

The Lifesaving Society certifies 200,000 Canadians annually in our first aid, lifesaving, lifeguarding and leadership training programs. Our National Lifeguard certification is the standard for professional lifeguards in Canada.

Water Smart® education

Our annual drowning research enables us to deliver focused Water Smart® public education and behavioural change messages through the media, print and electronic communications, community action, special events, programs and promotions.

Aquatic safety management

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues. The Society clarifies regulations for facility operators; establishes positions which set aquatic safety standards for the aquatic industry and government regulators; serves as an expert in legal cases involving aquatic safety issues; and performs aquatic safety audits.

With all the experience in the world

As the Canadian authority in aquatic lifesaving education and lifeguard training, we’re both a leader and a partner in the delivery of water safety education in Canada and around the world.

We represent Canada internationally in the Commonwealth Royal Life Saving Society and the International Life Saving Federation, giving us valuable access to a whole world of resources.

At home, we're actively affiliated with established national and provincial safety and sport organizations and agencies.

Competitive lifesaving

The Lifesaving Society is the Canadian governing body for competitive lifesaving – a sport recognized by the International Olympic Committee.

In the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

Canadian championships: In 1977, the Society hosted the first Canadian Lifeguard Championship at the Pan-Am pool in Winnipeg. This national championship has been an annual feature of competition in Canada ever since.

In 1998, the first ***Canadian Junior Lifeguard Games*** were staged at Carleton University pool in Ottawa.

In 2000, the Society sanctioned the first ***Canadian Surf Lifesaving Championship*** at Risser's Beach Nova Scotia. In 2001, a Masters division was included in this annual open water championship.

In 2001 for the first time, the Canadian Lifeguard Championship in Edmonton included internationally standardized race events in addition to Canada's traditional simulated emergency response events.

In 2002, a Masters division was inaugurated at the Canadian Lifeguard Championship at Toronto's Etobicoke Olympium, and a junior competition was introduced at the Canadian Surf Lifesaving Championship.

Thus by 2002, Canadians could compete in junior, senior and masters divisions of open water and pool Canadian championships.

International competition: In 1986, the Society hosted the first of the bi-annual international "rescue series,, – *Rescue '86* which featured the World Lifesaving Championships at Kitsilano Beach and the University of British Columbia in Vancouver.

Throughout the 1990s, various teams represented Canada in international competition. In 2000, the Society officially designated a ***National Lifesaving Team*** to represent Canada internationally. Canadian lifeguards were invited to participate in a series of training selection camps and National Team members were selected on the basis of their performance at these camps.

On its first international outing at the World Lifesaving Championships (Rescue 2000) in Sydney, Australia, the Canadian National Lifesaving Team qualified for the 2001 Goodwill Games in Brisbane.

LIFESAVING COMPETITION

SECTION 2 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

The Lifeguarding Experts

Section 2 **LIFESAVING COMPETITION**

2.1 CANADIAN AUTHORITY

As a member of the International Life Saving Federation (ILS) and as the governing body for competitive lifesaving in Canada, the Lifesaving Society establishes rules for the purpose of ensuring a safe and fair system, within which age group, senior, and masters lifesaving competitions may be regulated and conducted.

Race event rules established by the Lifesaving Society are modeled after those established by ILS. Rules for simulated emergency response events reflect the long-standing history and rich Canadian tradition in these events.

The Lifesaving Society alone shall authorize Canadian lifesaving or lifeguard championships in age group, senior, or masters divisions.

The words “National,, “Canadian,, and “Lifesaving Society,, shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

The Lifesaving Society alone may sanction other lifesaving or lifeguard competitions in Canada.

Lifesaving Society-sanctioned competitions must use *Canadian Competition Manual* rules.

2.2 CANADIAN CHAMPIONSHIPS

The Lifesaving Society shall authorize the following annual Canadian championships:

- Canadian Lifeguard Championships: these pool competitions include senior and masters divisions with race and simulated emergency response events.
- Canadian Surf Lifesaving Championships: these open water competitions include senior and masters divisions with race events only.
- Canadian Junior Lifeguard Games – Pool: age-group competition with race events only.
- Canadian Junior Lifeguard Games – Open water: age-group competition with race events only.

The Lifesaving Society may authorize other event-specific Canadian championships as appropriate.

2.3 MANAGEMENT OF CANADIAN CHAMPIONSHIPS

Canadian championships

All Canadian championships occur under the auspices of the Lifesaving Society, which awards the championship to a Lifesaving Society Branch or to a Lifesaving Society Affiliate Member.

For Canadian championships, the Lifesaving Society shall appoint a Management Committee responsible for the management of the competition including the appointment of officials and liaison with the host organizing committee. The Management Committee shall have jurisdiction over all matters not assigned by the rules to the referee or other officials.

The Management Committee shall consist of the Lifesaving Society Sport Commissioner, the chair of the host organizing committee (or the chair's appointee), the Championship Meet Manager, the Championship Chief Referee, and the Championship Safety Officer. The Sport Commissioner has the authority to appoint others to the Management Committee as desired.

Championship venue inspection: The Lifesaving Society Sport Commissioner shall appoint a representative to inspect a potential host venue for a Canadian championship prior to awarding the championship. The Sport Commissioner may waive this requirement if the venue was previously inspected within the past 3 years.

Responsibility for equipment: The host organizing committee shall be responsible for the provision of all equipment and material required to establish and maintain courses for all championship events including:

- course markers for pool and open water events
- obstacles for pool events

The host organizing committee shall also be responsible for the provision of the following equipment, which *must be used by competitors*:

- batons for relay and Beach Flags events

- rescue manikins for pool events
- rescue tubes for pool and open water events
- throw lines for pool events

The host organizing committee shall advise all registrants of the contents of any equipment pool established and under what terms and conditions such equipment is available to competitors.

2.4 SANCTIONING

The Lifesaving Society sanctions lifesaving and lifeguard competitions in Canada. For all Lifesaving Society-sanctioned competition, the Society shall appoint a host liaison official with responsibility for ensuring all terms of the sanction are met.

To receive sanction, the following terms must be met:

- i) The competition host organizer must be affiliated with the Lifesaving Society.
- ii) All competitors must be members of the Lifesaving Society by holding the Lifesaving Society award required by the sanctioned competition (see 3.1 *Eligibility and the Right to participate*).
- iii) *Canadian Competition Manual* rules, standards and procedures must be used for events contained in the manual which are part of the sanctioned competition. The sanctioned competition may include other events.
- iv) The host organizing committee must have appropriate safety plan, safety equipment, and a Competition Safety Officer in place.
- v) No less than one month prior to the date of the competition, the Lifesaving Society must receive the sanction application form signed by the meet manager which identifies:
 - date, time and location of the competition
 - entry form, program of events
 - name of Head Referee
 - name of the Competition Safety Officer

The Lifesaving Society does not recognize records set in or results of unsanctioned competition. (See 2.8 *Records*.)

The Lifesaving Society does not insure volunteer officials or competitors in unsanctioned competition.

2.5 COMPETITION SAFETY

The provision of safe competitions is essential and a priority in competition planning.

At all Canadian championships and sanctioned competitions, the host organizing committee is responsible for the provision of adequate resources to ensure the safety of those involved with the competition.

Canadian championships

No Canadian championship shall be conducted until the Management Committee is satisfied that the competition facilities are safe, and that the appropriate safety plan, equipment, procedures and personnel are in place.

The Management Committee has the authority to cancel, reschedule, or relocate the championships, an event, or event final.

The referee or the appointed coordinator of emergency services shall assume control of emergencies arising during competition.

Sanctioned competition

No sanctioned competition shall be conducted until the appointed Lifesaving Society Liaison Officer is satisfied the competition facilities are safe. The host organizing committee must have appropriate safety plan, equipment, and Competition Safety Officer in place.

Safety plan

The host organizing committee shall prepare a safety plan to ensure:

- the general safety of competitors, competition personnel and spectators.
- the personnel and emergency procedures are in place in case of minor or major emergencies involving competitors, competition personnel, or spectators.

The safety plan shall:

- identify the facilities to be used during the competition.
- identify the Safety Officer with authority to initiate the plan and the chain of command.
- confirm that operational procedures are in place to prevent injury to competitors, competition personnel, or spectators.
- confirm that emergency procedures are in place.
- confirm that the required communication equipment, rescue equipment and rescue vehicles are available on site.
- specify the decision-making responsibility in the event of death or serious injury to a competitor, competition personnel, or spectator during the competition.

Relocation contingency plan

In open water competition, adverse weather can create extremes in heat or cold, storms, dangerous surf of swell and associated dangers for competitors. Man-made disasters such as pollution of the water and beach cannot be discounted.

The host organizing committee should prepare a contingency plan to ensure the protocols and procedures are in place in the event adverse weather or other conditions threaten to prevent the conduct of part or all of the competition.

The contingency plan shall:

- identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all of the competition.
- identify alternative locations where part or all of the competition maybe safety conducted within the timeframe set down.
- specify the responsibilities and procedures for communicating decisions and directions concerning suspension, cancellation, postponement or relocation.
- outline the logistical plan for relocating competitors, competition personnel and equipment to an alternate location.
- outline the responsibilities for event set-up and re-scheduling at alternate locations(s).

2.6 PROGRAM OF EVENTS FOR CANADIAN CHAMPIONSHIPS

The Lifesaving Society shall establish the program of events for all Canadian championships.

Canadian Lifeguard Championships

For the 2003 championships, the following pool events shall be conducted in senior and masters divisions:

Race Events	Maximum Entries per Team
200m Obstacle Swim – Men	4 competitors
200m Obstacle Swim – Women	4 competitors
50m Manikin Carry – Men	4 competitors
50m Manikin Carry – Women	4 competitors
100m Tow with Fins – Men	4 competitors
100m Tow with Fins – Women	4 competitors
200m Iron Guard – Men	4 competitors
200m Iron Guard – Women	4 competitors
Line Throw – Men	2 teams (2 competitors per team)
Line Throw – Women	2 teams (2 competitors per team)

Relay Events	Maximum Entries per Team
4 x 50m Obstacle Relay – Men	1 team (4 competitors per team)
4 x 50m Obstacle Relay – Women	1 team (4 competitors per team)
4 x 50m Obstacle Relay – Masters	1 team (2 males, 2 females per team)
4 x 50m Medley Relay – Men	1 team (4 competitors per team)
4 x 50m Medley Relay – Women	1 team (4 competitors per team)
4 x 50m Medley Relay – Masters	1 team (2 males, 2 females per team)
4 x 25m Manikin Relay – Men	1 team (4 competitors per team)
4 x 25m Manikin Relay – Women	1 team (4 competitors per team)
4 x 25m Manikin Relay – Masters	1 team (2 males, 2 females per team)

Simulated Emergency Events	Maximum Entries per Team
First Aid	2 teams (4 competitors per team)
Water Rescue	2 teams (4 competitors per team)

Masters division: Obstacle Swim, Manikin Carry, Tow with Fins, and Iron Guard in the masters division are conducted in these age categories: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; and 65 years and over.

Masters division Line Throw is conducted in separate mens and womens events with 2 competitors whose ages total 70 years or more; 85 years or more; or 100 years or more.

Masters division relay events shall be conducted with 2 male and 2 female competitors whose ages total 140 years or more; 170 years or more; or 200 years or more.

First Aid and Water Rescue: For both senior and masters divisions, First Aid and Water Rescue competition shall be conducted without separate male and female categories. Teams may consist of any combination of males and females.

Canadian Surf Lifesaving Championships

For the 2003 championships, the following open water events shall be conducted in the senior division:

Race Events	Maximum Entries per Team
Beach Flags – Men	3 competitors
Beach Flags – Women	3 competitors
Beach Sprint – Men	3 competitors
Beach Sprint – Women	3 competitors
Beach Run (2km) – Men	3 competitors
Beach Run (2km) – Women	3 competitors
Board Race – Men	3 competitors
Board Race – Women	3 competitors
Ski Race – Men	3 competitors
Ski Race – Women	3 competitors
Surf Race – Men	3 competitors
Surf Race – Women	3 competitors
Canadian Iron Guard – Men	3 competitors
Canadian Iron Guard – Women	3 competitors

Team Events	Maximum Entries per Team
Rescue Tube Rescue – Men	1 team (4 competitors)
Rescue Tube Rescue – Women	1 team (4 competitors)
Canadian Taplin Relay – Men	1 team (3 competitors)
Canadian Taplin Relay – Women	1 team (3 competitors)
Board Rescue – Men	2 teams (2 competitors per team)
Board Rescue – Women	2 teams (2 competitors per team)
Beach Relay – Men	1 team (4 competitors)
Beach Relay – Women	1 team (4 competitors)

Masters division: For the 2003 championships, the following open water race events will be conducted in the masters division: Beach Sprint, Board Race, Ski Race, Surf Race, and Iron Guard in these age categories: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; and 65 years and over.

Canadian Junior Lifeguard Games – Pool

For the 2003 Games, the following pool events shall be conducted in both male and female categories:

Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Swim	50m	50m	100m	100m
Object Support	4.5 kg (10 lb.)	6.8 kg (15 lb.)	9 kg (20 lb.)	11.3 kg (25 lb.)
Throwing Accuracy	4m	4m	7m	7m
Lifesaving Medley	100m	100m	200m	200m
Tow with Fins*	50m	50m	100m	100m

*Tow with Fins is a non-point score event.

Team Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m
Medley Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m

Team composition for relays: A competitor shall compete as a member of only 1 relay team per event (interchanges of members between heats and finals are allowed). In age group relays, a maximum of 2 competitors may be from a younger age group.

The offending swimmer(s) of a team disqualified in heats shall not be used as a member(s) of a relay team in the final of the same event.

Canadian Junior Lifeguard Games – Open Water

For the 2003, Games, the following open water events shall be conducted in both male and female categories:

Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Beach Flags	20m		20m	
Beach Run	500m		1500m	
Rescue Tube Race	50m		100m	
Junior Iron Guard	100m – 400m – 200m		200m – 800m – 400m	
Board Race	100m		300m	

Team Events	Combined Age Categories		
	40 yr. or less	50 yr. or less	60 yr. or less
Cdn Taplin Relay	100m – 400m – 200m – 50m	200m – 800m – 200m – 50m	

Other events in Canadian championships

Other events may be programmed with Canadian championships, but they do not contribute to team point scores for the

championship. Nevertheless, Canadian champion status shall be awarded to the winners of such events.

2.7 SEEDING

Canadian championships

In Canadian championships and Lifesaving Society sanctioned competitions, seeding shall be used in pool and open water events.

In pool events, seeding shall be based on the times submitted for the specific events with registrations. Competitors' best times in the 12 months prior to the entry deadline of the championships shall be submitted on entry forms. Competitors will be ranked according to the entry times. Competitors for whom no times are submitted shall be considered to have the slowest times.

Placement of competitors with identical times shall be determined by draw.

In emergency response events, seeding shall be by draw. Entries from the same team will be placed in different heats.

In open water events, seeding shall be based on random draw.

Seeding procedure is detailed in the general conditions for events.

2.8 RECORDS

The International Life Saving Federation recognizes world records. For information and conditions, refer to the *ILS Competition Manual* at www.ilsf.org.

Canadian records

The Lifesaving Society shall recognize mens and womens Canadian records in age group, senior, and masters divisions.

Senior division: Canadian records in 50m pools shall be recognized in the following events:

Race Events

100m and 200m Obstacle Swim – Men
100m and 200m Obstacle Swim – Women
50m Manikin Carry – Men
50m Manikin Carry – Women
100m Rescue Medley – Men
100m Rescue Medley – Women

Race Events (cont'd)

100m Manikin Carry with Fins – Men
100m Manikin Carry with Fins – Women
100m Tow with Fins – Men
100m Tow with Fins – Women
200m Iron Guard (Super Lifesaver) – Men
200m Iron Guard (Super Lifesaver) – Women
Line Throw – Men
Line Throw – Women
200m Lifesaving Medley – Men
200m Lifesaving Medley – Women

Relay Events

4 x 50m Obstacle Relay – Men
4 x 50m Obstacle Relay – Women
4 x 50m Medley Relay – Men
4 x 50m Medley Relay – Women
4 x 25m Manikin Relay – Men
4 x 25m Manikin Relay – Women
2 x 12m Line Throw Relay – Men
2 x 12m Line Throw Relay – Women

Age group division: Male and female Canadian records in 25m pools shall be recognized in the following events and age groups:

Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Swim	50m	50m	100m	100m
Object Support	4.5 kg (10 lb.)	6.8 kg (15 lb.)	9 kg (20 lb.)	11.3 kg (25 lb.)
Throwing Accuracy	4m	4m	7m	7m
Lifesaving Medley	100m	100m	200m	200m
Tow with Fins	50m	50m	100m	100m

Team Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m
Medley Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m

Age group relay records are also recognized in mixed teams of 2 males and 2 females in the following age categories: 40 years or less; 50 years or less; 60 years or less.

Age group competitors shall be the correct age on the first day of the meet in which the record was made.

Masters division: Canadian records in 50m pools are recognized for each of the masters age groups in the following events:

Race Events

100m and 200m Obstacle Swim – Men
100m and 200m Obstacle Swim – Women
50m Manikin Carry – Men
50m Manikin Carry – Women
100m Rescue Medley – Men
100m Rescue Medley – Women
100m Manikin Carry with Fins – Men
100m Manikin Carry with Fins – Women
100m Tow with Fins – Men
100m Tow with Fins – Women
200m Iron Guard (Super Lifesaver) – Men
200m Iron Guard (Super Lifesaver) – Women
Line Throw – Men (2 competitors)
Line Throw – Women (2 competitors)
200m Lifesaving Medley – Men
200m Lifesaving Medley – Women

Masters Line Throw records are recognized in the following age categories: 70 years or more; 85 years or more; 100 years or more.

Relay Events

4 x 50m Obstacle Relay – Mixed team: 2males, 2 females
4 x 50m Medley Relay – Mixed team: 2 males, 2 females
4 x 25m Manikin Relay – Mixed team: 2 males, 2 females
2 x 12m Line Throw Relay – Mixed team: 2 males, 2 females

Masters relay event records are recognized for mixed teams of males and females in the following age categories: 140 years or more; 170 years or more; 200 years or more.

The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

Approval of records

The Society shall only recognize Canadian records established at sanctioned pool competitions conforming to *Canadian Competition Manual* events, equipment and facility standards (see Section 9). In addition, the Society will only recognize records timed and recorded by an approved automatic timing system or by three certified timekeepers.

All Canadian Records established during pool events in World Lifesaving Championships or Canadian championships shall be automatically approved. Others records shall be approved subject to the following conditions:

- i) The Lifesaving Society shall only recognize a Canadian record established by a Canadian citizen or Landed Immigrant who satisfies the membership requirement of the Society.
- ii) The Lifesaving Society shall only recognize a Canadian record in team events when all members of the team are eligible to hold Canadian records, are registered with the same club, and are eligible to compete for that club.
- iii) The Lifesaving Society shall recognize a Canadian National Team relay record established by a team all of whom are members of the Canadian National Lifesaving Team.
- iv) All records must be made in competitions held in public and announced publicly by advertisement at least 3 days before competition. In the case of an individual race against time being sanctioned by the Lifesaving Society as a time trial during a competition, an advertisement at least 3 days prior shall not be necessary.
- v) The facility and equipment requirements must be certified by a surveyor or other qualified official appointed or approved by the Sport Commissioner.
- vi) Times which are equal to 1/100 of a second will be recognized as equal records, and competitors achieving these equal times will be called “Joint Holders.,, Only the time of the winner of a race may be submitted for a Canadian record. In the event of a tie in a record-setting race, each competitor who tied shall be considered a winner.
- vii) The first competitor in a relay may apply for a Canadian record. The competitor’s performance shall not be nullified by any subsequent disqualification of the relay team for a violation occurring after the first competitor’s distance has been completed.
- viii) Canadian records may be considered for acceptance from any competition sanctioned by the ILS.

- ix) Applications for Canadian records must be made by the responsible authority of the organizing committee of the competition and signed by an authorized representative of the Lifesaving Society, certifying that all regulations have been observed. The application shall be forwarded to the Lifesaving Society Sport Commissioner within 30 days of the conclusion of the competition.

Certificate of record

Upon receipt of the application for Canadian record, and upon satisfaction that the information contained in the application is accurate, the Lifesaving Society Sport Commissioner shall declare and publish the Canadian record, and provide a Canadian record certificate to the competitor.

2.9 AWARDS

Canadian Lifeguard Championships

Senior division: The Canadian team with the highest overall point score shall be awarded the Canadian Lifeguard Championship trophy and banner. The Lifesaving Society retains the trophy at the conclusion of the championships.

Individual awards shall be presented to the first 3 places in the final of all events at the Canadian Lifeguard Championships. (In Line Throw, both thrower and “victim,, shall receive awards.) Event winners shall be recognized as Canadian Champions.

A “pentathlon,, award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the following 5 events: Obstacle Swim, Manikin Carry, Tow with Fins, Iron Guard and Line Throw. Only competitors who enter all 5 of these events are eligible for the pentathlon awards. (Line Throw points accrue to the thrower, not the receiver or “victim,,)

Masters division: Within each masters’ age category, individual awards shall be presented to the first 3 places in the final of all events. Event winners shall be recognized as Canadian Masters Champions.

Canadian Surf Lifesaving Championships

Senior division: The Canadian team with the highest overall point score shall be awarded the Canadian Surf Lifesaving Championship trophy and banner. The Lifesaving Society retains the trophy at the conclusion of the championships.

Individual awards shall be presented to the first 3 places in the final of all *events* at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

A “pentathlon,, award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the following 5 events: Surf Race, Board Race, Ski Race, Beach Sprint, Iron Guard. Only competitors who enter all 5 of these events are eligible for these pentathlon awards.

Masters division: Within each masters’ age category, individual awards shall be presented to the first 3 places in the final of all events. Event winners shall be recognized as Canadian Masters Champions.

Canadian Junior Lifeguard Games

The Canadian team with the highest overall point score shall be awarded the Canadian Junior Lifeguard Games banner.

For all age groups, individual awards shall be presented to the first 3 places in the final of all events. Event winners shall be recognized as Canadian Champions.

Pool Games: An award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the following events: Obstacle Swim, Object Support, Throwing Accuracy, and Lifesaving Individual Medley. Only competitors who enter all 4 of these events are eligible for these awards.

Open water Games: A “pentathlon,, award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the following 5 events: Board Race, Rescue Tube Race, Beach Sprint, Beach Run, Junior Iron Guard. Only competitors who enter all 5 of these events are eligible for these pentathlon awards.

2.10 SCORING

Canadian Lifeguard Championships

Where events allow multiple entries per team, all entries are eligible to earn team points. The following points are allocated in Obstacle Swim, Manikin Carry, Tow with Fins, Iron Guard, and Line Throw events:

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

The following are allocated in Obstacle, Medley and Carry relays:

Relay Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	9 th	24	17 th	16	25 th	8
2 nd	35	10 th	23	18 th	15	26 th	7
3 rd	32	11 th	22	19 th	14	27 th	6
4 th	30	12 th	21	20 th	13	28 th	5
5 th	29	13 th	20	21 st	12	29 th	4
6 th	28	14 th	19	22 nd	11	30 th	3
7 th	27	15 th	18	23 rd	10	31 st	2
8 th	26	16 th	17	24 th	9	32 nd	1

Teams competing in First Aid and Water Rescue events shall be allocated the following points:

First Aid and Water Rescue

Place	Points	Place	Points	Place	Points	Place	Points
1 st	80	9 th	48	17 th	32	25 th	16
2 nd	70	10 th	46	18 th	30	26 th	14
3 rd	64	11 th	44	19 th	28	27 th	12
4 th	60	12 th	42	20 th	26	28 th	10
5 th	58	13 th	40	21 st	24	29 th	8
6 th	56	14 th	38	22 nd	22	30 th	6
7 th	54	15 th	36	23 rd	20	31 st	4
8 th	52	16 th	34	24 th	18	32 nd	2

Canadian Surf Lifesaving Championships

Where events allow multiple entries per team, all entries are eligible to earn team points.

Team members competing in Beach Flags, Beach Sprint, Beach Run, Board Race, Board Rescue, Ski Race, Surf Race, and Iron Guard events shall be allocated the following points:

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Teams competing in Rescue Tube Rescue, Canadian Taplin Relay, and Beach Relay events shall be allocated the following points:

Team Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	9 th	24	17 th	16	25 th	8
2 nd	35	10 th	23	18 th	15	26 th	7
3 rd	32	11 th	22	19 th	14	27 th	6
4 th	30	12 th	21	20 th	13	28 th	5
5 th	29	13 th	20	21 st	12	29 th	4
6 th	28	14 th	19	22 nd	11	30 th	3
7 th	27	15 th	18	23 rd	10	31 st	2
8 th	26	16 th	17	24 th	9	32 nd	1

Canadian Junior Lifeguard Games

Clubs are allowed multiple entries in events, however only the top 3 placing entries score team points.

Team members competing in the following pool events – Obstacle Swim, Object Support, Throwing Accuracy, and Lifesaving Medley events – shall be allocated points as per the following chart, as will team members competing in the following open water events – Beach Flags, Beach Sprint, Beach Run, Rescue Tube Race, Junior Iron Guard, Board Race – shall be allocated points as per the following chart.

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Teams competing in the pool Obstacle Relay and Medley Relay, shall be allocated points as per the following chart, as will teams competing in the open water Canadian Taplin Relay:

Relay Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	9 th	24	17 th	16	25 th	8
2 nd	35	10 th	23	18 th	15	26 th	7
3 rd	32	11 th	22	19 th	14	27 th	6
4 th	30	12 th	21	20 th	13	28 th	5
5 th	29	13 th	20	21 st	12	29 th	4
6 th	28	14 th	19	22 nd	11	30 th	3
7 th	27	15 th	18	23 rd	10	31 st	2
8 th	26	16 th	17	24 th	9	32 nd	1

Disqualification

Competitors who are disqualified from an event (whether in heats or finals) shall not earn any placing points for a team.

Event cancellation

No points shall be credited to any team or individuals if an event is cancelled even if some heats have been run.

Ties

Ties shall be declared as such and the points divided equally among the individuals or teams involved.

In open water competition, when tied competitors qualify for a final, both shall advance to the appropriate final.

In pool competition, when tied competitors qualify for a final, a swim-off will be held to determine which competitor advances to the appropriate final.

Ties in overall point scores for teams or individuals shall be broken

using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;...and so on.

2.11 OFFICIAL CEREMONIES

Official ceremonies shall be conducted at all Canadian championships.

Opening ceremonies

The opening ceremonies shall consist of the following elements:

- Assembly of teams and officials
- Playing of “O Canada,, (instrumental or bilingual)
- Official welcome on behalf of the Host
- Administer *Competitors Oath* (in English and French):

“In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play.

«Au nom de tous les athlètes je promets que nous respecterons et observerons les règlements de ce Championnat et que nous participerons à cette compétition dans un esprit sportif et de franc jeu.
- Administer *Officials Oaths* (in English and French):

“In the name of all officials, I promise that we shall officiate in this championship with impartiality, honoring the rules which govern this competition and the spirit of fair play which inspires them.”

«Au nom de tous les officiels, je promets que nous jugerons ce Championnat en toute impartialité en respectant les règlements qui régissent cette compétition et dans l'esprit de franc jeu qui les inspirent.»
- Official welcome on behalf of the Lifesaving Society and official opening declaration:

“On behalf of the Lifesaving Society – Canada’s lifeguarding experts – I declare these championships (Games) officially open.”

Award presentations

Official presentations of awards to the first 3 places of event winners and overall winners shall be conducted. All award presentations shall share the following characteristics:

- The presentations shall be hosted by an Emcee.
- Presentations shall be staged on a podium or dais.
- Official presenters present award ribbons or award medals (the order of presentation shall be bronze, silver, and gold).
- An official photographer will be identified for event and overall presentations.

2.12 OFFICIALS

For Canadian championships, the Lifesaving Society Sport Commissioner shall appoint the following officials:

- Meet Manager
- Head Referee
- Sectional Referees (as required)
- Head Scorer
- Safety Officer

The appointment of all other officials is the responsibility of the Meet Manager and host organizing committee.

Lifesaving Society-sanctioned pool competitions without automatic timing equipment must have a Head Timer and three timekeepers per lane.

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an officials position with the authority to affect the outcome of an event, e.g., Starter, Judge, Timer, Referee, Scorer.

It is recommended that all officials hold a current Lifesaving Society Level 1 Official certification or higher.

Officials may not ‘coach’ or similarly assist any team in competition. An official found to be in violation of this rule shall be declared ineligible to further act as an official.

For additional information, see *3.5 Code of Conduct*.

Meetings: Officials are required to attend the appropriate briefings.

Dress: Officials should wear a white top with white or navy blue shorts, pants, or skirts. Hats should be white. Protective clothing such as raincoats or parkas may be worn as appropriate. The organizing committee may chose to provide alternative official dress that is uniform in appearance.

Language interpretation

French / English language interpreters shall be provided by the organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

Officials job descriptions

Meet Manager: The Meet Manager is responsible for all necessary steps associated with the preparation, conduct, and follow-up required of a successful competition.

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

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

The Head Referee shall consult with the Management Committee on any question of participant safety that may lead to the cancellation, rescheduling, or relocation of the competition or events. The Head Referee shall ensure that teams are duly informed of any changes.

Sectional Referee: Sectional Referees are responsible for managing designated event(s) and have the authority to enforce all rules for the duration of their event(s) and may intervene at any stage to ensure that Lifesaving Society regulations are observed.

Head Scorer: The Head Scorer shall be responsible for overall record keeping, calculation of results, and release of all official results.

Safety Officer: The Safety Officer shall be responsible for ensuring that the competition facilities are safe, and that the appropriate safety plan, equipment, procedures and personnel are in place to ensure the general safety of competitors, competition personnel and spectators.

GENERAL RULES AND PROCEDURES

SECTION 3 – CANADIAN COMPETITION MANUAL



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Section 3 GENERAL RULES AND PROCEDURES

3.1 ELIGIBILITY AND THE RIGHT TO PARTICIPATE

Eligibility to compete in Canadian championships or sanctioned competitions

Senior competitors: To be eligible to compete in Canadian championships or sanctioned competitions, competitors shall:

- be Canadian citizens or landed immigrants
- hold one or more of the Lifesaving Society Bronze Medallion, Bronze Cross, or National Lifeguard certifications
- be a minimum 16 years of age as of the first day of the senior competition

Competitors from other countries may compete in Canadian championships or sanctioned competitions if endorsed to do so by their national lifesaving organization. These competitors may become event champions or overall individual winners, but they are not eligible for the Canadian championship team title.

Competitors may enter Canadian championships only as members of a team, not as individuals.

The team's competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time.

Affiliated Clubs or Affiliate Members may enter more than one team.

Teams need not enter competitors in all events.

Competitors are allowed to enter each event only once.

Note: ILS rules govern club eligibility in the year of World Lifesaving Championships (e.g., 2004, 2006).

Masters competitors: To be eligible to compete in Canadian championships or sanctioned competitions, competitors shall:

- be Canadian citizens or landed immigrants
- hold one or more of the Lifesaving Society Bronze Medallion, Bronze Cross, or National Lifeguard certifications.
- be a minimum 30 years of age as of the first day of the masters competition.

Masters competitors may enter Canadian championships as individuals or as members of a team. Competitors entered as a masters team must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate.

Competitors may compete for only one club or Affiliate at a time.

Age group competitors: To be eligible to compete in Canadian championships or sanctioned competitions, competitors shall:

- be Canadian citizens or landed immigrants.
- hold a Lifesaving Society award *or* be a member of a Junior Lifeguard Club *or* be registered in a Lifesaving Society training program.
- meet the Lifesaving Society’s Canadian swim-to-survive standard (swim 50m and tread 1 min.)
- be less than 16 years of age as of the first day of the age group competition.

Entry forms shall require parent / guardian signature attesting to the above.

Age group division competitors may enter Canadian championships as individuals or as members of a team. Competitors entered as an age-group team must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate. Competitors may compete for only one club or Affiliate at a time.

Division	Age
Masters	30 years & over
Senior	16 years & over
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 years & under

3.2 TEAM COMPOSITION, SUBSTITUTION

Teams must identify a captain who will attend the captains meeting and speak for the team in all matters related to the competition.

Only the team manager or coach may advise a change of team composition in writing to the meet manager. Teams may make changes to team composition no later than check-in on the first day of the competition. After that time, there shall be no further alteration of team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

Impersonation or use of ineligible competitors will result in disqualification of the team from the championship.

Canadian Lifeguard Championships – Pool

Senior division: A team may consist of a minimum of 1 individual and a maximum of 4 males and a maximum of 4 females, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond 4.

Age group and masters divisions: A team may consist of a minimum of 1 individual. At this time, there is no maximum number of competitors per team.

Canadian Surf Lifesaving Championships

Senior division: A team may consist of a minimum of 1 individual and a maximum of 6 males and 6 females, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond 6.

Age group and masters divisions: A team may consist of a minimum of 1 individual. At this time, there is no maximum number of competitors per team.

3.3 TEAM IDENTIFICATION, UNIFORMS AND EQUIPMENT

Team uniform

Each team shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants are encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

All competitors must wear swimsuits, trunks or uniforms in accordance with standards approved by the Lifesaving Society. The referee has the authority to exclude any competitor whose attire is not in accordance with Lifesaving Society standards or the commercial identification policy.

Commercial identification on competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy below.

No club, competitor, or handler may have any signage, logos or corporate identification on clothing, competition apparel, gear, equipment, or on the person in the competition arena that the referee deems to be objectionable.

Refusal to comply with any of the above renders the clothing, competition apparel, or equipment ineligible for the competition, and the competitor and / or team ineligible for further participation in the competition.

Commercial identification policy

For a Canadian championship, the Management Committee reserves the right to order the removal or coverage of commercial identification in conflict with official championship sponsors. This includes body tattoos.

Notwithstanding the foregoing, official sponsors of clubs and teams may retain their identification on competition apparel and equipment irrespective of commercial conflict, but must not display other signs, banners, flags, or other identification within close proximity to the competition arena.

Body tattoos: Sponsors may be shown once only on the body and may not exceed 15cm by 5cm in size.

Swim caps

Competitors shall wear their club or team swim caps in all events. The use of such caps assists in identification of competitors and teams and in event judging.

In open water, caps, securely fastened under the chin, must be worn on the competitors' heads at the start of each event.

In pool events, the open water event caps or rubber or silicone caps must be worn on competitors' heads at the start of each event.

A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Swim wear

Each team must have swim wear suitable for competition. It is recommended that all team members wear the same colour swim wear.

Team T-shirts or sleeveless vests are permitted.

Swim wear must not provide the competitor with any flotation assistance.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description or specified in the handbook prepared for the competition.

Wetsuits

Wetsuits, or other foam type outer garments, shall be permitted in open water events only in water temperature of 18 degrees Celsius or less, or when the referee determines wind chill factors to be dangerous. Water temperature shall be taken approximately 30cm below the surface.

Wetsuits shall not be permitted in pool events.

Wetsuits must conform to Lifesaving Society standards outlined in *Section 9 – Equipment and Facility Standards*.

Responsibility for equipment

Competitors must use the following equipment, which shall be provided by the host organizing committee:

- batons for relay and Beach Flags events
- rescue manikins for pool events
- rescue tubes for pool and open water events
- throw lines for pool events
- obstacles for pool events

The host organizing committee shall advise all registrants of the contents of the equipment pool (see *Responsibility for Equipment* in 2.3 *Management of Competitions*) and under what terms and conditions such equipment is available to competitors.

3.4 ENTRY PROCEDURES

Championship registration

All teams must register prior to the championships in accordance with the procedures and deadlines established by the host organizing committee.

Team registration fees and event entry fees must be paid with the team registration.

A photocopy of competitors' Lifesaving Society award proving eligibility must accompany registration.

To facilitate seeding in pool events, competitive times must accompany entries (see 2.8 *Seeding*).

Registrations received after the deadline established by the host organizing committee may be subject to a late fee. The host organizing committee reserves the right to deny entry to late registrants.

The organizing committee reserves the right to require a team to change its team name.

Late entries: No entries in individual or team events shall be accepted later than 7 days prior to the first day of the Canadian championships.

Changes in team composition or size

The team manager or coach may advise a change of team composition in writing to the Meet Manager. Teams may make changes to team composition no later than registration check-in on the first day of the competition. After that time, there shall be no

further alteration of team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The team manager or coach shall notify the Meet Manager in writing of the change in team composition indicating:

- date and time
- name of the team
- name of the member(s) to be withdrawn
- name(s) and surname(s) of the competitor(s) being added

Such notification must be accompanied by all documentation required on the original registration and entry forms.

Substitutions in individual events

Only the team manager or coach may substitute team members in individual events with another member from the same team. Team managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the commencement of marshalling for the event.

Competitors, who have been replaced in an event, may not be re-substituted into that same event, but they may contest other events in the competition.

Substitutions in team events

Only the team manager or coach may substitute members in a team event with other members of the same team. Team managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the commencement of marshalling for the event.

3.5 CODE OF CONDUCT

Code of conduct for competitors and officials

Lifesaving Society Canadian championships are high profile public events. The Lifesaving Society expects all competitors and officials to co-operate to ensure a positive public image.

Behaviour likely to cause embarrassment or damage to the image of Lifesaving Society or competitive lifesaving will be referred to a disciplinary committee. Penalties may include expulsion of individuals or teams from the competition.

The Lifesaving Society expects the highest standard of conduct of its competitors, officials, and members.

For the purpose of applying the code of conduct, the definition of a ‘team’ includes actual competitors, coaches, assistants, spectators, etc., travelling with the team. Violations of this code will result in individual and / or team disqualification from the competition.

Fair-play code for lifesaving competitions

It is important that competition, especially Canadian championships, be conducted in a spirit of goodwill and sportsmanship.

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the referee who may initiate action as described in *3.6 Penalties for Misconduct and Competing Unfairly*.

Team members shall at all times conduct themselves in a proper manner during the championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

Any action by a team, which attempts to disrupt or interfere with another team, is a serious offence and will be dealt with as such.

The general conduct of all participants will be measured by the following *code of fair play*:

Lifesaving Society will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials, and administrators the need to maintain the highest standards of sportsmanship in competitive lifesaving.
- Ensure that its rules are fair, clearly understood by competitors, coaches, officials, and administrators, and properly enforced.
- Make every effort to ensure that its rules are applied consistently and impartially.
- Treat all members equally, regardless of gender, race, or physical characteristics.

Lifesaving Society officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair, and ethical in dealing with others.
- Be professional in appearance, action, and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

Competitors will:

- Abide by the rules and the spirit of the competition.
- Accept the decisions of referees and judges without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

Team managers and coaches will:

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of drugs by competitors.
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules in order to take advantage of their competitors or their opponents.
- Respect Lifesaving Society regulations and authority.
- Recognize the special role that they have to play in the establishment of standards by setting a good example of sportsmanship at all times.
- Respect the rights of other teams and never deliberately act

in a manner intended to be detrimental of another team.

- Respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

3.6 PENALTIES FOR MISCONDUCT AND COMPETING UNFAIRLY

The Lifesaving Society, either by pre-determined publicized penalties or by adopting the decision of a disciplinary committee, may, at its discretion, issue penalties to individual competitors or teams.

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the championship. The referee may refer the competitor or team to a disciplinary committee for consideration of further penalty.

Examples of competing unfairly include:

- Committing a doping or doping-related infraction (under the terms of the Policy on Doping in Sport).
- Impersonating another competitor.
- Competing twice in the same individual event.
- Competing twice in the same event in different teams.
- Purposely interfering with a course to gain an advantage.
- Jostling or obstructing other competitors or handlers so as to impeded their progress.
- Receiving physical or material outside assistance.

The referee and / or the relevant official(s) shall have absolute discretion in determining whether a competitor, team, or handler has competed unfairly.

3.7 PROTESTS

The Championship Management Committee 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 Championship Management Committee decisions will not be entertained.

In addition, event courses and the competition area may change from the descriptions in this manual if the 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.

Lodging a protest

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

- i) Only team captains may lodge a protest. The referee will inform the team captain of the result of the protest.
- ii) ***Protest before an event:*** A protest against the conditions under which an event is to be conducted must be made verbally to the referee prior to the event. Before the start of the event, the referee or appointed official shall inform the competitors in that event of such a protest.
- iii) ***After an event:*** A protest must be submitted in writing to the referee within 30 minutes of the end of the event.
- iv) No protest shall be accepted which is a direct challenge to the judges' order-of-finish decisions.
- v) Videotapes may not be used to protest a judge's ruling or score.

Disqualifications

Competitors or teams may be disqualified from an event or from the entire competition.

Disqualification from competition: Examples of behaviour, which may result in disqualification of individuals or teams from the competition, include:

- i) Refusing to fulfil the conditions of entry.
- ii) Breach of the Lifesaving Society code of conduct.
- iii) The impersonation or use of unauthorised competitors.
- iv) Activities resulting in wilful damage to the venue sites, accommodation sites, or the property of others.
- v) Abuse of officials.

Disqualification from events: Examples of behaviour which may result in disqualification of individuals or teams from an event include:

- i) Being absent at the start of an event.
- ii) Infraction of the general conditions for events or infraction of event rules.

3.8 DOPING CONTROL

The Lifesaving Society is committed to a fair and drug-free competitive environment for all Canadian competitors. The Society recognizes and will apply the “Canadian Policy on Doping in Sport”, including possible drug testing for all lifesaving competitions.

POOL EVENT DESCRIPTIONS

SECTION 4 – CANADIAN COMPETITION MANUAL



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Section 4

POOL EVENT DESCRIPTIONS

The following short course and or long course pool events are described in this section:

- Obstacle Swim – 200m, 100m and 50m
- Manikin Carry – 50m
- Rescue Medley – 100m
- Carry with Fins – 100m and 50m
- Tow with Fins – 100m and 50m
- Iron Guard – 200m
- Line Throw
- Throwing Accuracy
- Object Support
- Lifesaving Medley – 200m and 100m
- Manikin Relay – 4 x 25m
- Obstacle Relay – 4 x 50m
- Medley Relay – 4 x 50m
- Line Throw Relay – 2 x 12m

4.1 GENERAL CONDITIONS FOR POOL COMPETITION

Team management and competitors are responsible for being familiar with the competition 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) No artificial means of propulsion – unless specifically provided for – may be used in competition (e.g., handwebs, wetsuit sleeves, armbands).
- v) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.

Conduct of events

Events may be conducted in heats, semi-finals, or finals.

Seeding

Seeding shall be used for Canadian championships based on times submitted with competitor registrations for the specific events. Competitors for whom no times are submitted shall be considered to have the slowest times.

The 3 fastest-seeded heats shall be run as originally seeded and shall not be altered. Other heats may be altered if lanes are available.

Heats in Canadian championships

Competitors shall be seeded in heats according to submitted times in the following manner:

- i) ***If 1 heat:*** it shall be seeded as a final and swum during the final session.
- ii) ***If 2 or more heats:*** the last heat shall consist of the fastest competitors. The heat preceding the last heat shall consist of the next fastest competitors. The heat preceding the last 2 heats shall consist of the next fastest competitors, and so on.

Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in *Assignment of lanes* below.

- iii) ***Exception:*** When there are 2 or more heats in an event, there shall be a minimum of 3 competitors seeded into any 1 heat.

Assignment of lanes

Assignment of lanes shall be by placing the fastest competitor or team in lane 4 of an 8-lane pool. (Lane 1 is on the right side of the pool viewed from the starting end.) The competitor having the next fastest time is placed on the left of the fastest, then alternating other competitors to right and left in accordance with the submitted times. Competitors with identical times shall be assigned lane positions by draw within the aforesaid pattern.

Seeding in finals

Starting positions for pool events in Canadian championships shall be by seeding as follows:

- i) Based on the times established in heats, the top 8 times shall be assigned lanes in the A final, and the 9th through 16th times shall be assigned lanes in the B final.
- ii) Where no heats are necessary, (as determined by the organizing committee) lanes shall be assigned in accordance with the description above (i).
- iii) In the event that competitors from the same or different heats have equal times registered to 1/100 second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than 1 hour after all involved competitors have completed their heat (unless affected competitors agree to a shorter time interval).
- iv) Where 1 or more competitors withdraw from a final, alternates will be called according to times recorded in heats. The event or events will be re-seeded as prescribed in *Assignment of lanes* above.

Notification of withdrawal from a race

In fairness to alternate competitors, the team manager or coach is required to notify the meet manager (or the designated official) of a competitor's withdrawal from a race for which he or she has qualified and been seeded. This notification should be made as soon as the "scratch," is known, and no later than 30 minutes prior to the start of heats or finals.

Failure to scratch in accordance with this requirement will result in the offending competitor(s) being automatically scratched from all remaining race events (including relays) in the championship.

Dive start procedure

The 1-start rule shall be used at Canadian championships:

- i) On the long whistle from the referee, 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 1 foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.

Age group and masters: Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

For sanctioned competition at facilities that do not meet acceptable depth standards for diving, dive starts must be replaced with in-water starts for all events.

In-water start procedure

Not all events begin with a dive start (e.g., Line Throw, Object Support, Manikin Relay). Start procedures for such events are included with the Event Descriptions.

The procedure for in-water starts for events other than the Manikin Relay will be as follows:

- i) On the long whistle from the referee, competitors enter the water.
- ii) At the second long whistle from the referee, competitors return without undue delay to the starting position.
- iii) The competitor starts in the water holding the pool edge with at least one hand. The competitor's feet, including toes, must be below the surface.
- iv) 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.

False start

- i) Under the 1-start rule, any competitor starting before the starting signal has been given, shall be disqualified.
- ii) If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race.
- iii) If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back, be reminded by the starter of the penalties, and start again.
- iv) The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope.

In addition to the starter, the referee may identify a false start. If the referee or referee's designate decides that the start is false, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated) and dropping of the false start rope.

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

Surfacing, carrying, and towing manikins

Surfacing the manikin: Competitors may push off the bottom when surfacing with the manikin. Competitors must surface submerged manikins using at least 1 hand.

Carrying the manikin: When a manikin carry is required, competitors must carry (not push) the manikin with at least 1 hand, and:

- Keep the manikin's mouth and nose above the surface (see note below).
- Chin carries are acceptable where the pressure is clearly on the chin. Avoid carrying the manikin by the throat or covering the mouth or nose.

Towing the manikin: When a manikin tow is required, competitors must:

- Tow the manikin correctly secured by the rescue tube with the line of the rescue tube fully extended.
- Keep the manikin's mouth and nose above the surface.

Mouth and nose above surface: Events in which manikins are used simulate a rescue within a race environment. Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface.

Competitors shall not be disqualified if water covers the manikin's mouth and nose from time to time. However, officials may disqualify competitors who do not maintain the mouth and nose of manikin above the surface for the majority of the carry or tow.

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

Automatic electronic timekeeping

- i) Automatic electronic timing systems shall be used for all pool events in Canadian championships.

The characteristics of the finish pads and the recording and the printing of the results are identical to those used by the International Swimming Federation (FINA).

- ii) Times recorded by automatic electronic timekeeping devices shall be used to determine the winner and all placings, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.
- iii) Any equipment installed must not interfere with competitors' start and turns. The automatic electronic equipment must be activated by the starter and must provide easy digital readings of competitors' time.
- iv) The placing and times so determined shall have precedence over the decision of judges and timekeepers. If electronic equipment breaks down or fails, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official.
- v) In addition to the electronic timekeeping, at least 1 timekeeper shall be appointed per lane.

Manual timekeeping

In Lifesaving Society-sanctioned lifesaving competitions where an automatic electronic timing system is unavailable, the time of each competitor must be recorded by at least 3 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.

3 timekeepers: With 3 timekeepers, where 2 of them have the same time, this time shall be considered official. If the 3 timekeepers differ, the middle time shall be official. If 1 watch fails, the average of the other 2 times shall constitute the competitor's official time.

Attribution of place (manual timekeeping): If, in a heat, the placings of the finish judges do not coincide with the times of the timekeepers, the finish judges shall determine the placing of the

competitors. The time assigned to the competitors involved shall be identical. When 2 competitors are involved, the time assigned shall be the sum of their individual times divided by 2.

Officials

Place judge: If electronic timing is unavailable, a place judge will be positioned in line with the finish wall. The place judge shall rule on order of finish.

Referee: The referee shall be positioned to maintain overall supervision.

Long and short course pools

Canadian Lifeguard Championships (senior division) are held in 50m or “long course,, pools. Other competitions may use 25m or “short course,, pools. Where appropriate, event descriptions in the following section are given for both long course and short course pools.

4.2 OBSTACLE SWIM

Event description – 200m long course

With a dive entry on an acoustic signal, the competitor swims the 200m course passing 8 times under the immersed obstacles to touch the finish edge of the pool.

Event description – 100m long course

With a dive entry on an acoustic signal, the competitor swims the 100m course passing 4 times under the immersed obstacles to touch the finish edge of the pool.

Event description – 100m short course

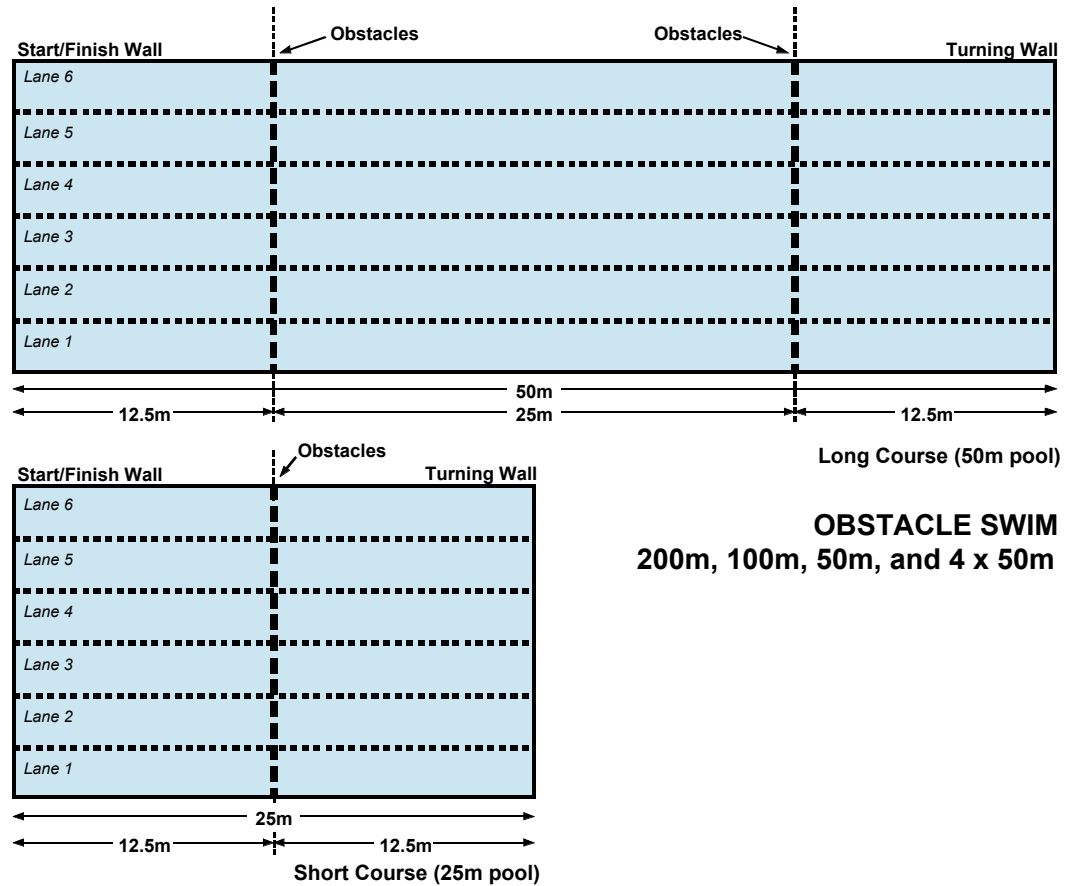
With a dive entry on an acoustic signal, the competitor swims the 100m course passing 4 times under the immersed obstacles to touch the finish edge of the pool.

Event description – 50m short course

With a dive entry on an acoustic signal, the competitor swims the 50m course passing 2 times under the immersed obstacles to touch the finish edge of the pool.

Notes: For all events above:

- Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing,, means the competitor’s head breaks the plane of the surface of the water.



Equipment

Obstacles: See Section 9 – Equipment and Facility Standards. Obstacles are 70cm high and fixed at right angles onto lane ropes in a straight line across all lanes. Age group obstacles are 35cm high.

Positioning obstacles in long course pools: The first obstacle is located 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end. The distance between the two obstacles is 25m.

Positioning obstacles in short course pools: One obstacle is located 12.5m from the starting edge.

Start, timekeeping, and attribution of placing

Refer to *General Conditions for Pool Competition*

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- iii) Failure to surface after the dive entry or after a turn.
- iv) Failure to surface between obstacles.
- v) Failure to touch the wall during the turn.
- vi) Failure to touch the finish edge.

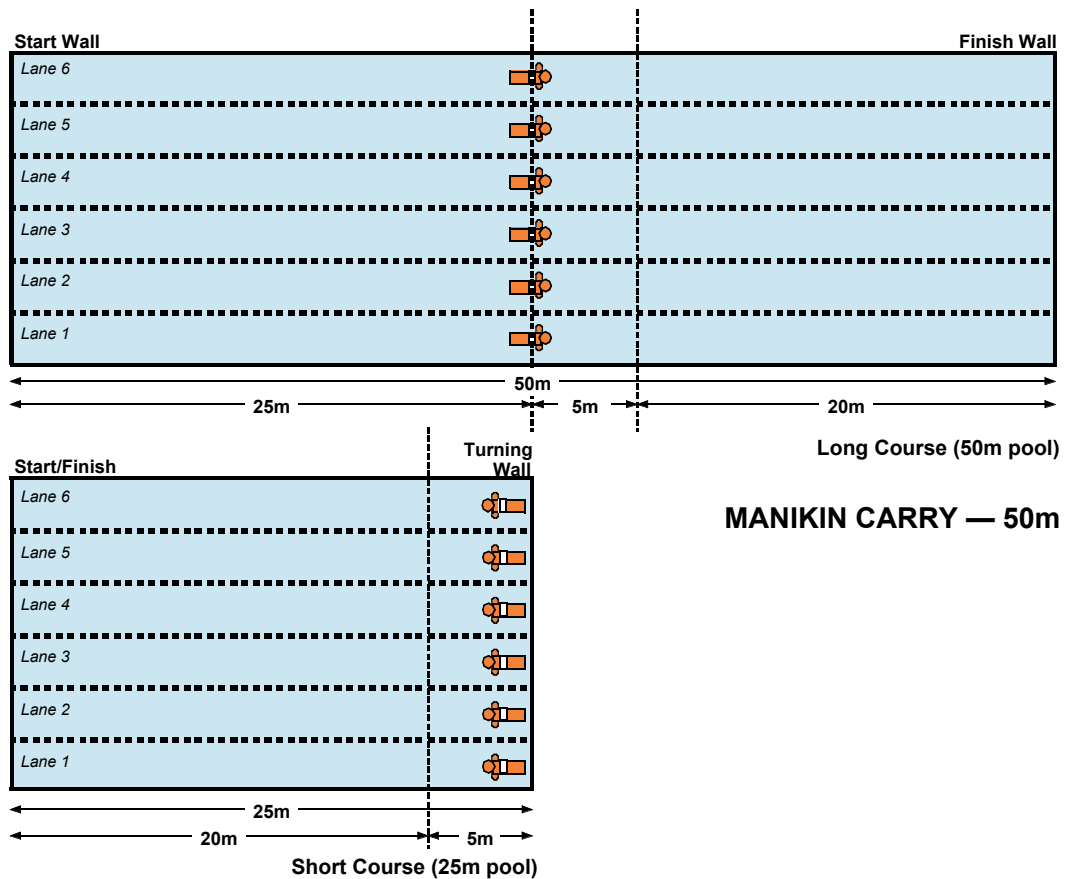
4.3 MANIKIN CARRY

Event description – 50m

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

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

In short course competition, competitors are not required to touch the turning edge.



Equipment

Manikin: See Section 9 – Equipment and Facility Standards. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organizers.

Surfacing the manikin: Competitors must lift the manikin with at least 1 hand and must have the manikin in the correct carrying position before the top of the manikin’s head passes the 5m-line after the pick-up.

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

The manikin is positioned on its back, the head in the direction of the finish, with the transverse line in the middle of the manikin’s thorax on the 25m-line.

Positioning the manikin in short course pools: The manikin is located at a depth between 0.9 and 3.0m. The manikin is positioned on its back in contact with the pool bottom, with its base touching the turning wall, and its head in the direction of the finish.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Not surfacing before diving to the manikin.
- iii) Incorrect lift of the manikin.
- iv) Taking assistance from any pool fitting (e.g., lane rope, steps) when surfacing with the manikin – not including the bottom of the pool.
- v) Surfacing the manikin’s head (judged at top of head) beyond the 5m-line.
- vi) Using an incorrect carrying technique as described in *General conditions for pool competition*.

- vii) Not keeping the manikin's mouth and nose above the surface for the majority of the carry (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- viii) Releasing the manikin before the finish edge has been touched.
- ix) Failure to touch the finish edge.

4.4 RESCUE MEDLEY

Event description – 100m long course

With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at a 15m distance.

The competitor surfaces the manikin within the 5m pick-up zone, and then carries it the remaining distance to touch the finish edge.

Event description – 100m short course

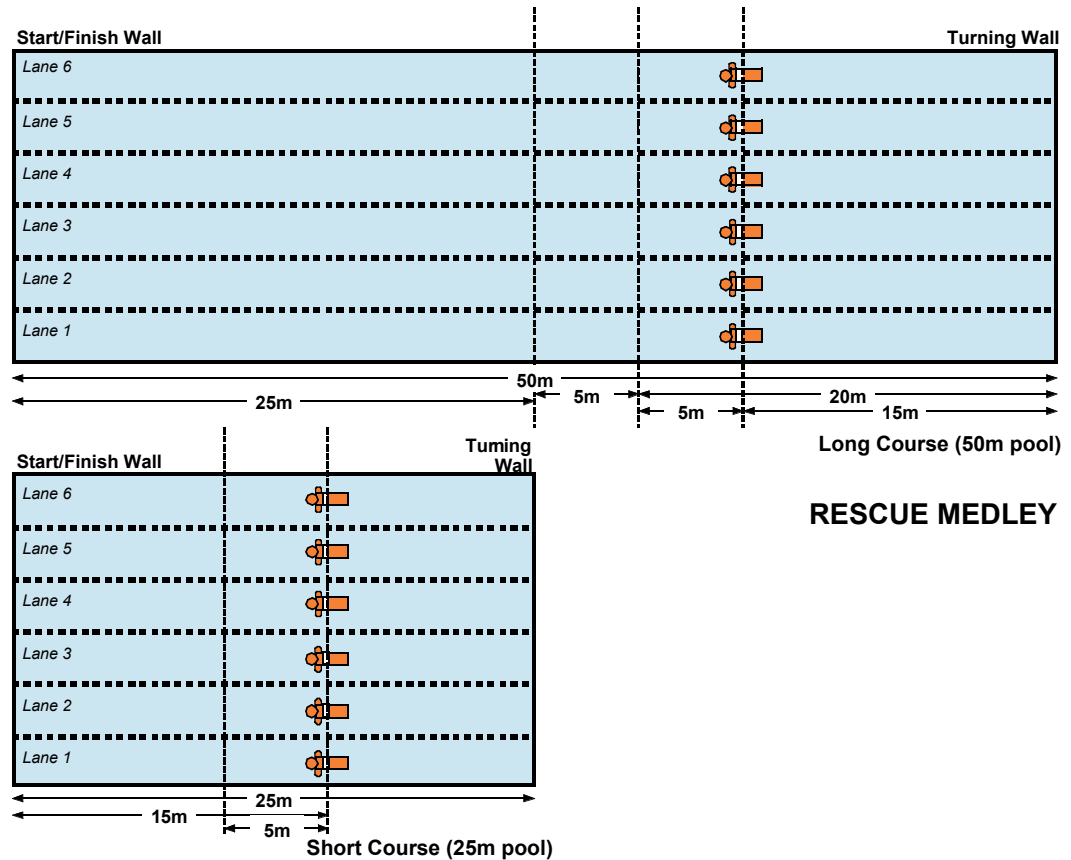
In short course pools, the Rescue Medley distance is shortened to 80m since competitors need not touch the turning wall after retrieving the manikin.

With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at a 15m distance.

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

Notes: For all events above:

- 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: See Section 9 – Equipment and Facility Standards. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organizers.

Positioning the manikin in long course pools: The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, 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 20m-line for men and 15m-line for women.

Positioning the manikin in short course pools: The manikin is located at a depth between 0.9m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin’s

thorax located on the 20m-line for men and 15m-line for women.

Surfacing the manikin: Competitors must lift the manikin with at least 1 hand and must have the manikin in the correct carrying position before the manikin's head passes the 5m-line after the pick-up.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Surfacing after turning and before lifting the manikin.
- iii) Breathing after the feet leave the turning edge and before surfacing with the manikin.
- iv) Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the manikin – not including the bottom of the pool.
- v) Surfacing the manikin's head (judged at top of head) beyond 5m-line.
- vi) Using an incorrect carrying technique as described in *General conditions for pool competition*.
- vii) Not keeping the manikin's mouth and nose above the surface for the majority of the carry (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- viii) Releasing the manikin before touching the finish edge.
- ix) Failure to touch the finish edge.

4.5 CARRY WITH FINNS

Event description – 100m long course

With a dive start on acoustic signal, the competitor swims 50m freestyle wearing fins to recover a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool.

Event description – 100m short course

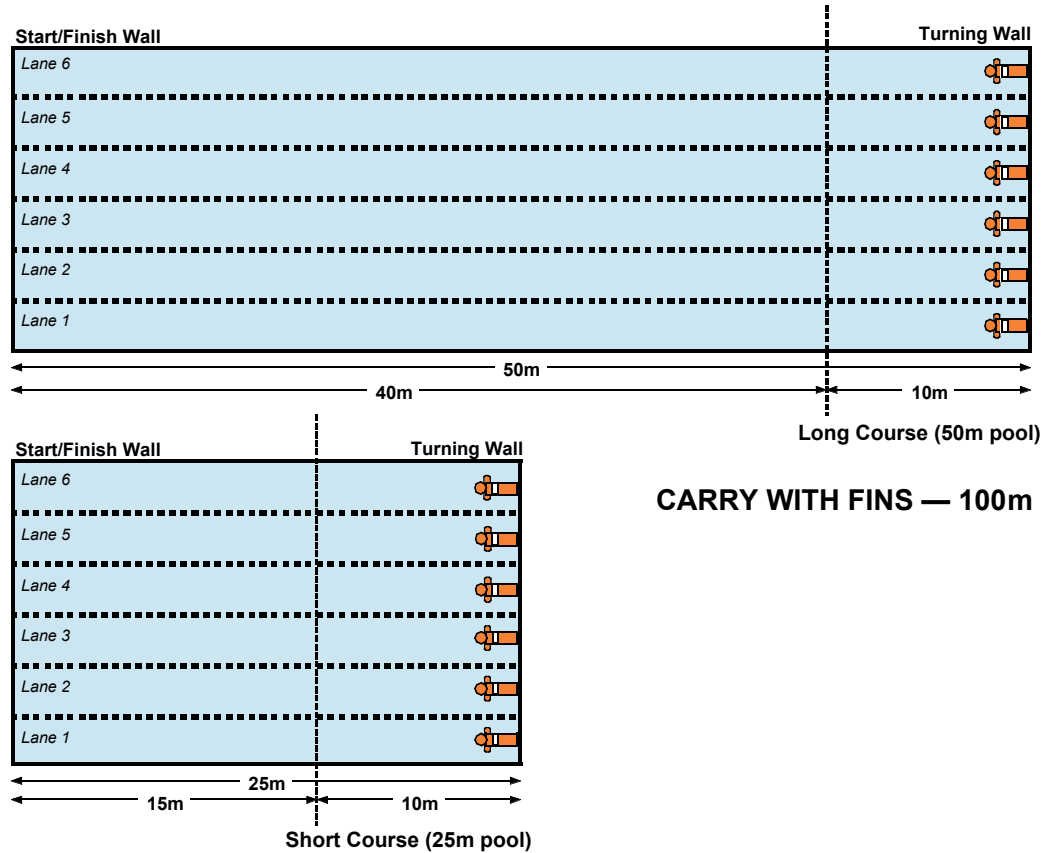
With a dive start on acoustic signal, the competitor swims 75m freestyle wearing fins to recover a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool.

Event description – 50m short course

With a dive start on acoustic signal, the competitor swims 25m freestyle wearing fins to recover a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool.

Notes: For all events above:

- Competitors need not touch the turning edge of the pool when recovering the manikin.
- Competitors may push off the bottom when surfacing with the manikin.



Equipment

Manikins, fins: See Section 9 – Equipment and Facility Standards. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organizers.

Surfacing the manikin: Competitors must lift the manikin with at least 1 hand and must have the manikin in the correct carrying position before the top of the manikin’s head passes the 10m-line after the pick-up.

Retrieving lost fins or manikin: Competitors may retrieve fins or manikins lost after the start and continue without disqualification as long as the rules governing carrying and towing of manikins are not violated (see *Surfacing, carrying and towing manikins* in 4.1 *General conditions for pool competition*). Competitors are not permitted to start again in another heat.

Positioning the manikin: The manikin is positioned on its back in contact with the pool bottom (or platform or other support), with its base touching the pool wall, and its head in the direction of the finish.

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

Positioning the manikin in short course pools: The manikin is located at a depth between 0.9m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Taking assistance from any pool fitting (e.g. lane rope, steps) when surfacing with the manikin – not including the bottom of the pool.
- iii) Surfacing the manikin's head (judged at top of head) beyond the 10m-line.
- iv) Using an incorrect carrying technique as described in *General conditions for pool competition*.
- v) Not keeping the manikin's mouth and nose above the surface for the majority of the carry (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- vi) Releasing the manikin before touching the finish edge.
- vii) Failure to touch the finish edge.

4.6 TOW WITH FINS

Event description – 100m long course

With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

Event description – 100m short course

With a dive start on an acoustic signal, the competitor swims 75m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

Event description – 50m short course

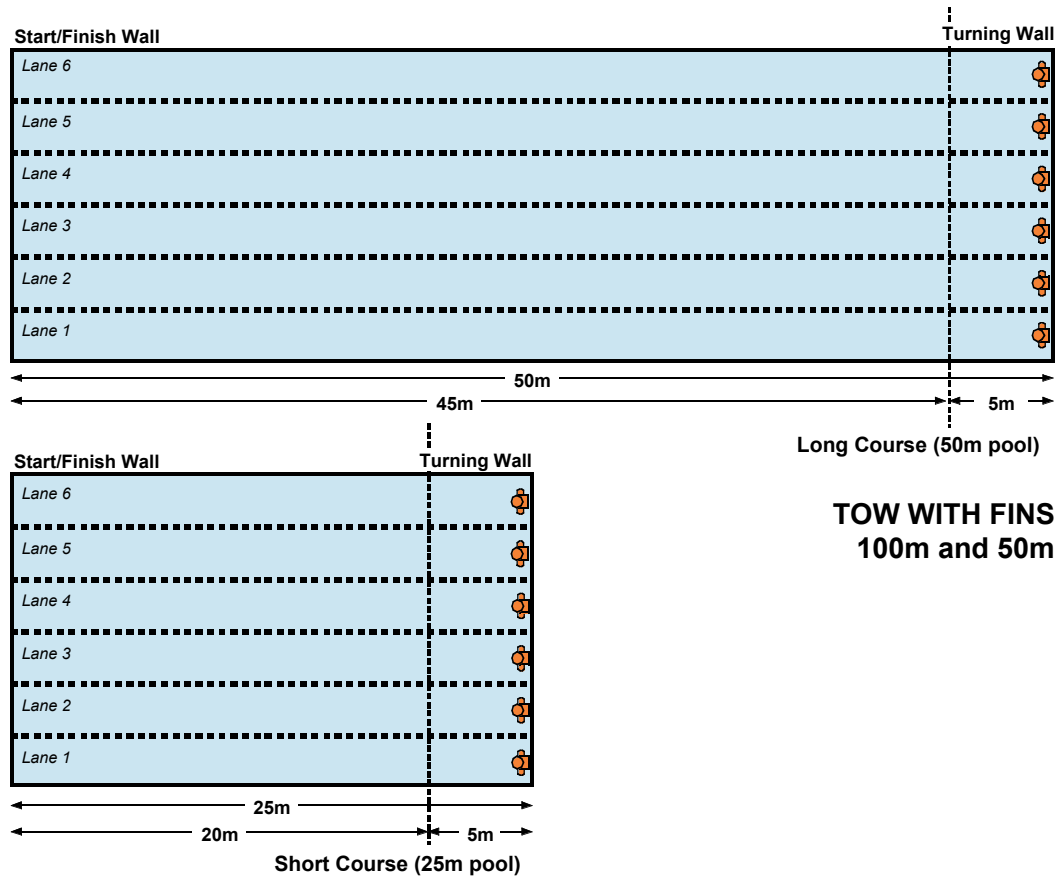
With a dive start on an acoustic signal, the competitor swims 25m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

For the 2003 Junior Lifeguard Games: competitors in the 9 years & under and 10 & 11-year age group events shall clip the rescue tube to the ring on the front of the junior manikin and tow it to the finish.

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

Notes: For all events above:

- Competitors must tow – not carry – the manikin with the line of the rescue tube fully extended.



Equipment

Manikin, fins, rescue tube: See Section 9 – Equipment and Facility Standards. 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 organizers.

Positioning the manikin: Before the start the manikin handler positions the manikin – vertically and facing the turn wall – in the right-hand corner of the lane (viewed from the starting end).

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.

The manikin handler shall be a member of the same team and shall be wearing team uniform.

Securing the manikin: After touching the turning edge, the competitor must attach the rescue tube around and under the arms of the manikin within 5m of the pool wall.

For the 2003 Junior Lifeguard Games: competitors in the 9 years & under and 10 & 11-year age group events shall clip the rescue tube to the ring on the front of the junior manikin and tow it to the finish.

Retrieving lost fins or manikin: Competitors may retrieve fins or manikins lost after the start and continue without disqualification as long as the rules governing carrying and towing of manikins are not violated (see *Surfacing, carrying and towing manikins* in 4.1 *General conditions for pool competition*). 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 event, the referee may allow the competitor to repeat the race in a subsequent heat or as a solo swim if no heats are available.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Taking assistance from any pool fitting (e.g., lane rope, steps) when fixing the rescue tube around the manikin – not including the pool bottom.
- iii) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- iv) Incorrect fixing of the rescue tube around the manikin (i.e. not around and under both arms).
- v) Not securing the rescue tube around the manikin (judged at the top of the head) before the 5m-line.
- vi) Pushing or carrying, instead of towing, the manikin.

- vii) Not towing the manikin with the line of the rescue tube fully extended.
- viii) Not keeping the manikin's mouth and nose above the surface for the majority of the tow (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- ix) Touching the finish edge without the rescue tube and manikin correctly in place.
- x) Failure to touch the finish edge.

4.7 IRON GUARD

Event description – 200m long course

With a dive entry on an acoustic signal, the competitor swims 75m freestyle to recover a submerged manikin. The competitor surfaces the manikin within 5m of the pick-up line and carries it to the start/finish wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube within 5m of the wall and swims 50m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5m of the turning edge and tows it to touch the finish edge of the pool.

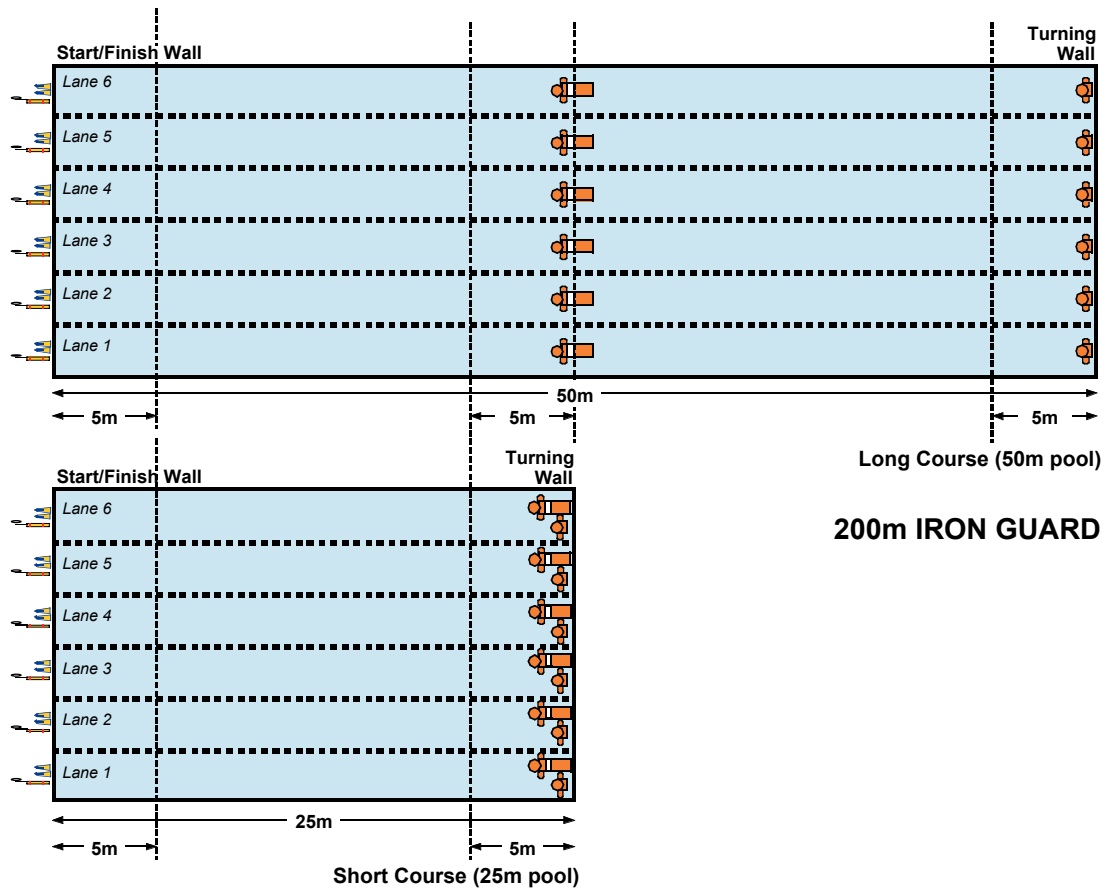
Event description – 200m short course

With a dive entry on an acoustic signal, the competitor swims 75m freestyle to recover a submerged manikin. In short course competition, competitors need not touch the turning edge of the pool when recovering the manikin. The competitor surfaces the manikin within 5m of the pick-up line and carries it to the start/finish wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube within 5m of the wall and swims 75m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5m of the turning edge and tows it to touch the finish edge of the pool.

Notes: In both events above:

- Competitors may push off the bottom of the pool when surfacing with the manikin.
- Competitors must tow – not carry – the manikin with the line of the rescue tube fully extended.



Equipment

Manikins, fins, rescue tubes: See Section 9 – Equipment and Facility Standards. Competitors must use the manikins and rescue tubes supplied by organizers.

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, so that no part of the fins or rescue tube extend over the water surface of the pool.

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over 1 shoulder.

Positioning the manikin for the carry in long course pools: The manikin is completely filled with water and sealed for the event.

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

transverse line in the middle of the manikin's thorax on the 25m-line.

Positioning the manikin for the carry in short course pools: The manikin is completely filled with water and sealed for the event.

The manikin is located at a depth between 0.9m and 3m. The manikin is positioned on its back in contact with the pool bottom (or platform or other support), with its base touching the pool wall, and its head in the direction of the finish.

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

Before the start, the manikin handler positions the manikin – vertically and facing the wall – in the right-hand corner of the lane (viewed from the starting end).

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

The manikin handler shall be a member of the same team and shall be wearing team uniform.

Surfacing the first manikin: Competitors must lift the manikin with at least 1 hand and must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m-line after the pick-up. Competitors may push off the bottom when surfacing with the manikin.

Securing the second manikin: After touching the turning edge, the competitor must attach the rescue tube around and under the arms of the second manikin within 5m of the pool wall.

Retrieving lost fins or manikin: Competitors may retrieve fins or manikins lost after the start and continue without disqualification as long as the rules governing carrying and towing of manikins are not violated (see *Surfacing, carrying and towing manikins* in 4.1 *General conditions for pool competition*). Competitors are not permitted to start again in another heat.

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

in a subsequent heat if available, or as a solo swim if no heats are available.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) Incorrect placing of the fins and rescue tube.
- ii) A false start.
- iii) Taking assistance from any pool fitting (e.g., lane rope, steps) – not including the bottom of the pool when surfacing the manikin.
- iv) Surfacing the head of the first manikin (judged at the top of head of the manikin) beyond the 5m-line.
- v) Using an incorrect carrying technique as described in *General conditions for pool competition*.
- vi) Not keeping the manikin's mouth and nose above the surface for the majority of the carry or tow (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- vii) Failing to correctly don the fins and rescue tube in the water within 5m of the turning edge.
- viii) Not securing the rescue tube around the second manikin (judged at the top of the head) before the 5m-line.
- ix) Not towing the manikin with the line of the rescue tube fully extended.
- x) Touching the finish edge without the rescue tube and manikin correctly in place.
- xi) Failure to touch the finish edge.

4.8 LINE THROW

Event description

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

The start: This event shall use the 1-start rule as follows: On the long whistle, competitors step into the throw zone and remain there. On the starter’s “Take your marks,, command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: Competitors stand facing the victim, motionless and “at attention,, (legs together and arms beside the body), one hand holding the end of the throw line.

The victim treads water in the center of the lane on the near side of the cross line holding the throw line with one hand and the designated spot on the cross line with the other. The surplus throw line trails in the water over and beyond the cross line.

On an acoustic starting signal: victims release competitors’ throw lines, enabling competitors to retrieve and throw the line back to the victims and pull them through the water to the edge of the pool. The event is finished when the victim touches the finish edge.

The victim remains in the water and the competitor remains in the throw zone until the chief timer signals completion of the event.

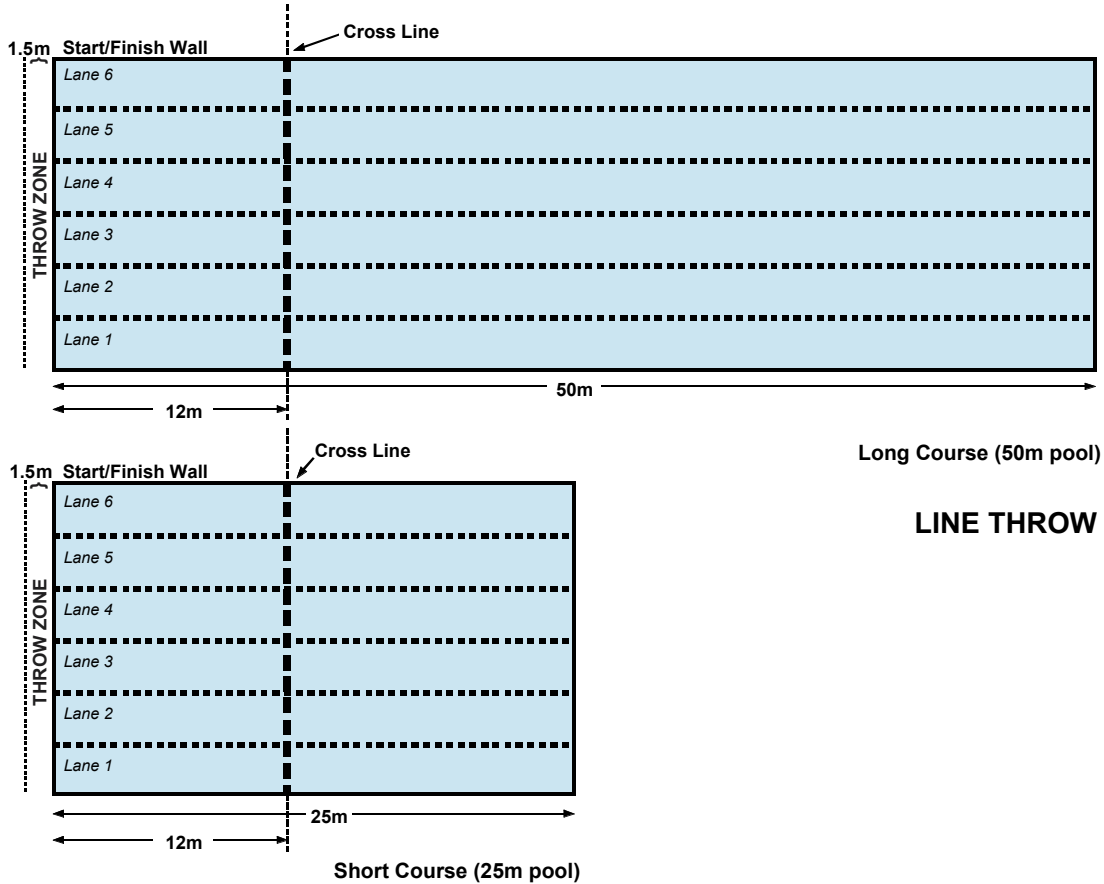
Fair throw: Victims may grasp the throw line only if it falls within their lane, inside the lane markers, and within their reach without releasing their grasp on the designated spot on the cross line. Victims may not submerge to retrieve the throw line.

Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands. Victims may kick.

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

Time limit: Competitors must make a fair throw and tow the victim to the finish edge within 30 seconds. If a throw falls short or

outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 30-second limit. Competitors who fail to get the victim to the finish edge within the time limit will be assigned a time of 30 seconds.



LINE THROW

Equipment

Throw line: See Section 9 – Equipment and Facility Standards. The throw line must be between 16.5m and 17.5m in length. Competitors must use the throw lines supplied by organizers.

Age group competitors 11 years and under shall use a line between 9m and 10m in length. Competitors 12 to 15 years shall use a line between 12m and 13m in length.

The **cross line** (preferably rigid) is positioned on the surface across each lane 12m from the starting end of the pool.

For age group competitors 11 years and under, the cross line is positioned 6m from the starting end of the pool. For competitors 12 to 15 years, the cross line is positioned 9m from the starting end of the pool.

A mark located on the cross line in the centre of the lane clearly designates the spot to be grasped by the victim.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Judges – 1 on each side of the pool at the 12m mark, with others assigned to each lane positioned behind the throwing competitor – shall assess whether competitors' technique complies with the event rules.

The chief timer is responsible for the 30-second signal.

Disqualification

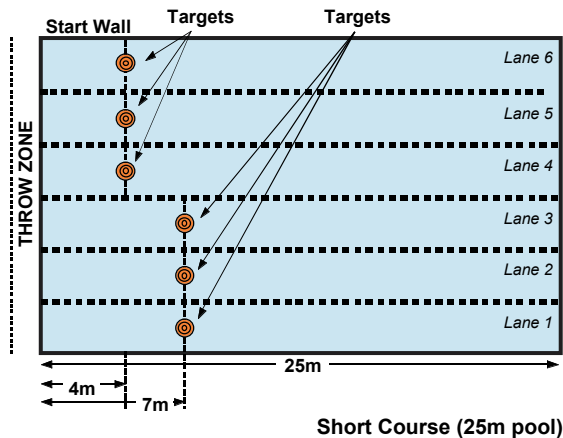
In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Victims releasing the cross line before grasping the throw line.
- iii) Competitors leaving the throw zone at any time after the start and before the 30-second finish signal.
- iv) Not completing the event in accordance with the event description.

4.9 THROWING ACCURACY

Event description

In this timed event, the competitor throws an unweighted line to hit a floating target 3 times within a 2-minute time limit.



THROWING ACCURACY

AGE GROUP	TARGET DISTANCE	ROPE LENGTH
9 years & under	4m	6-7m
10 & 11 years	4m	6-7m
12 & 13 years	7m	9-10m
14 & 15 years	7m	9-10m

The start: This event shall use the 1-start rule as follows: On the long whistle, competitors step into the throw zone and remain there. On the starter’s “Take your marks,, command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: Competitors stand facing the target, motionless and “at attention,, (legs together and arms beside the body) with 1 or 2 hands holding the line.

On an acoustic starting signal: Competitors throw and retrieve the line. The line may hit the target directly or be thrown past the target and pulled back to touch it. The event is finished when the competitor’s line hits the floating target for the third time or the chief timer signals completion of the event.

Competitors must maintain contact with the line throughout the event. Competitors may recover a dropped line only if the line remains on deck within the throw zone.

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

Time limit: Competitors must hit the target 3 times within 2 minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 2-minute limit. Competitors who fail to hit the target 3 times within the time limit will be assigned a time of 2 minutes.

Equipment

Throw line: See Section 9 – Equipment and Facility Standards. Competitors 11 years and under shall use a line between 6m and 7m in length. Competitors 12 to 15 years shall use a line between 9m and 10m in length.

Competitors must use the throw lines supplied by organizers.

Target: The target shall be a maximum of 40cm x 40cm x 40 cm plus or minus 2cm.

For junior competitors 11 years and under, the target is positioned 4m from the starting end of the pool.

For junior competitors 12 to 15 years, the target is positioned 7m from the starting end of the pool.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Judges – 1 assigned to each lane and positioned behind the throwing competitor – shall assess whether competitors' technique complies with the event rules.

The chief timer is responsible for the 2-minute finish signal.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

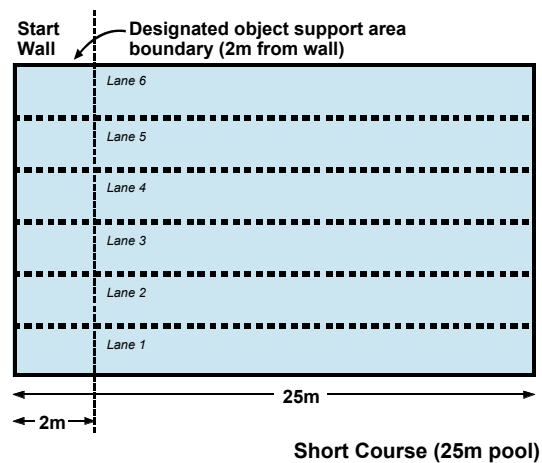
- i) A false start.
- ii) Leaving the throw zone at any time after the start and before the 2-minute finish signal.
- iii) Line leaving the throw zone at any time during the event.
- iv) Not completing the event as described and defined.

4.10 OBJECT SUPPORT

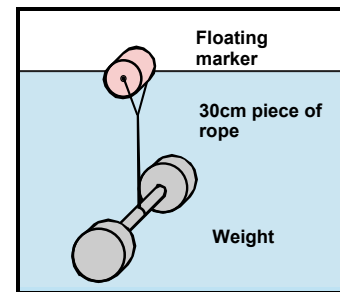
Event description

On an acoustic signal, competitors support a weight at the surface of the water for as long as possible, while remaining within their lane no more than 2m from the edge of the pool.

The weight is attached to a floating marker by a 30cm line. Competitors may support the weight in any manner as long as the floating marker remains at the surface. The clock stops when the floating marker submerges.



OBJECT SUPPORT



The start: On the referee's first long whistle, competitors enter the water. On the referee's second long whistle, the competitors return to the starting edge to place one hand on the pool edge and the other hand on the weight. When all competitors have assumed this ready position, the starter shall give the command "Take your marks,, whereupon competitors shall *immediately* lift the weight into the water while retaining their hold on the pool edge.

When the start signal is given, competitors *immediately* release the pool edge. If any competitor fails to release the wall immediately on the start signal, a false start shall be declared.

Equipment & apparel

Weight: See Section 9 – Equipment and Facility Standards. The weight will be tied to a floating marker with a 30cm line. The floating marker should be brightly coloured closed-cell foam so that it is highly visible in the water.

Swim wear: Swim wear must not provide the competitor with any flotation assistance.

Age Group	Weight
9 years & under	4.5 kg (10 lb.)
10 & 11 years	6.8 kg (15 lb.)
12 & 13 years	9 kg (20 lb.)
14 & 15 years	11.3 kg (25 lb.)

Start and timekeeping

Timers shall start the timepiece at the starting signal and stop when the floating marker submerges.

Attribution of placing

Refer to *General conditions for pool competition*.

Judges

Judges – 1 assigned to each lane – shall assess whether competitors’ technique complies with the event rules.

A place judge will be positioned on the side of the pool in line with competitors to rule on order of finish.

Disqualification

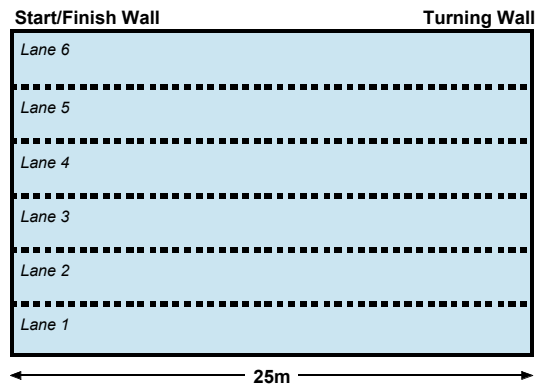
In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start (delaying release of the pool edge after the start signal).
- ii) Taking assistance from any pool fitting (e.g., lane lines, pool edge or bottom, steps).
- iii) Use of air or any device that supplements a competitor’s buoyancy (e.g., swimming aids, flotation devices).
- iv) Not completing the event as described and defined.

4.11 LIFESAVING MEDLEY

Event description – 200m long course and 200m short course

With an in-water start on an acoustic signal, the competitor swims 50m each of: lifesaving kick, backstroke, breaststroke, and front crawl to touch the finish edge of the pool.



Short Course (25m pool)

LIFESAVING MEDLEY 200m and 100m

AGE GROUP	TOTAL DISTANCE
9 years & under	100m
10 & 11 years	100m
12 & 13 years	200m
14 & 15 years	200m

Event description – 100m short course

With an in-water start on an acoustic signal, the competitor swims 25m each of: lifesaving kick, backstroke, breaststroke, and front crawl to touch the finish edge of the pool.

Notes: In all events above:

- Competitors must swim the 4 legs of the individual medley in the order of strokes specified.
- Except as specified below, Swimming / Natation Canada rules apply to starts, strokes and turns.
- Lifesaving kick is legs only and competitors *must* use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Arms may not be used for propulsion, but may be held in the position of the competitor's choice.
- Competitors must swim front crawl as defined in the *Canadian Lifesaving Manual*.

Start, timekeeping, and attribution of placing

Refer to *General Conditions for Pool Competition*

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) Illegal starts, strokes, or turns.
- ii) Not surfacing within 15m after the start and each turn.
- iii) Failure to touch the finish edge.
- iv) Touching the pool bottom or pulling the lane divider.
- v) Not completing the event in accordance with the event description.

4.12 MANIKIN RELAY

Event description – 4 x 25m long course

Four competitors in turn carry a manikin approximately 25m each. Competitors may not release the manikin until the next competitor has grasped it (i.e., 1 hand must always be in contact with the manikin).

The first competitor: starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other. On an acoustic signal, the competitor carries the manikin approximately 25m to the middle of the pool and passes it to the second competitor within the 4m-changeover zone situated between the 23m and 27m mark.

The second competitor: carries the manikin to touch the turning edge. The third competitor, who must be 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 approximately 25m and passes it to the fourth competitor in the changeover zone.

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

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

Event description – 4 x 25m short course

The first competitor: starts in the water grasping a manikin with one hand (its mouth and nose above the surface) and holding the pool edge with the other. On an acoustic signal, the competitor carries the manikin 25m 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 second competitor has touched the turning edge.

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

The third competitor: carries the manikin 25m 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 25m to touch the finish edge with any part of the competitor's body.

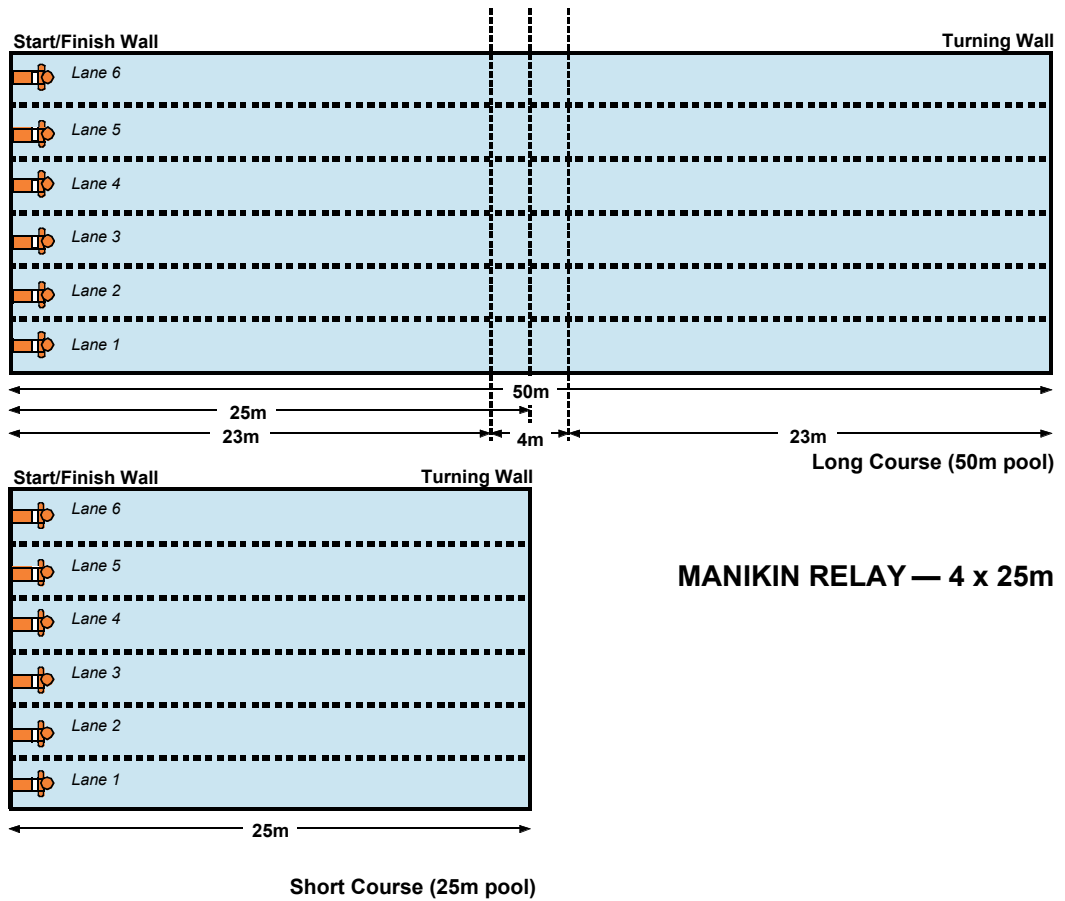
In-water start procedure

The Manikin Relay event begins with an in-water start as follows:

- i) On the long whistle by the referee, competitors enter the water.
- ii) At the second long whistle by the referee, competitors return without undue delay to the starting position.
- iii) The competitor starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other hand.
- iv) 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.

Masters total age mixed relays

In the masters division, this relay shall be conducted in 3 age groups with 2 male and 2 female competitors whose ages total 140 years or more; 170 years or more; and 200 years or more. The total of the 4 competitors' ages determines the relay age group.



Equipment

Manikin: See Section 9 – Equipment and Facility Standards. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organizers.

Timekeeping and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

One judge shall be assigned to each lane to assess relay exchanges between competitors.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Not starting the event holding the manikin's face out of the water with at least 1 hand.
- iii) Using incorrect manikin carry technique as described in the *General conditions for pool competition*.
- iv) Not keeping the manikin's mouth and nose above the surface for the majority of the carry and during changeovers (See *Surfacing, carrying, and towing manikins* in 4.1 *General conditions for pool competition*).
- v) Taking assistance from any pool fitting (e.g., lane ropes, steps).
- vi) The manikin changing hands:
 - Outside the designated changeover zone
 - Before the incoming competitor touches the pool edge
- vii) The outgoing competitor releasing the pool edge before the previous competitor has touched the edge.
- viii) Releasing the manikin before effecting a changeover.
- ix) Releasing the manikin before touching the finish wall.
- x) Failure to touch the finish edge.

4.13 OBSTACLE RELAY

Event description – 4 x 50m long course and short course

With a dive entry on an acoustic signal, the first competitor swims 50m freestyle passing under 2 obstacles. After the first competitor touches the edge the second, third, and fourth competitors repeat the procedure in turn.

Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. “Surfacing,, means the competitor’s head breaks the plane of the surface of the water.

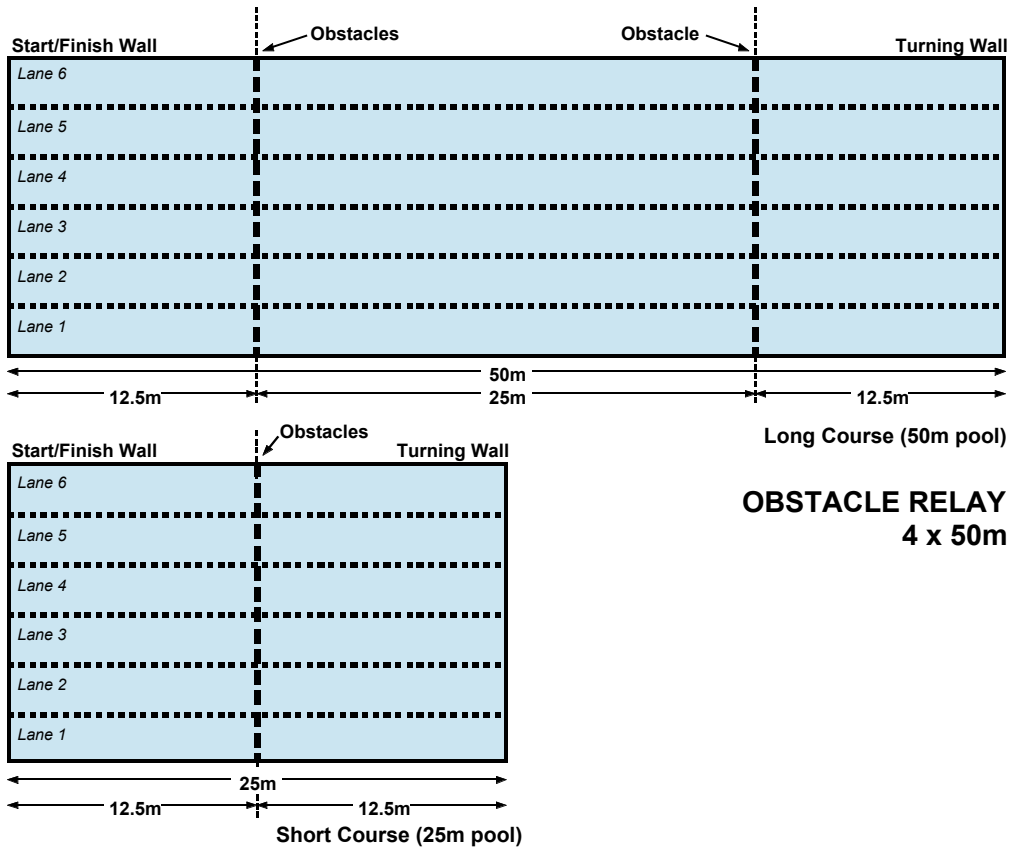
Competitors may push off the bottom when surfacing from under the obstacles.

Age group total age mixed relays

In the age group division, in addition to the regular age categories, this relay may be conducted in 3 age groups with 2 male and 2 female competitors whose ages total 40 years or less; 50 years or less; and 60 years or less. The total of the 4 competitors’ ages determines the relay age group (e.g., 8-year-old + 9-year-old + 10-year-old + 12-year-old = 39 years).

Masters total age mixed relays

In the masters division, this relay shall be conducted in 3 age groups with 2 male and 2 female competitors whose ages total 140 years or more; 170 years or more; and 200 years or more. The total of the 4 competitors’ ages determines the relay age group.



Equipment

Obstacles: See Section 9 – Equipment and Facility Standards. Obstacles are 70cm high and fixed at right angles onto lane ropes in a straight line across all lanes. Junior obstacles are 35cm high.

Positioning obstacles in long course pools: The first obstacle is positioned 12.5m from the starting edge with the second obstacle 12.5m from the opposite end. The distance between the 2 obstacles is 25m.

Positioning obstacles in short course pools: One obstacle is located 12.5m from the starting edge.

Start, timekeeping & attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

One judge shall be assigned to each lane to assess relay exchanges between competitors.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Passing *over* an obstacle and not immediately returning *over* that obstacle and then passing *under* it.
- iii) Failure to surface after each dive entry.
- iv) Failure to surface after passing under each obstacles.
- v) One competitor repeating two or more legs of the event.
- vi) Leaving the start before the previous competitor has touched the edge.
- vii) Failing to touch the finish edge.

4.14 MEDLEY RELAY

Event description – 4 x 50m long course and short course

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

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

With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle pulling a rescue tube. After touching the wall, the third competitor passes the harness of the rescue tube to a fourth competitor who is in the water, wearing fins, with at least one hand on the turning edge. The third competitor, playing the role of “victim,, holds the rescue tube with both hands, while being towed 50m by the fourth competitor to the finish. At the start of this leg, the victim must be in contact with the rescue tube before passing the 5m-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.

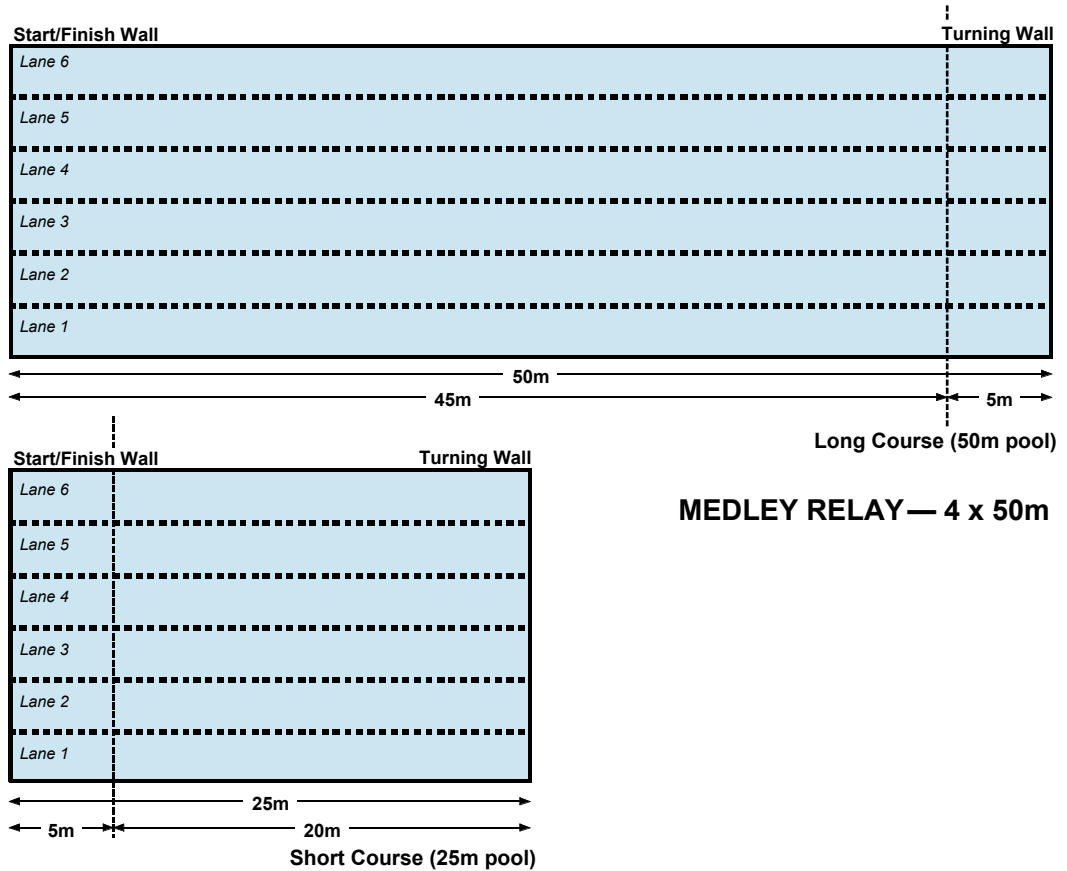
The victim must grip the main body of the rescue tube – not the rope or clip.

Age group total age mixed relays

In the age group division, in addition to the regular age categories, this relay may be conducted in 3 age groups with 2 male and 2 female competitors whose ages total 40 years or less; 50 years or less; and 60 years or less. The total of the 4 competitors’ ages determines the relay age group (e.g., 8-year-old + 9-year-old + 10-year-old + 12-year-old = 39 years).

Masters total age mixed relays

In the masters division, this relay shall be conducted in 3 age groups with 2 male and 2 female competitors whose ages total 140 years or more; 170 years or more; and 200 years or more. The total of the 4 competitors’ ages determines the relay age group.



Equipment

Rescue tube, swim fins: See Section 9 – Equipment and Facility Standards.

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

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

Start, timekeeping & attribution of placing

Refer to *General conditions for pool competition*.

Judges

Four judges – 2 on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

One judge shall be assigned to each lane to assess relay exchanges between competitors.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) The second and third competitors starting before first and second competitors respectively touch the turning edge.
- iii) The fourth competitor taking the harness before the third competitor touches the turning edge.
- iv) The victim and fourth competitor not leaving from the turning edge (both competitors may kick off from the turning edge).
- v) The victim holding the rescue tube by the rope or clip.
- vi) The victim helping with arm movements, or not holding the rescue tube with both hands.
- vii) The victim losing the rescue tube after crossing the 5m-line.
- viii) One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- ix) Failure to touch the finish edge.

4.15 LINE THROW RELAY

Event description – 2 x 12m

The first competitor: throws an unweighted line to a fellow team member located in the water and pulls this “victim,, back to the edge of the pool.

The second competitor: After the first victim touches the pool edge, the second competitor throws his or her own unweighted line to a second team member located in the water and pulls this second “victim,, back to the finish edge of the pool.

The event is finished when the second victim touches the finish edge.

The start: This event shall use the 1-start rule as follows: On the long whistle from the referee, both throwers step into the throw zone and remain there. Both victims enter the water: the first positioned in the centre of the lane, the second off to the side of the lane and out of the way.

On the starter’s “Take your marks,, command, the first competitor immediately assumes the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: The first thrower stands facing the victim, motionless and “at attention,, (legs together and arms beside the body), 1 hand holding the end of the throw line. The second thrower need not start from the “motionless and at attention,, position.

The first victim treads water in the center of the lane on the near side of the cross line holding the throw line with one hand and the designated spot on the cross line with the other. The surplus throw line trails in the water over and beyond the cross line.

The second victim treads water in the center of the lane on the near side of the cross line, holding the designated spot on the cross line with one hand and catches the throw line with the other.

On an acoustic starting signal: the first victim releases the throw line enabling the first thrower to retrieve and throw the line back to the victim and pull him or her through the water to the edge of the pool.

The first victim remains in the water holding onto the lane rope, away from the wall. The first thrower remains in the throw zone until the chief timer signals completion of the event.

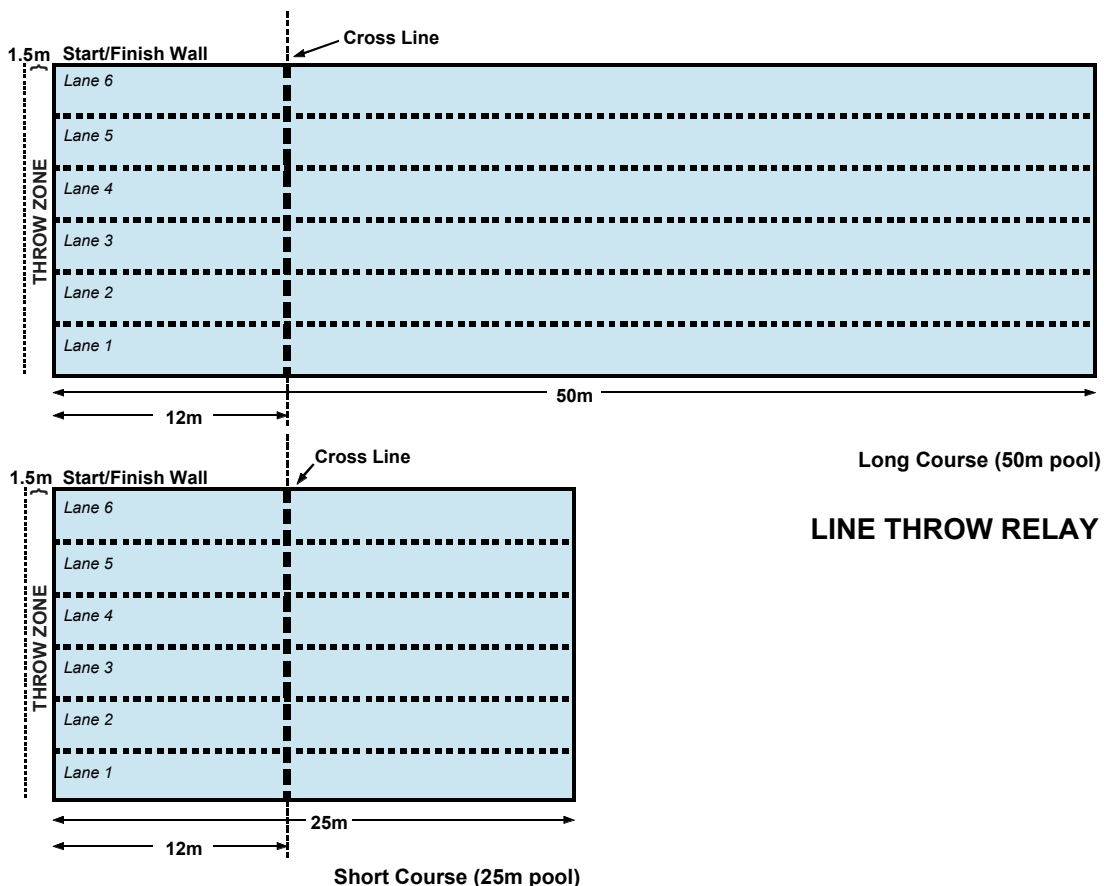
Fair throw: Victims may grasp the throw line only if it falls within their lane, inside the lane markers, and within their reach without releasing their grasp on the designated spot on the cross line. Victims may not submerge to retrieve the throw line.

If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary.

Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands. Victims may kick.

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

Time limit: There is no time limit in Line Throw Relay.



Equipment

Throw line: See Section 9 – Equipment and Facility Standards. The throw line must be between 16.5m and 17.5m in length.

Competitors

Age group competitors 11 years and under shall use a line between 9m and 10m in length. Competitors 12 to 15 years shall use a line between 12m and 13m in length.

The **cross line** (preferably rigid) is positioned on the surface across each lane 12m from the starting end of the pool.

For age group competitors 11 years and under, the cross line is positioned 6m from the starting end of the pool. For competitors 12 to 15 years, the cross line is positioned 9m from the starting end of the pool.

A mark located on the cross line in the centre of the lane clearly designates the spot to be grasped by the victims.

Start, timekeeping, and attribution of placing

Refer to *General conditions for pool competition*.

Judges

Judges – 1 on each side of the pool at the 12m mark, with others assigned to each lane positioned behind the throwing competitor – shall assess whether competitors' technique complies with the event rules.

Disqualification

In addition to the general rules in Section 3 and the *General conditions for pool competition* in this section, the following behaviour shall result in disqualification:

- i) A false start.
- ii) Victims releasing the cross line before grasping the throw line.
- iii) Competitors leaving the throw zone at any time after the start and before the signal ending the event.
- iv) Not completing the event in accordance with the event description.

OPEN WATER EVENT DESCRIPTIONS

SECTION 5 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

The Lifeguarding Experts

Section 5

OPEN WATER EVENT DESCRIPTIONS

The following open water events are described in this section:

Surf Race
Surf Teams Race
Rescue Tube Race
Rescue Tube Rescue
Run-Swim-Run
Beach Flags
Beach Sprint
Beach Run – 2km, 1500m and 500m
Beach Relay
Surf Ski Race
Surf Ski Relay
Board Race
Board Relay
Board Rescue
Canadian Ironman / Ironwoman
International Ironman / Ironwoman
Canadian Taplin Relay
International Taplin Relay

5.1 GENERAL CONDITIONS FOR OPEN WATER COMPETITION

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

- i) Competitors may not be permitted to commence 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) Competitors and officials must leave the designated competition area when not competing or officiating.
- iv) Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g., handwebs, armbands).

- v) Competitors must wear their club or team swim caps in all events. The use of such caps assists in identification of competitors and teams, safety supervision and event judging. In open water, caps, securely fastened under the chin, must be worn on competitors' heads at the start of each event. A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.
- vi) Judges' order-of-finish decisions are not subject to protest or appeal.

Luck of prevailing conditions

Surf conditions affect the conduct of and participation in surf lifesaving competitions and competitors are subject to the luck of the prevailing conditions. No protest or appeal will be entertained when an incident is caused by the conditions of the surf. The referee has absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

Competition area

The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the referee.

Beach and buoy positions

For swimming, craft, and multi-discipline events, buoys shall be consecutively numbered (from the left, facing the water) starting with the number 1. For beach events, the number 1 position shall be nearest the water.

The use of colour-coded buoys and flags is recommended to guide competitors accurately through the required courses.

Competition courses

All courses shall be measured, set, and aligned to the referee's satisfaction ensuring as far as possible, that all lanes have fair and equal conditions.

Buoy distances shall be measured from knee depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors (e.g., the slope of the beach).

Protests against the course will only be accepted prior to the start of each event.

Adjustment of the buoys may be necessary between events if they move out of alignment.

Competitors in craft events may pass through the swimming buoys on their craft on the understanding that they are solely responsible if the buoys offer an impediment to their progress.

Seeding

Seeding shall be used in Canadian championships:

Heats: Seeding for heats shall be based on random draw. Entries from the same club will be seeded in different heats if possible.

Semi-finals and finals: Seeding for semi-finals and finals shall be based on the results of heats. Where no heats are necessary, lanes shall be assigned based on random draw.

When a tie occurs in a heat that qualifies for a final, the tied competitors shall advance to the appropriate final.

At a minimum, 8 of the 16 finalists shall be selected based on place in heats. The remaining positions may be based on times or place performed in heats.

Where 1 or more competitors withdraw from a semi-final or final event, alternates will be called according to their place or times in heats.

Draws for position

The initial draw for heats and beach positions may be conducted by the organizing committee and supplied to teams.

Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.

The method used for the draws shall be approved by the referee.

Conduct of events

The referee shall decide whether events shall be conducted in heats, semi-finals or finals. The maximum number of competitors in a heat or final race should not exceed the numbers in the following chart. Only the referee may alter the maximum number of competitors going at one time (below) taking into account safety and the conditions:

Surf Race	48 competitors
Surf Teams Race	17 teams of 3 competitors
Rescue Tube Race	9 competitors
Rescue Tube Rescue	9 teams of 4 competitors
Run-Swim-Run	40 competitors
Beach Flags	16 competitors
Beach Sprint	10 competitors
Beach Run	40 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski Race	17 competitors
Surf Ski Relay	17 teams of 3 competitors
Board Race	17 competitors
Board Relay	17 teams of 3 competitors
Board Rescue	9 teams of 2 competitors
Canadian Ironman / Ironwoman	17 competitors
International Ironman / Ironwoman	17 competitors
Canadian Taplin Relay	17 teams of 3 competitors
International Taplin Relay	17 teams of 4 competitors

Finals

Competition finals should contain 8 competitors in Beach Flags, Beach Sprint, Beach Relay, Board Rescue, Rescue Tube Race, and Rescue Tube Rescue Race.

Starting of events

A 3-step start (except as noted in individual event descriptions) shall be used as follows:

- i) On the starter's first command, competitors assume a position within their allocated lane behind the starting line.
- ii) On the starter's second command, competitors assume their starting stance.
- iii) When competitors are stationary, the starter gives the acoustic starting signal.

If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.

- iv) Competitors in swim, craft and multi-discipline events may enter the water at their own discretion, providing there is no

interference to other competitors. This condition may be altered only at the discretion of the referee, who shall advise all teams and competitors accordingly.

- v) In relay or multi-discipline events, after completion of the first leg, the competitor *entering* the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor *coming from* the water is impeded.

Start lines

Start lines may be designated by:

- a cord between two poles
- a line drawn on the sand between two poles
- a line of sight between two poles or otherwise as determined by the starter or referee

Where a cord is used, competitors' toes may be on or behind the line but parts of the body may overhang the line. Where a line is drawn, toes and fingers shall be on or behind the line.

In board events: where a cord designates the start line, a part of the board held by competitors may be over the line but it must be at right angles to the line or at an angle to accommodate prevailing conditions. Where a board is placed on the beach, it shall be placed at 90 degrees to, and on the shoreward side of, the start or changeover line.

In ski events: where a line of sight is used, the bow of the craft shall be on or behind the line and at 90 degrees to the line or at an angle to accommodate the prevailing conditions.

False starts

- i) If a competitor commences his or her starting motion after assuming a final starting stance, and before the starting signal, it shall be a false start.
- ii) Any competitor making a false start shall be warned. After 1 false start in a race, any competitor who subsequently false starts shall be disqualified (except in Beach Flags events where the competitor is eliminated).
- iii) Failure to comply with the starter's commands within a reasonable time shall constitute a false start.

- iv) If, after the starter's first command, a competitor disturbs the other competitors in the race through sound or otherwise, it may be considered a false start.

Changeovers and tagging in relays

Exchanges or changeovers in relay events shall be effected by a competitor "tagging,, the next team member unless otherwise provided (see Beach Relay).

In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.

Competitors in relay events must start their leg of the event from the allotted position.

Judging the finish

- i) All events shall be judged visually. Finish judges shall decide placing. Ties shall be declared as such.
- ii) Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
- iii) Judge 1 selects finishers 1 and 2; judge 2 selects finishers 2 and 3; and so on, with judges primarily responsible for their corresponding number (that is, judge 1 is primarily responsible for finisher 1, as well as noting who finished 2nd). At the chief judge's signal, placing discs shall be issued and / or names recorded.
- iv) Where available, judges may use video / electronic equipment to assist them. Video playback is for use by appointed officials.
- v) In events where competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e. not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.
- vi) In events such as surf skis, boats and boards, competitors or teams or crews are deemed to have finished when any part of the craft crosses the finish line.

Time limits

A time limit may be imposed on the duration of an event at the referee’s discretion. Competitors shall be advised of any such time limits prior to the commencement of a round of the event.

The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached or when the number of competitors required for subsequent rounds have qualified by completing the race without disqualification.

5.2 SURF RACE

Event description

Competitors take their position at the starting line. At the starting signal, competitors run into the water and swim the 400m (approximate) course, returning to shore to finish between the finish flags on the beach.

To facilitate the recording of placing after the finish, competitors may be positioned either:

- On a straight line drawn at approximately a 30-degree angle from the finishing line and up the beach.
- On a series of lines 10m behind and at right angles to the finishing line and 5m apart.

The course

As shown in the following diagram, the U-shaped course shall be approximately 400m from start to finish.

The start line – a brightly coloured cord stretched between 2 poles approximately 40m apart – shall be situated 5m from the water’s edge, centred on buoy number 1. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The finish line – between 2 flags positioned 3m apart – shall be situated approximately 15m from the water’s edge, centred on buoy number 9.

The swimming course shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 170m beyond knee-deep water. Water distances may vary depending upon sea conditions.

Age group competition

Age competitors shall swim the following distances:

Age group	Approximate distance
9 years & under	100m
10 & 11 years	100m
12 & 13 years	200m
14 & 15 years	200m

Age group courses: Two groups of swimming buoys shall be arranged as follows: The closest buoys shall be arranged approximately 25m from knee-deep water and 50m apart. The apex swimming buoy shall be located 50m beyond the first group of buoys on the seaward side.

Competitors 9 years & under and 10 & 11 years shall swim the U-shaped course around the first group of buoys only (located approximately 25m from knee depth water), returning to shore to finish between the finish flags on the beach.

Competitors 12 & 13 and 14 & 15 years shall swim the U-shaped course around the furthest swimming buoys, returning to shore to finish between the finish flags on the beach.

Judges

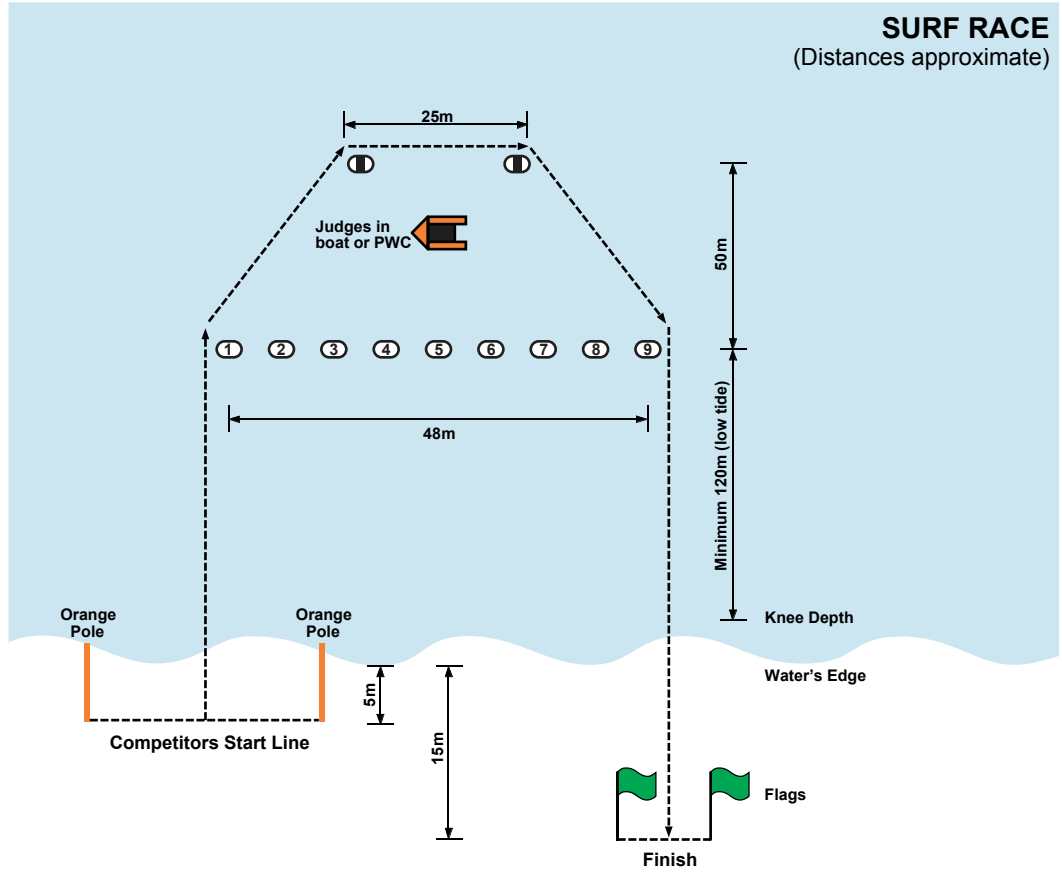
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined.



5.3 SURF TEAMS RACE

Event description

Competitors take their positions at the start line. At the starting signal, all 3 members of each team run into the surf, swim around the 400m (approximate) course, and return to shore to finish between the finish flags on the beach.

Marshalling: The 3 members of each team shall be marshalled behind each other facing the water's edge in their drawn positions. The next team shall be lined up beside the first team and so on.

When all teams are assembled, a direction shall be given to face the competition area. On the direction of an official the line nearest the water's edge shall file onto the competition area, followed by the second, third and fourth lines. This procedure spreads competitors from each team over the starting line.

Points: Points are allotted as follows: 1 for first, 2 for second, 3 for third, 4, for fourth etc. The team scoring the least number of points will be declared the winner. Should 2 or more teams be allotted equal points, the team whose full complement of members first completes the course shall be awarded the higher placing.

All competitors who finish shall be recorded as they are placed and the points will be calculated. If any teams are disqualified, places shall be reallocated and points then calculated.

If Surf and Surf Teams races are combined, swimmers not in teams shall be eliminated from the points allotment for the purpose of determining the teams race result.

The course

The Surf Teams Race is conducted over the course provided for the Surf Race as shown in the following diagram.

Age group competition

Age group competitors shall swim the following distances:

Age group	Approximate distance
9 years & under	100m
10 & 11 years	100m
12 & 13 years	200m
14 & 15 years	200m

Age group courses: Two groups of swimming buoys shall be arranged as follows: The closest buoys shall be arranged approximately 25m from knee-deep water. The apex swimming buoy shall be located 50m beyond the first group of buoys on the seaward side.

Competitors 9 years & under and 10 & 11 years shall swim the U-shaped course around the first group of buoys only (located approximately 25m from knee depth water), returning to shore to finish between the finish flags on the beach.

Competitors 12 & 13 and 14 & 15 years shall swim the U-shaped course around the furthest swimming buoys, returning to shore to finish between the finish flags on the beach.

Judging

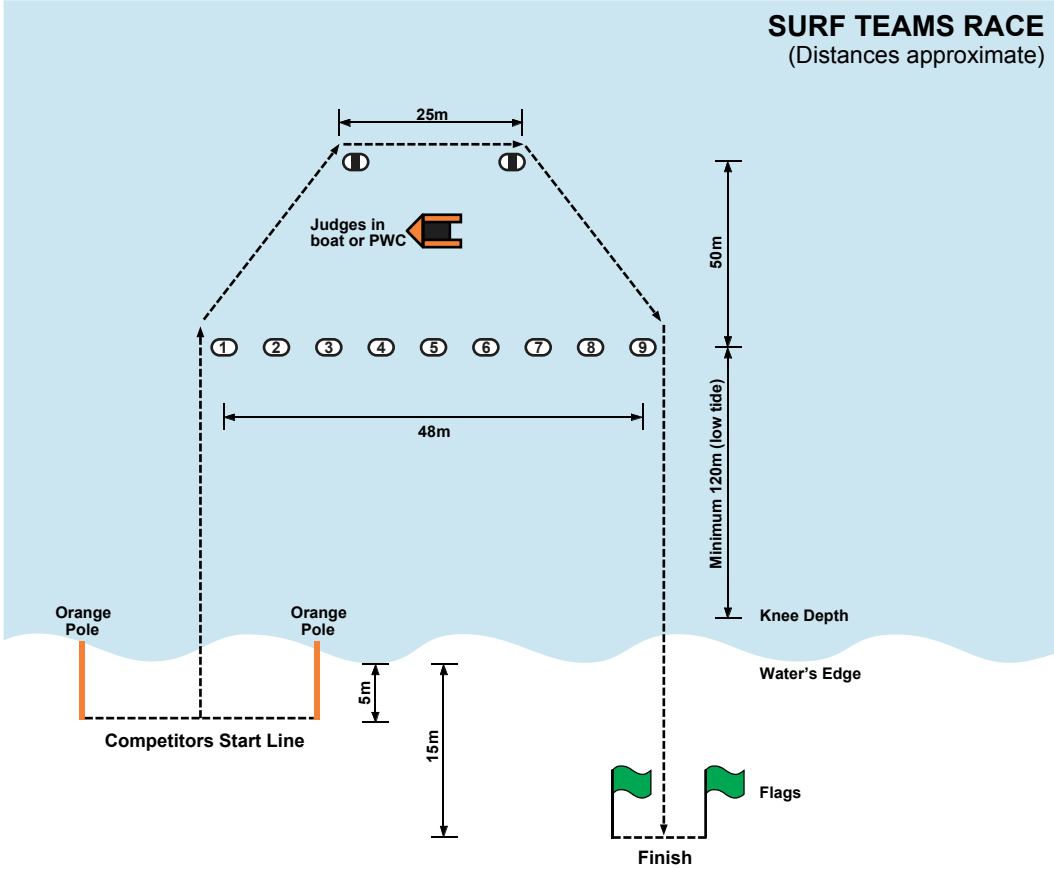
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined.



5.4 RESCUE TUBE RACE

Event description

Competitors lay their rescue tubes on the beach, approximately 20m from the water's edge and perpendicular to the starting line in front of their designated buoy peg. Competitors then take their positions on the starting line approximately 5m from the water's edge.

On the acoustic starting signal, competitors race up the beach to recover their rescue tubes, don their belt / harness, enter the water and swim approximately 100m to their designated buoys.

With rescue tube intact, competitors touch their designated buoy distinctly above water and raise their other arm vertically above the surface to signal arrival. This vertical arm signal, subject to all conditions being fulfilled, shall be the determining factor in judging. The referee may determine an acceptable alternative method of clearly signalling the competitor has touched the buoy.

Note: At the start, the line of the rescue tube may be positioned at competitors' discretion behind the pick-up line.

The course

The start line – between 2 poles approximately 50m apart – shall be located approximately 5m from the water's edge.

The course shall be the same as the Rescue Tube Rescue as shown in the following diagram.

Age group competition

Age group competitors shall swim the following distances:

Age group	Approximate distance
9 years & under	50m
10 & 11 years	50m
12 & 13 years	100m
14 & 15 years	100m

Judging

Two judges shall be placed to observe the conduct of the event. Four judges – 2 on each side of the finish line – shall determine competitors' place at the finish.

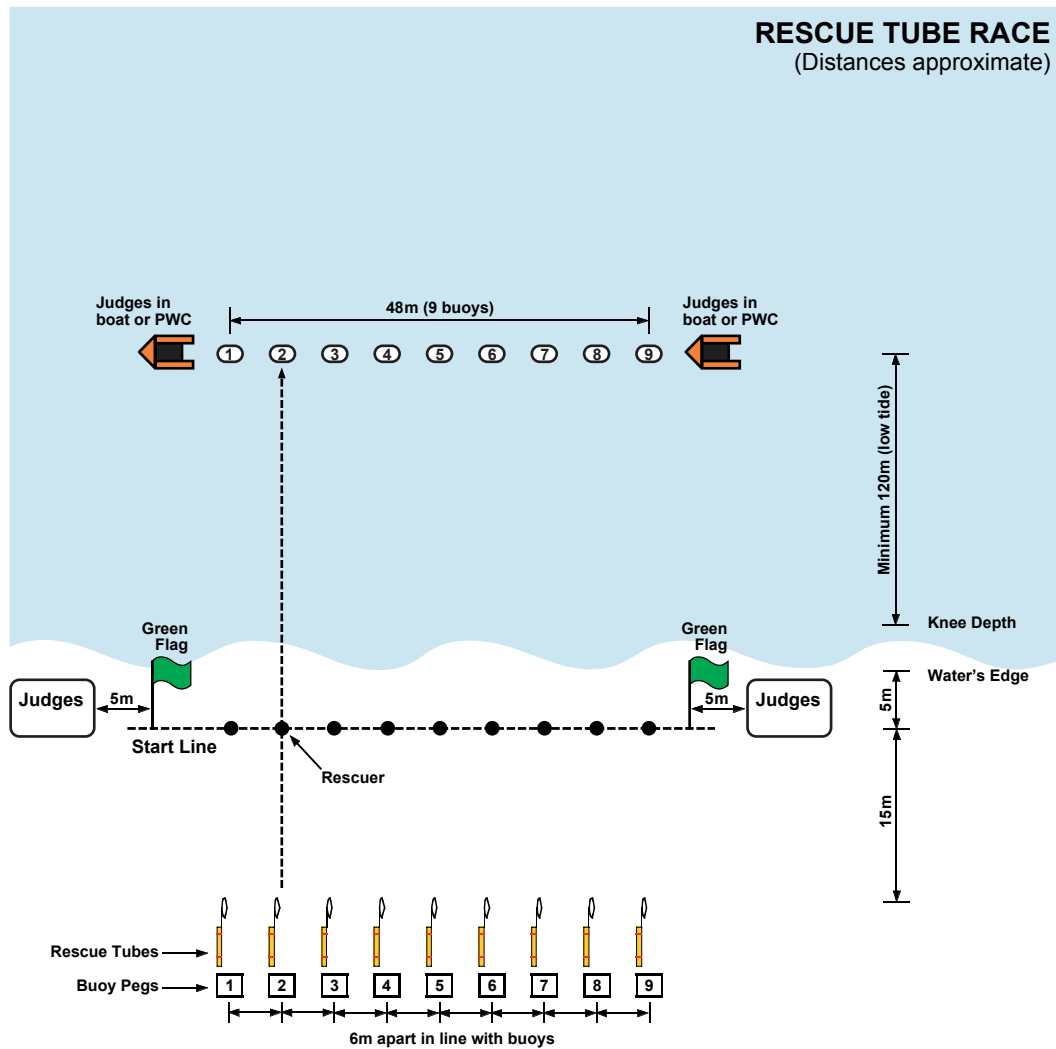
Equipment

Rescue tube: See Section 9 – Facility and Equipment Standards. Competitors must use rescue tubes supplied by organizers.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Signalling a finish from an incorrect buoy.



5.5 RESCUE TUBE RESCUE

Event description

Four competitors from each team participate in this event: a “victim,,, 1 rescue tube swimmer, and 2 rescuers.

Before the start: rescue tubes and fins are placed on the beach approximately 20m from the water’s edge in line with teams’ designated buoys. Victims swim to (or are placed at) the seaward side of their designated buoys approximately 120m beyond knee-deep water.

Rescue tube swimmers: take their position at the starting line in line with their designated buoy and facing the beach. At the starting signal, they race up the beach to obtain their rescue tubes and fins and, donning the equipment at their discretion, swim to their victims.

Rescue tube swimmers swim past the left side (viewed from the beach) of the designated buoy to secure the rescue tube around the victim waiting behind the buoy line. With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the beach.

Rescuers: While rescue tube swimmers swim to their victims, the starter shall call the 2 rescuers of each team to the start line. After the rescue tube swimmer has started the victim tow to the beach, the 2 rescuers, at their discretion, enter the water and assist the rescue tube swimmer to bring the victim to the beach. The victim must be dragged or carried from the water to the finish.

The finish is judged on the chest of the first member of the carrying party to cross the finish line in an upright position while still carrying the victim (the rescue tube need not be attached).

Notes:

- At the start, the line of the rescue tube may be positioned at competitors’ discretion behind the pick-up line.
- The victim may assist the rescue tube swimmer in securing the rescue tube. The victim must be clipped into the tube behind the buoy line.
- The victim must not be towed on the stomach.

- During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.
- At no time, may the victim assist by walking or running.
- Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.
- Teams must continue to drag or carry the victims 3m past the finish line to assist with judging of other teams in the event.

The course

The course shall be as shown in the following diagram.

The start line – a brightly coloured cord stretched between 2 poles carrying flags, approximately 40m apart – shall be located approximately 5m from the water’s edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. The start line will also be the finish line. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

The swimming buoys shall be placed as for the Surf Race, and so that all competitors have an equal chance with regard to sandbanks and rips, etc.

Equipment

Rescue tube and fins: See Section 9 – Facility and Equipment Specifications. Competitors must use rescue tubes provided by organizers.

Judging

Finish judges shall be positioned at each end of the finishing line at least 5m from the flagpole and in line with each flagpole. A course judge-in-boat shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. A judge-in-boat observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

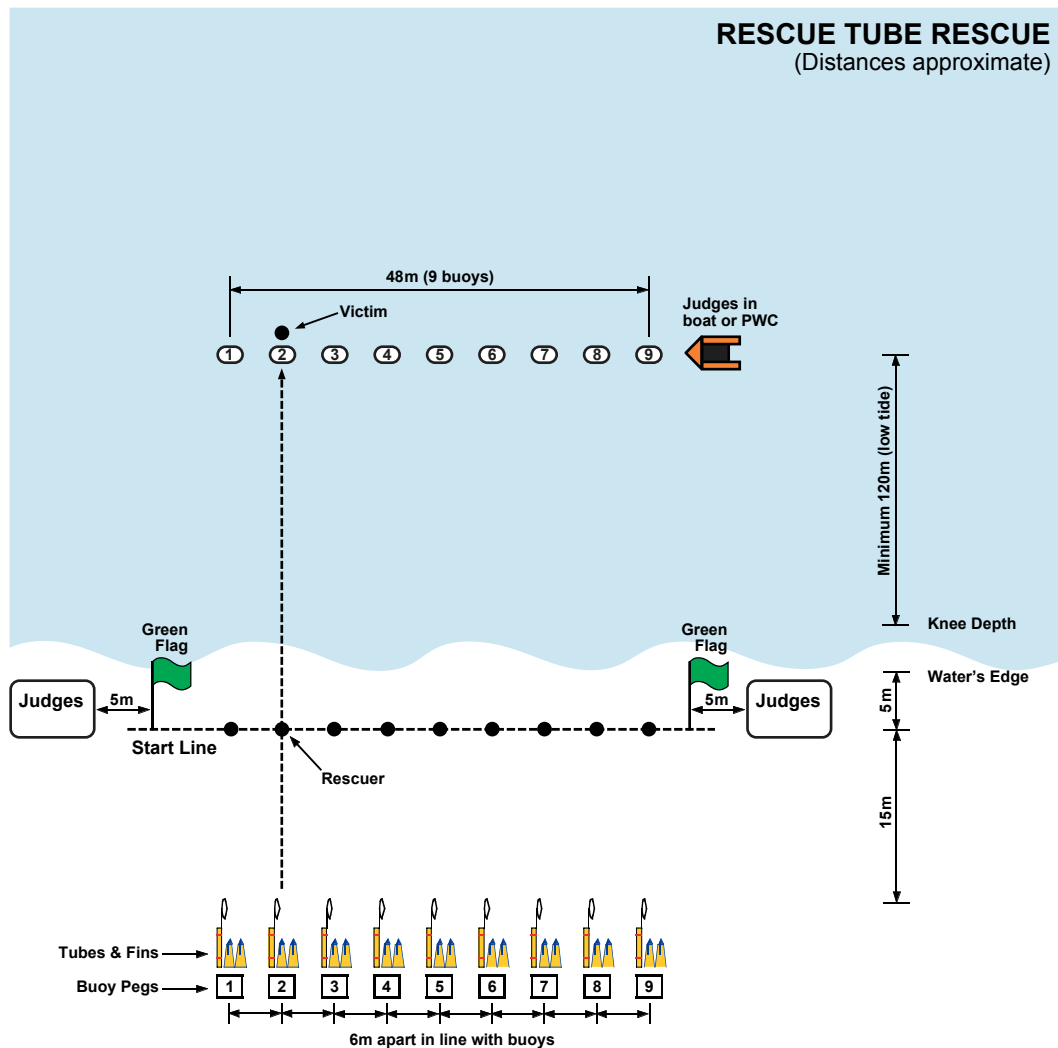
- i) *Event referee:* The referee or referee’s appointee shall be positioned to maintain overall supervision.

- ii) *Place judges*: Two place judges shall be positioned at each end of the finishing line at least 5m from the flagpole and in line with each flagpole.
- iii) *Course judge*: A course judge-in-boat shall be positioned in line with the buoys as shown in the diagram.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) The victim is towed on the stomach.
- ii) The victim assists propulsion with an arm action with an out-of-water recovery.



5.6 RUN – SWIM – RUN

Event description

From the start line, competitors run to pass around the turning flag and enter the water to swim out to and around the buoys.

Competitors swim back to the beach to again run round the turning flag before running to the finish line.

The course

As shown in the following diagram, the course shall be laid out so that competitors run approximately 200m, swim approximately 200m, and run approximately 200m to finish.

Age group competition

Age group competitors shall run and swim the following distances:

Age group	Approximate distances		
	Run	Swim	Run
9 years & under	50m	50m	50m
10 & 11 years	50m	50m	50m
12 & 13 years	100m	100m	100m
14 & 15 years	100m	100m	100m

Judges

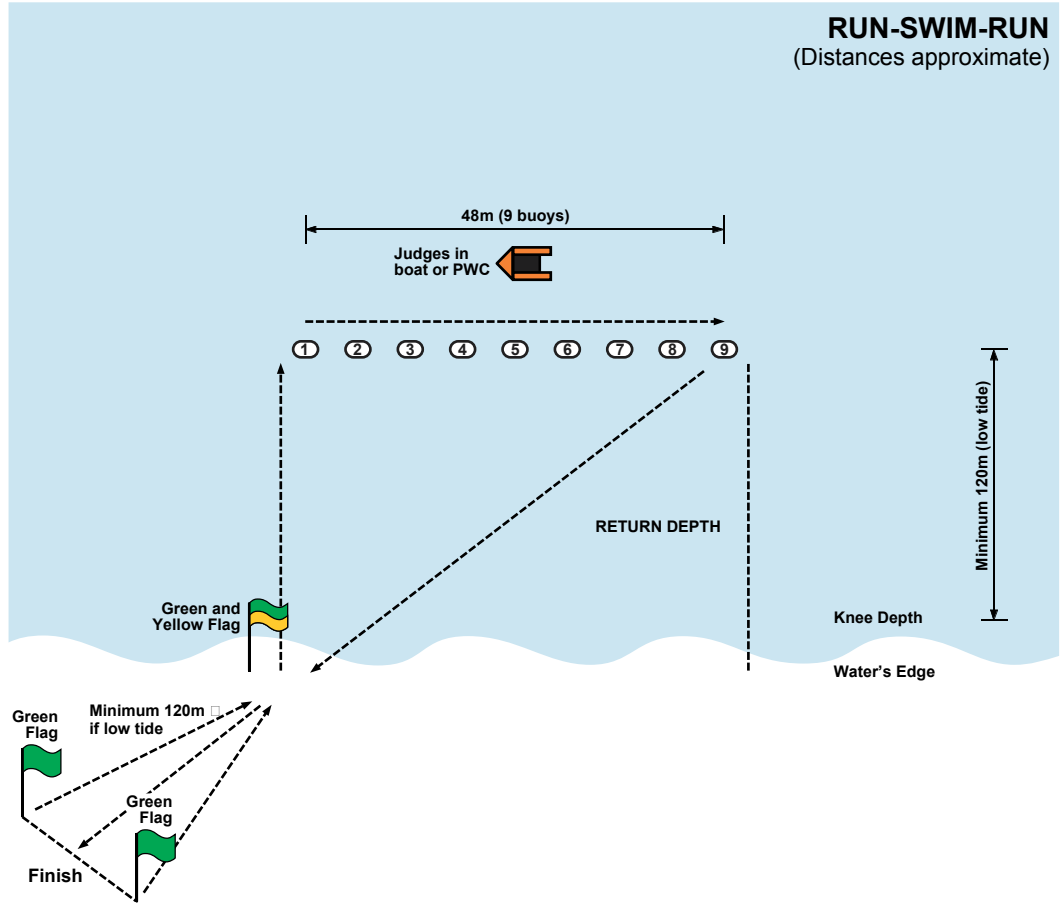
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



5.7 BEACH FLAGS

Event description

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Starting position: Competitors take their allotted positions, lying face down with the body mid-line 90 degrees to (and toes on) the start line.

Competitors lie a minimum of 1.2m apart with heels together, hands on top of each other with fingertips to wrist and with the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of the sand or digging, or digging in of the feet is permitted.

On the command “heads down,, competitors stretch their chins forward and place the chin on their hands to await the acoustic starting signal. At the start signal competitors rise and race to obtain a baton.

The start

The start procedure in Beach Flags is different from the procedure described in *General conditions for open water competition*. The starter, positioned out of view of the competitors, shall give the first command “Competitors ready,,. The starter then gives the second command “Heads down,, and after a deliberate pause, signals the start with a whistle blast.

Starting infringements: The following behaviours are starting infringements in Beach Flags and shall result in a starting infringement warning:

- i) Delaying the start by not putting the head down on the starter’s command.
- ii) Lifting any part of the body from the sand after the starter’s “Heads down,, command and prior to the start signal.

After 1 starting infringement, any competitor who subsequently makes a starting infringement shall be eliminated, regardless of whether or not the competitor previously infringed the start.

Competitors eliminated from the event shall retain the point score and / or placing at that time in the event.

If a competitor is disqualified or eliminated, the remaining competitors and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected.

Notes:

- Competitors are not permitted to deliberately impede the progress of another competitor with any part of their bodies.
- Competitors are not permitted to pick up more than 1 baton.

Draw for positions: There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals when contestants have been reduced to 8, there shall be a draw for positions after each run-through.

Number of competitors eliminated: The referee shall determine the number of competitors to be eliminated in each run-through of each heat. No more than 3 competitors may be eliminated in any one run-through. In semi-finals and finals, no more than 1 competitor can be eliminated in any run-through.

Run-offs: A run-off between the competitors involved shall be called if 2 or more competitors hold the same baton, and judges cannot determine which competitor's hand grasped the baton first – regardless of the hand position on the baton.

The course

As shown in the following diagram, the course shall be approximately 20m from the start line to the batons, and wide enough to provide for a minimum spacing of 1.2m between each of up to 16 competitors.

The start line shall be designated at each end by poles.

Batons shall be positioned in line parallel to the start line, and so that a “perpendicular line,, between any two adjacent competitors shall pass approximately through a baton.

Judging

The referee or referee's appointee shall be positioned to maintain overall supervision.

The starter and start judges shall be placed at either end of the starting line to observe any starting infringements. Course judges shall be placed on either side of the course to observe run-throughs and participation infringements.

Finish judges shall be positioned a few metres behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for the next run-through.

Equipment and apparel

Beach flags (batons): See Section 9 – Facility and Equipment Standards. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

Disqualification

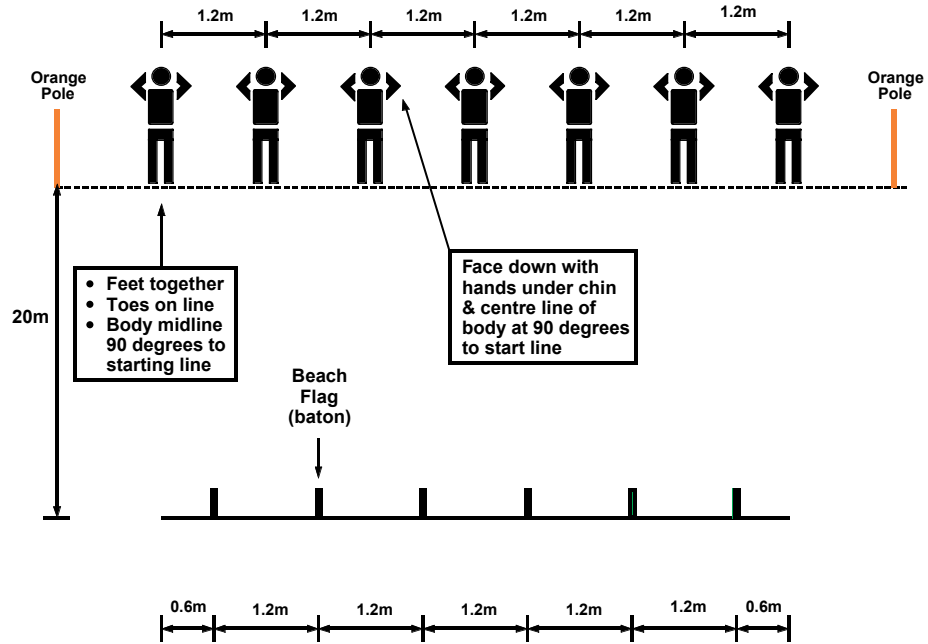
Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a competitor in a subsequent segment.

A competitor *eliminated* from the event shall retain the point score and / or placing at that time in the event. A competitor *disqualified* from the event shall lose all standing from the event.

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Deliberate use of any part of the body against other competitors to impede their progress.
- ii) Picking up 2 batons.

BEACH FLAGS (Distances approximate)



5.8 BEACH SPRINT

Event description

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90m course to the finish line. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish the event on their feet in an upright position.

The start

No artificial starting blocks are permitted, but competitors may create holes and / or hillocks in and of sand to aid their start.

Notes:

- Competitors are not permitted to use any material other than sand to aid the start.
- Competitors are not permitted to flatten or level the sand in their lane without the referee's permission.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

The course

As shown in the following diagram, the beach sprint course shall be 90m from the start line to the finish line. A run-off area of at least 20m is provided at each end.

The course shall be rectangular and “squared,, to ensure that all competitors run the same distance, and it shall be designated by 4 distinctly coloured poles.

Running lanes separated by coloured ropes shall be laid on the beach to assist runners keep a straight course. The lanes shall be laid 1.8m in width where possible with a minimum width of 1.5m.

Competitors must remain in their own lane throughout the course.

Numbered pegs identifying running lanes shall be placed before the starting mark and beyond the finishing line.

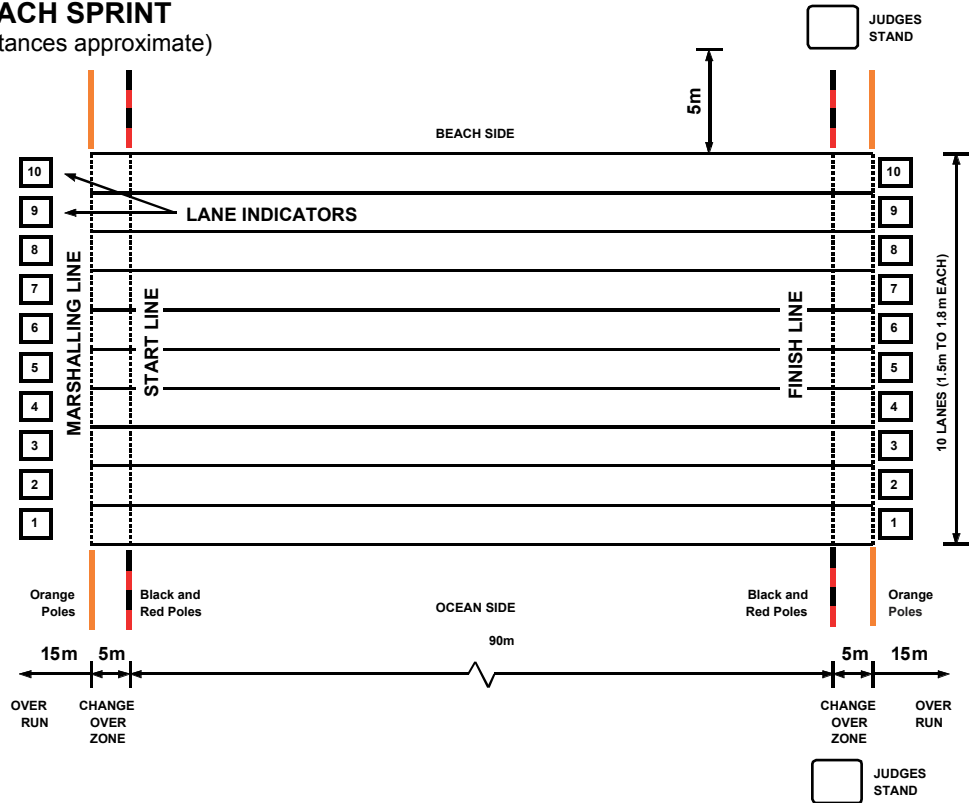
A marshalling line shall be made 5m to the rear and parallel to the starting mark and designated by poles.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start.
- ii) Using any material other than sand to aid the start.
- iii) Crossing into the lane on either side of the allotted lane.

BEACH SPRINT (Distances approximate)



5.9 BEACH RUN

Event description – 2km

Competitors race 2000m on the beach in four 500m legs as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500m distant, and return 500m toward the starting pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Event description – 1500m and 500m

In the 1500m event, competitors race on the beach in three 500m legs on the course described above. For the 500m event, competitors race one 500m leg.

Notes: In all of the events above:

- Jostling or obstructing another competitor so as to impede their progress is not permitted.
- Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.
- The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

The course

The course shall be laid out on the beach parallel to the water's edge in two 500m lanes. The referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a brightly coloured synthetic cord stretched between 2 poles. The *finish line* shall be an extension of the start line toward the water. The end of the finish line shall be marked by a third pole. The referee shall determine the length of the start and finish lines.

Running lanes: The course shall be divided into 2 lanes parallel to the waterline. The lane furthest from the water shall be for legs running *from* the start line (legs 1 and 3). A pole situated 500m from the start at the end of the lane shall designate the turning point.

Age group competition

Age group competitors shall run the following distances:

Age group	Approximate distances
9 years & under	500m
10 & 11 years	500m
12 & 13 years	1500m
14 & 15 years	1500m

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests and shoes may be worn at competitors' discretion.

Judging

The referee shall be positioned at one side of the course to maintain overall supervision.

One break judge shall be positioned about 5m away, in line, and on either side of the starting line. If a break occurs, the break judge shall report the competitors to the starter who shall issue a warning.

Two course judges shall be appointed to ensure the competitors run the course as described.

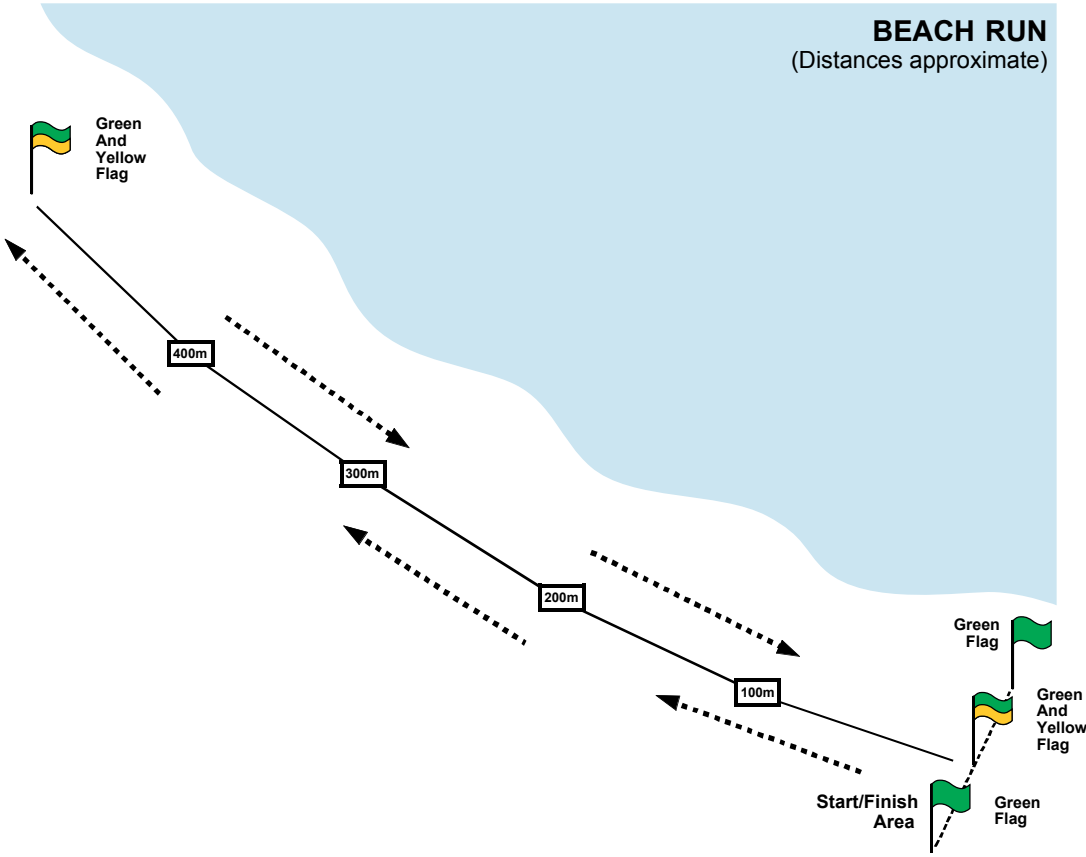
A judge shall be positioned at each turning pole to ensure no unnecessary jostling or interference occurs.

Finish judges shall select placings.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start.
- ii) Jostling or obstructing another competitor so as to impede progress.
- iii) Failure to complete the course as defined and described.



5.10 BEACH RELAY

Event description

Teams of 4 individuals compete in baton relay fashion over a 90m course. To start, 2 competitors take positions in their allotted lane at each end of the course.

After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner. All competitors shall finish their leg of the event on their feet and in an upright position.

The start

The start shall be as for the beach sprint with the first competitor taking the mark.

Baton changeovers

The baton shall be exchanged in the following manner:

- i) No marks or objects may be placed on the course or surrounding area which may assist the runners with their baton exchange.
- ii) The competitor coming in to exchange the baton must *carry* the baton to the front line. (The baton may not be thrown to the next competitor.)
- iii) Competitors receiving the baton on the first, second, and third exchange can be moving while taking the baton, but will be disqualified if any part of the body or hands cross the front line before taking possession of the baton.
- iv) During the exchange, if a baton is dropped over the front line of the exchange zone the receiver must pick up the baton and return the whole of the baton into the exchange zone and start again.
- v) If a baton is dropped at any stage except the exchange, the competitor may recover the baton (providing that there is no interference to other competitors) and continue the race.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

Baton: See Section 9 – Equipment and Facility Standards.

Judging / changeovers

In general, judging shall be as for the Beach Sprint with the referee, course judge, and the finish judges assuming similar duties in regards to the start and finish.

Break judges shall be appointed to check the changeover lines for infringements at each end during the changeovers. Any infringements observed by the break judges shall be reported to the referee in the case of the changeovers.

The course

The course shall be as for the Beach Sprint shown in the following diagram.

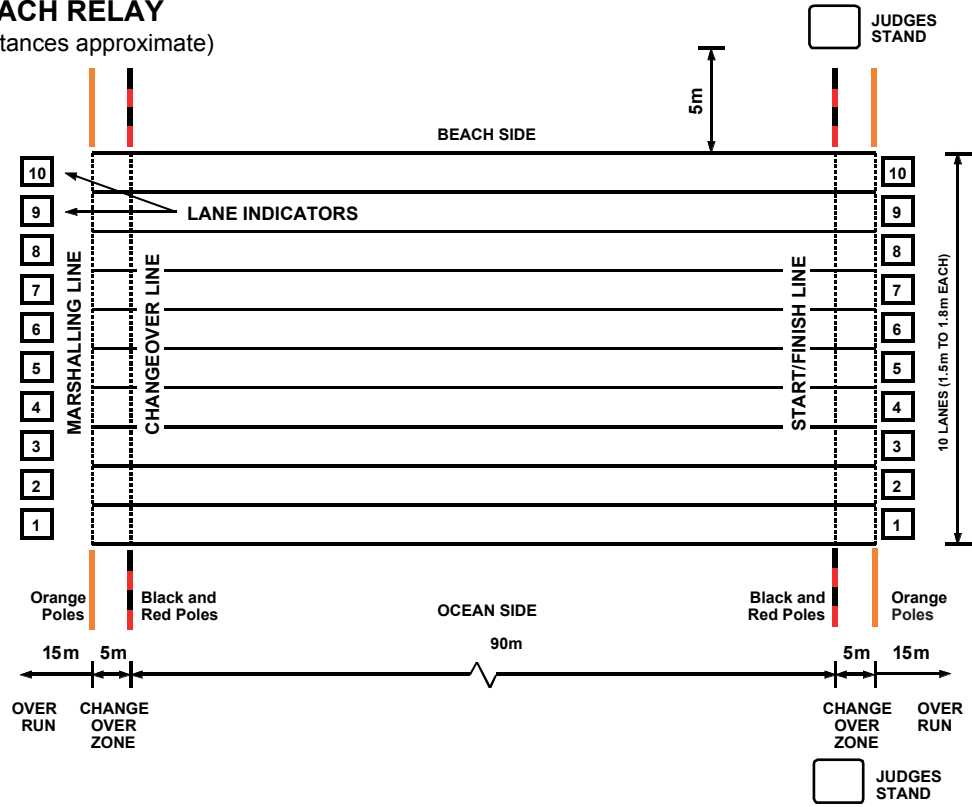
Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start.
- ii) Throwing the baton to the next competitor.
- iii) Interfering with the progress of another competitor.
- iv) Any part of the body crossing the start line before receiving the baton.
- v) Failure to complete the course as defined and described.

BEACH RELAY

(Distances approximate)



5.11 SURF SKI RACE

Event description

Competitors steady their skis in line in knee-deep water about 1.5m apart. Competitors must obey directions from the starter concerning ski alignment at the start.

On the starting signal, competitors paddle their skis around the 700m (approx.) course marked by buoys and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

Competitors may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.

Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

Dry start and finish: If conditions are such that the starter cannot provide a fair start, a dry start and / or dry finish (where the ski is left at the water's edge) shall be used.

The course

The course layout shall be as detailed in the following diagram.

Buoys: Three buoys approximately equal in size to a 50-litre drum shall be used: 2 “turning buoys,, shall be placed approximately 75m apart, and a minimum of 300m paddling distance from knee depth water at low tide mark. The third “apex,, buoy shall be placed midway and approximately 16m seaward of the turning buoys thus forming an arc with them.

The start line need not necessarily be identified, but if required it shall be marked by 2 poles and positioned so that the centre of the start line is aligned with the first turning buoy.

The finish line shall be between 2 flags mounted on stands or poles or other suitable markers in a position where the craft will finish afloat. The centre of the finish line is aligned with the third turning buoy (allowing for prevailing surf conditions).

Equipment

Surf skis: See Section 9 – Equipment and Facility Standards. Replacement skis or paddles for a competitor are permitted and may be brought to the water's edge by other club members providing such replacement does not cause any interference to other competitors in the race and further provided that the competitor shall recommence the race from the original starting area.

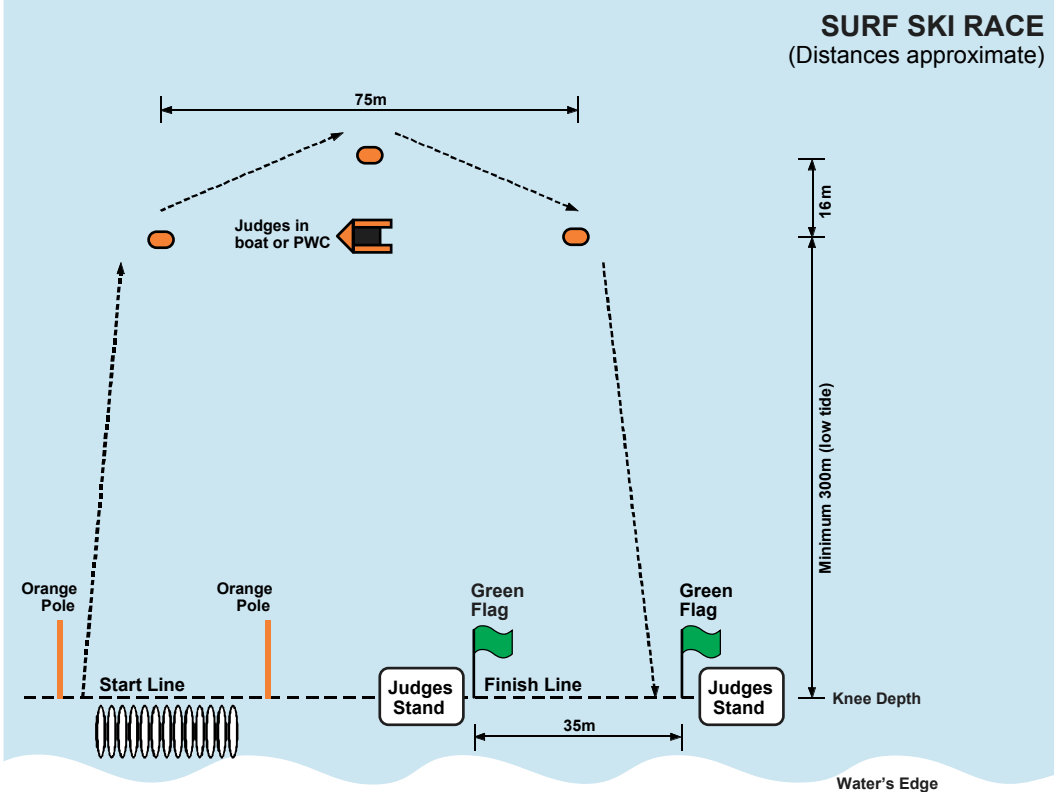
Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Disregarding directions from the starter concerning ski alignment at the start.
- ii) Any starting infringement after an initial false start.
- iii) Deliberately impeding the progress of another competitor.
- iv) Failure to complete the course as described and defined.



5.12 SURF SKI RELAY

Event description

The ski relay race shall be conducted under the general rules of the ski race. Teams shall consist of 3 competitors, who may use the same craft.

Competitors must obey the starter's directions concerning ski alignment at the start.

First competitor: Competitors for the first leg of the relay shall be started as in the ski race and paddle around the buoys. Having completed the 700m (approx.) course, the first competitor leaves his or her craft (and paddle), and runs round the 2 turning flags to tag the second competitor on the designated ski changeover line.

Second competitor: The second competitor completes the same course, rounds the 2 turning flags, and tags the third competitor on the designated ski changeover line.

Third competitor: The third competitor completes the same course, rounds 1 turning flag, passes the other flag on the shoreward side, and finishes between the 2 finish flags.

Competitors in the surf ski relay events must commence their leg of the event from the correct allotted position.

Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

The course

The course layout shall be as detailed in the following diagram.

In the ski relay, the start / changeover line is located in the water.

Equipment and apparel

Surf skis: See Section 9 – Equipment and Facility Standards.

Members of the team or others authorized by the referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. The craft shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.

Each team member shall wear the same uniform. If a club enters more than 1 team, each team must wear a different uniform.

Judging

Judges shall be placed to observe the conduct of the event and determine competitors' place at the finish.

Competitors must cross the finish line on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

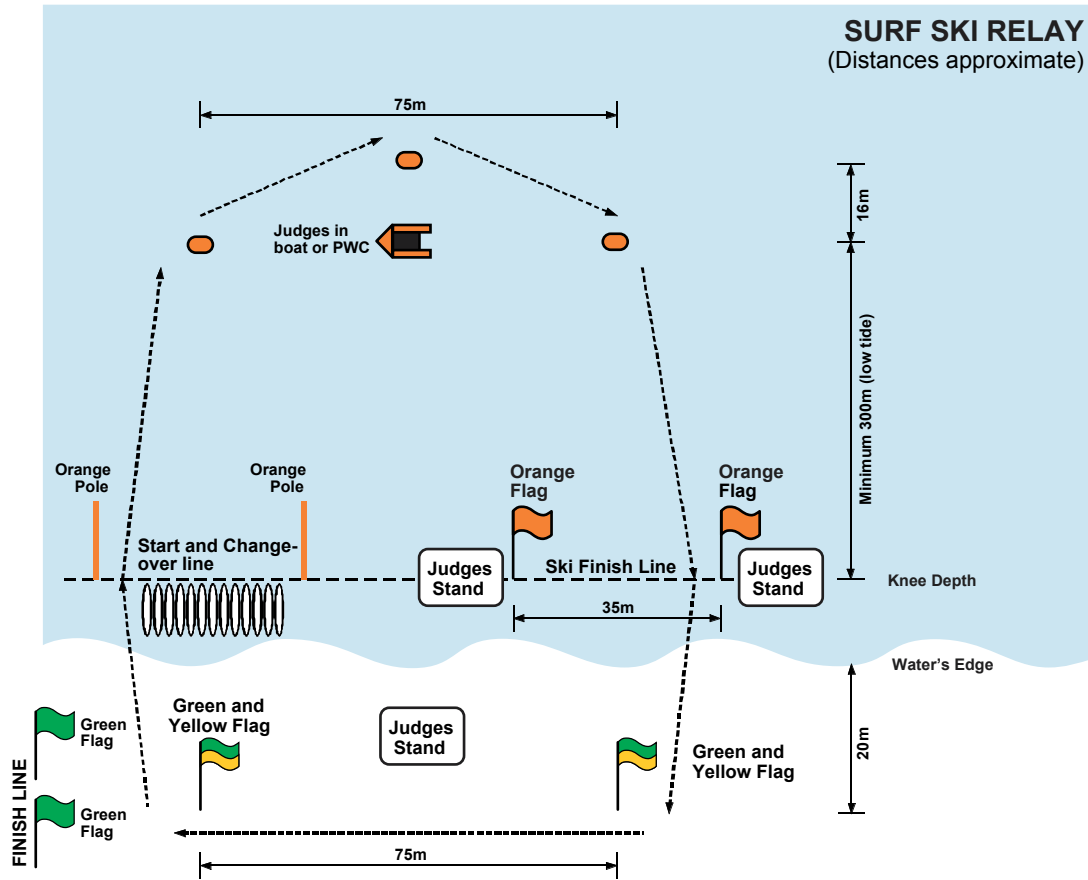
Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Disregarding directions from the starter concerning ski alignment at the start.
- ii) Any starting infringement after an initial false start.
- iii) Commencing a leg of the event from an incorrect position.
- iv) Deliberately impeding the progress of another competitor.
- v) Not completing the course as described.

Control of craft: Competitors may lose control or contact of the ski or paddle on the way out, provided they regain the ski (and paddle) and round the last course buoy in contact with the craft and complete the course.

Competitors must paddle their skis around the last course buoy and shall not be disqualified if they lose control or contact with their craft (or paddle) after the last course buoy on the return.



5.13 BOARD RACE

Event description

Competitors stand on or behind the start line on the beach with their boards 1.5m apart.

At the start signal, competitors enter the water, launch their boards, and paddle the 600m (approx.) course marked by buoys, return to the beach, and run with their boards to cross the finish line.

The course

The course layout shall be as detailed in the Board Race diagram.

Buoys: Three buoys of the same colour(s) and approximately equal in size to a 50-litre drum shall be used: 2 “turning buoys,, shall be placed approximately 75m apart, and a minimum 250m distance from knee depth water at low tide mark. The third “apex,, buoy shall be placed midway and approximately 16m seaward from the turning buoys thus forming an arc with them.

The start line, depicted by a bright coloured cord, shall be situated on the beach approximately 5m from the water’s edge. It shall be approximately 30m in length and marked by poles at either end. The middle of the start line should be aligned with the first turning buoy, but may be altered at the discretion of the referee depending on the prevailing conditions to allow all competitors a fair passage around the first buoy.

The finish line shall be situated on the beach approximately 15m from the water’s edge. It shall be 20m in length and marked at each end by a flag on a pole.

The middle of the finish line should be aligned with the third turning buoy, but this may be altered by the referee depending on the prevailing sea conditions.

Age group competition

Age group competitors shall board race the following distances:

Age group	Board course
9 years & under	100m
10 & 11 years	100m
12 & 13 years	300m
14 & 15 years	300m

Equipment

Boards: See Section 9 – Equipment and Facility Standards. The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

For age groups 9 & under and 10 & 11 years, only junior boards may be used. For age groups 12 & 13 and 14 & 15 years, either junior or senior boards may be used.

Judging

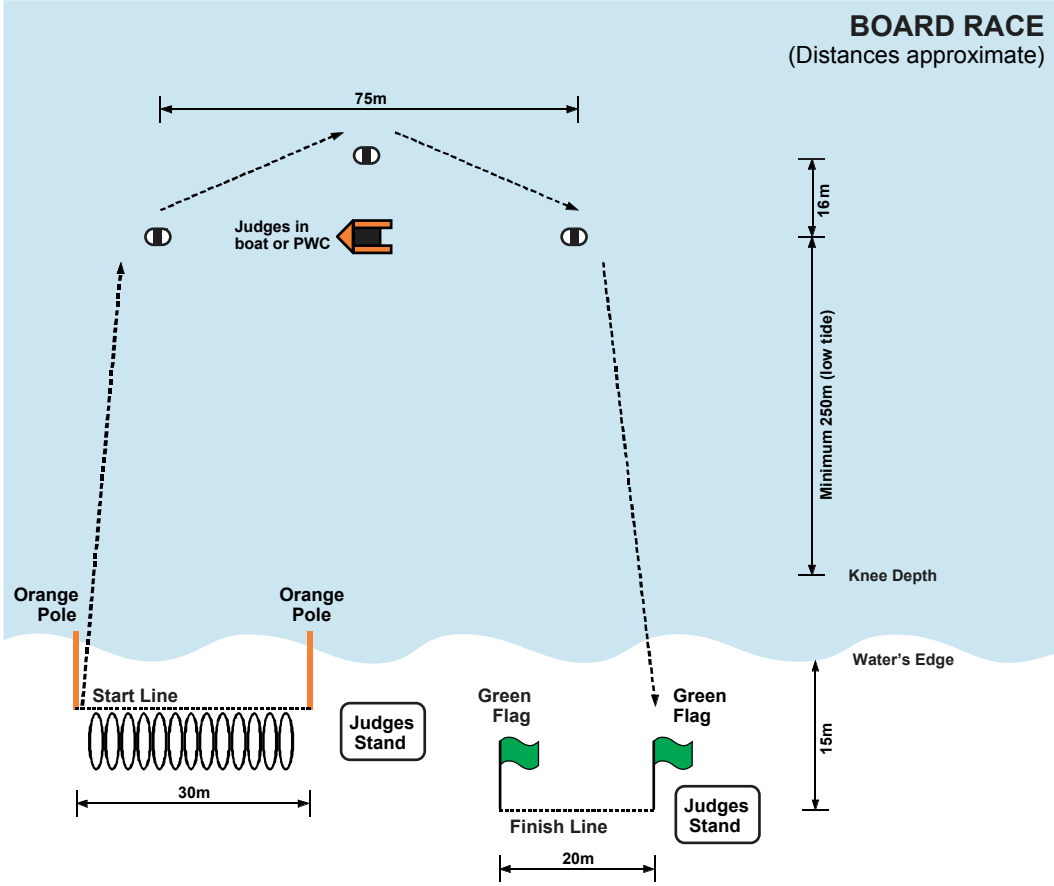
The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position while in control of the board.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start.
- ii) Deliberately impeding the progress of another competitor.
- iii) Not completing the course as described.

Competitors may lose contact and control of their board without necessarily being disqualified. To complete the race, competitors must have (or have regained) their board and cross the finish line from the seaward side while maintaining contact with their craft.



5.14 BOARD RELAY

Event description

The Board Relay event shall be conducted under the general rules of the Board Race event. Teams shall consist of 3 competitors, who may use the same craft.

First competitor: The first competitors shall be started as in the Board Race and complete the 600m (approx.) course marked by the buoys. Competitors may then leave their board (anywhere after rounding all 3 buoys), round the 2 flags, to tag the second competitor on the designated board changeover line.

The second competitor: The second competitor completes the same course, rounds the 2 turning flags, to tag the third competitor on the designated board changeover line.

The third competitor: The third competitor completes the same course, rounds 1 turning flag, passes the other on the shoreward side, to finish between the 2 finish flags.

The second and third competitors in the board relay event shall be positioned with their feet on, or shoreward of, the changeover line.

Competitors in the board relay events must commence their leg of the event from the correct allotted position.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

The course

The course layout shall be as detailed for the Board Relay Race and shown in the following diagram.

Age group competition

Age group competitors shall race the following distances:

Age group	Board course
9 years & under	100m
10 & 11 years	100m
12 & 13 years	300m
14 & 15 years	300m

Equipment

Boards: See Section 9 – Equipment and Facility Standards. The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

For age groups 9 & under and 10 & 11 years, only junior boards may be used. For age groups 12 & 13 and 14 & 15 years, either junior or senior boards may be used.

Members of the team or others authorized by the referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. Boards shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.

Each team member shall wear the same uniform. If a club enters more than 1 team, each team must wear a different uniform.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

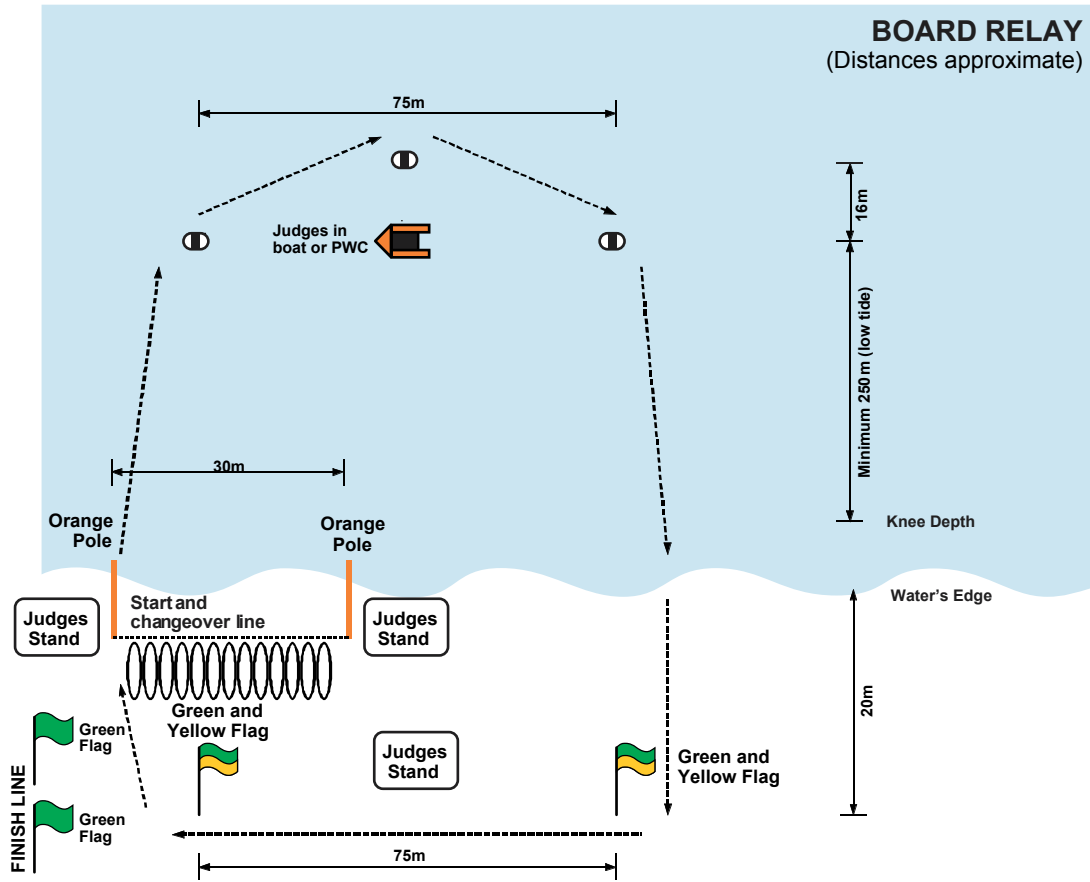
Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start.
- ii) Not starting a leg of the race from the correct allotted position.
- iii) Deliberately impeding the progress of another competitor.
- iv) Not completing the course as described.

Control of craft: Competitors may lose control or contact of the board on the way out, provided they regain the board and round the last course buoy in contact with the board and complete the course.

Competitors must paddle their board around the last course buoy and shall not be disqualified if they lose control or contact with their board after the last course buoy on the return.



5.15 BOARD RESCUE

Event description

In this event, 1 member of the team swims approximately 120m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

First competitor: From the allotted position on the start line on the beach, and on the start signal, the victim enters the water, swims to place a forearm over the top of the allotted swimming buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

Second competitor: On the victim's arrival signal, the board rescuer, enters the water and paddles to the victim on the seaward side of the allotted buoy. The victim must make contact with the board on the seaward side of the buoy. The paddler must round the buoy before proceeding to shore with the victim.

Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.

The finish is judged on the chest of the first competitor of each team to cross the finish line on their feet in an upright position, with both rescuer and victim in control of and in contact with the board.

The board rescuer may not start before the victim signals arrival.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

The course

The course layout shall be as detailed in the following diagram.

The referee determines whether boards are paddled around the allotted buoys clockwise (right side in) or counter-clockwise.

Equipment

Boards: See Section 9 – Equipment and Facility Standards.

Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

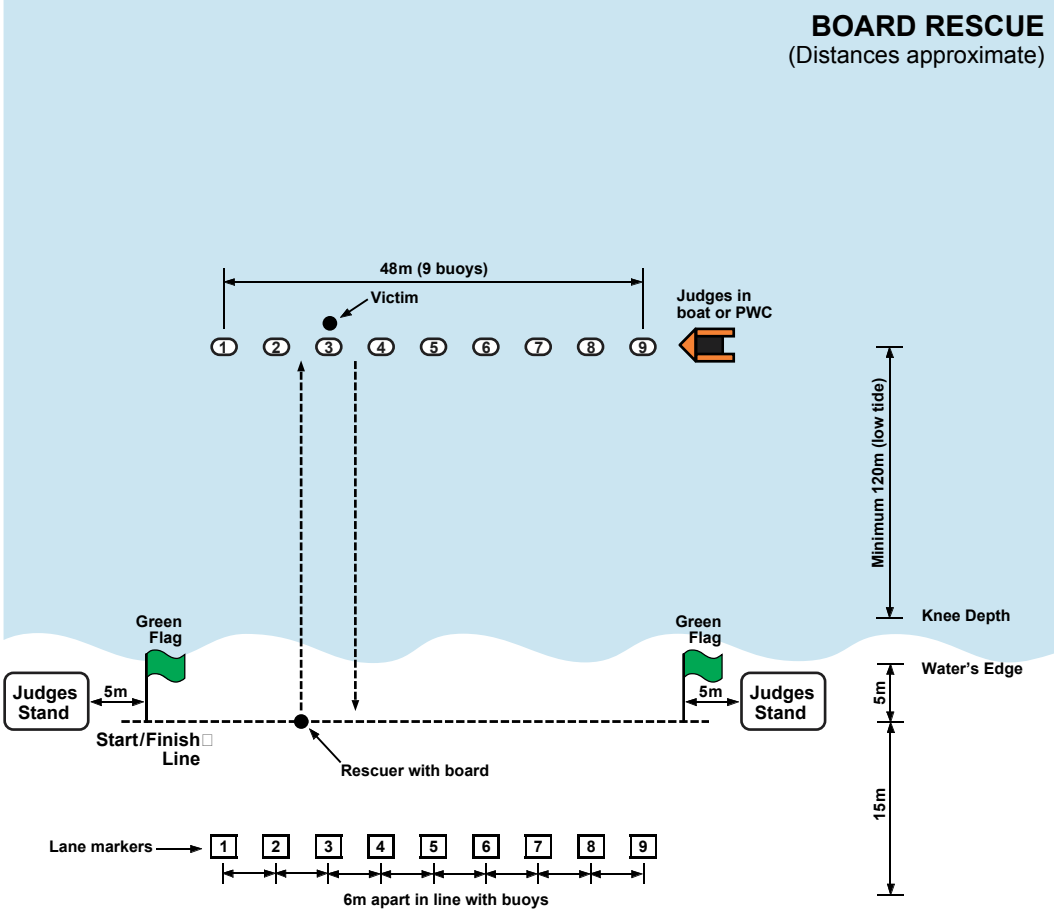
Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any starting infringement after an initial false start, including the board rescuer starting before the victim signals arrival.
- ii) Not starting from the correct allotted position.
- iii) Swimming to and signalling from the wrong buoy.
- iv) The rescuer leaving prior to the victim signalling from his or her designated buoy.
- v) Deliberately impeding the progress of another competitor.
- vi) Not completing the course as described.

Control of victim or board: Rescuers and victims may lose contact with the board on the return journey, but both must be in contact with the board when crossing the finish line.

Victim pick-up: While it is not required that the entire board be on the seaward side of the allotted buoy, the victim must make contact with the board on the seaward side.



5.16 CANADIAN IRONMAN / IRONWOMAN

Event description

Competitors cover a course of approximately 2000m that includes: a 300m swim leg, a 1000m beach run, a 600m board leg, and a beach sprint finish. The sequence of legs shall be swim-run-board.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: board races, surf races, beach runs.

Handler: A member of the competitor's team assists the competitor with the board. With the referee's approval, a non-team member may act as handler.

Handlers shall remove the board from the competition arena upon completion of the paddle leg, and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run, and board legs as indicated in the following diagram.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120m from knee depth water.

The board leg buoys shall be positioned approximately 50m beyond the swimming buoys. The board leg buoys should be approximately 25m apart.

Flag layout: 4 flags located on the beach approximately 20m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #1. Flag #2 shall be positioned in line with the swim buoy #9. Flag #3 shall be positioned 5m to the right of Flag #2. Flag #4 shall be positioned 450m to the right of the Flag #2 (facing the seaward side).

Two Finish Flags (5m apart) are positioned at right angles to the water's edge and approximately 50m from Flag #2.

Start and changeover line: The start and changeover line shall be approximately 30m in length, centred on the swimming buoy #1 approximately 5m from the water’s edge, and marked by a pole at either end.

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag #2 and Flag #3.

Beach run course: From Flag #3, competitors run along the left side of the lane to round (clockwise) Flag #4 and run to round Flag #1 (clockwise) before heading for the start / changeover line.

Board course: From the start / changeover line, competitors paddle their boards around the board course buoys, return to the beach between Flag #2 and Flag #3.

Finish: Competitors round Flag #2 and race to finish between the 2 finish flags.

Age group competition

Age group competitors shall race swim-run-board over the following distances:

Age group	Swim	Run	Board
9 years & under	100m	400m	200m
10 & 11 years	100m	400m	200m
12 & 13 years	200m	800m	400m
14 & 15 years	200m	800m	400m

Equipment

Boards: See Section 9 – Equipment and Facility Standards.

Changing of damaged craft: A board shall not be changed during a section of the event unless it is damaged or becomes unseaworthy. Team members / handler shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Judging

The finish is judged on the competitor’s chest crossing the finish line. Competitors must finish on their feet in an upright position.

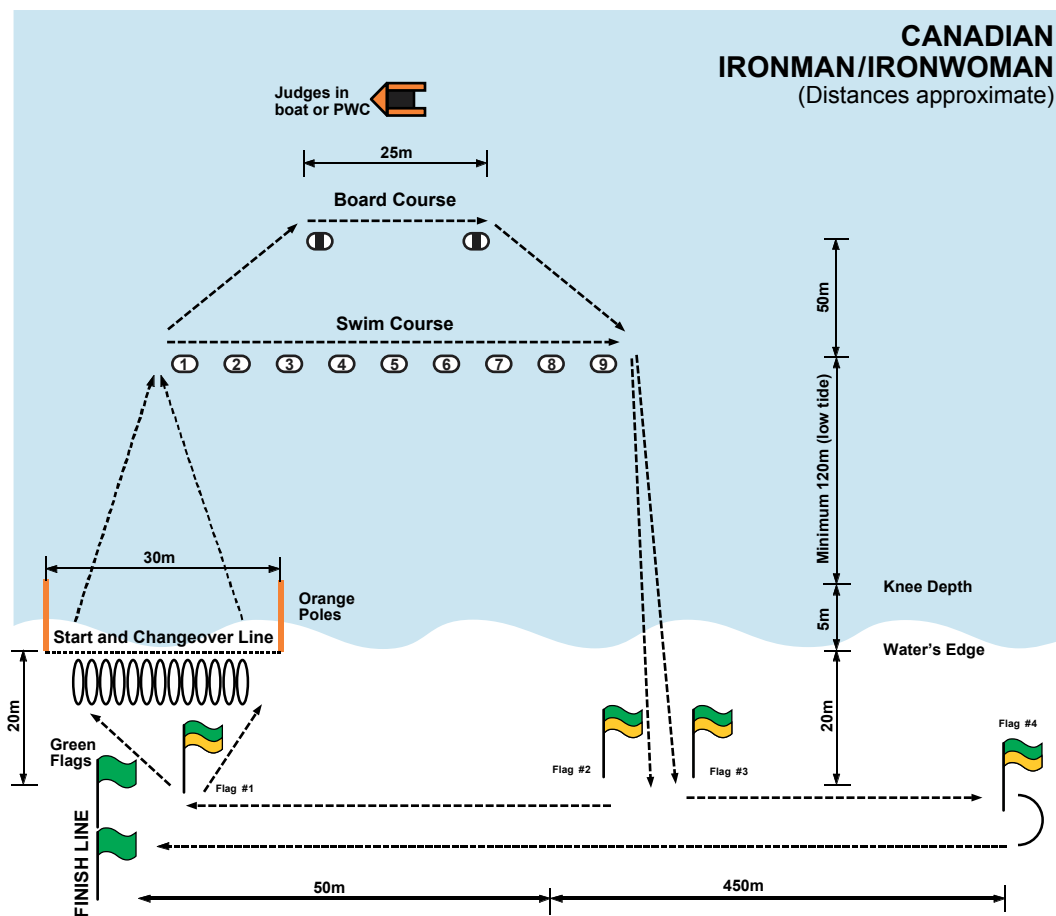
Judges shall be placed to observe the conduct of the event and to determine competitors’ place at the finish.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any infringement of the rules governing the component disciplines (i.e., board races, surf races, beach runs).
- ii) Not completing the course as described.

Control of craft: Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.



5.17 INTERNATIONAL IRONMAN / IRONWOMAN

Event description

Competitors cover a course of approximately 1200m that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Taplin Relay.

If the surf ski leg is first, competitors will start with a typical in-water start.

Handler: A member of the competitor’s team assists the competitor. With the referee’s approval, a non-team member may act as handler.

Handlers shall hold the ski in a floating position as per the diagram or as directed by officials; and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, board, and ski legs as indicated in the following diagram.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120m from knee depth water.

The board leg buoys and ski leg buoys shall be positioned approximately 50m and 100m respectively beyond the swimming buoys. The board leg buoys should be approximately 25m apart and the ski buoys approximately 50m apart, with the ski “apex,, buoy a further 10m to sea.

Flag layout: 2 flags located approximately 20m from the water’s edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #1. Flag #2 shall be positioned in line with swim buoy #9.

Two finish flags (5 metres apart) are positioned at right angles to the water's edge approximately 50m to the left of Flag #2.

Start and changeover line: The start and changeover line shall be approximately 30m in length, centred on the swimming buoy #1 approximately 5m from the water's edge, and marked by a pole at either end.

Swim course: From the start / changeover line, competitors swim around the swim course buoys, returning to the beach and run around the 2 turning flags.

Board course: From the start / changeover line, competitors paddle around the board course buoys, return to the beach and run around the 2 turning flags.

Ski course: From the floating start position as per the diagram, competitors paddle around the ski course buoys, return to the beach and run around the 2 turning flags.

Beach sprint course and finish: The race shall be concluded when a competitor completes all legs. To finish, competitors round turning Flag #2, and sprint to finish between the finish flags.

Equipment

Surf skis, boards: See Section 9 – Equipment and Facility Standards.

Changing of damaged craft: A board or ski shall not be changed during a section of the event unless it is damaged or becomes unseaworthy. Team members / handler shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Paddles: A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

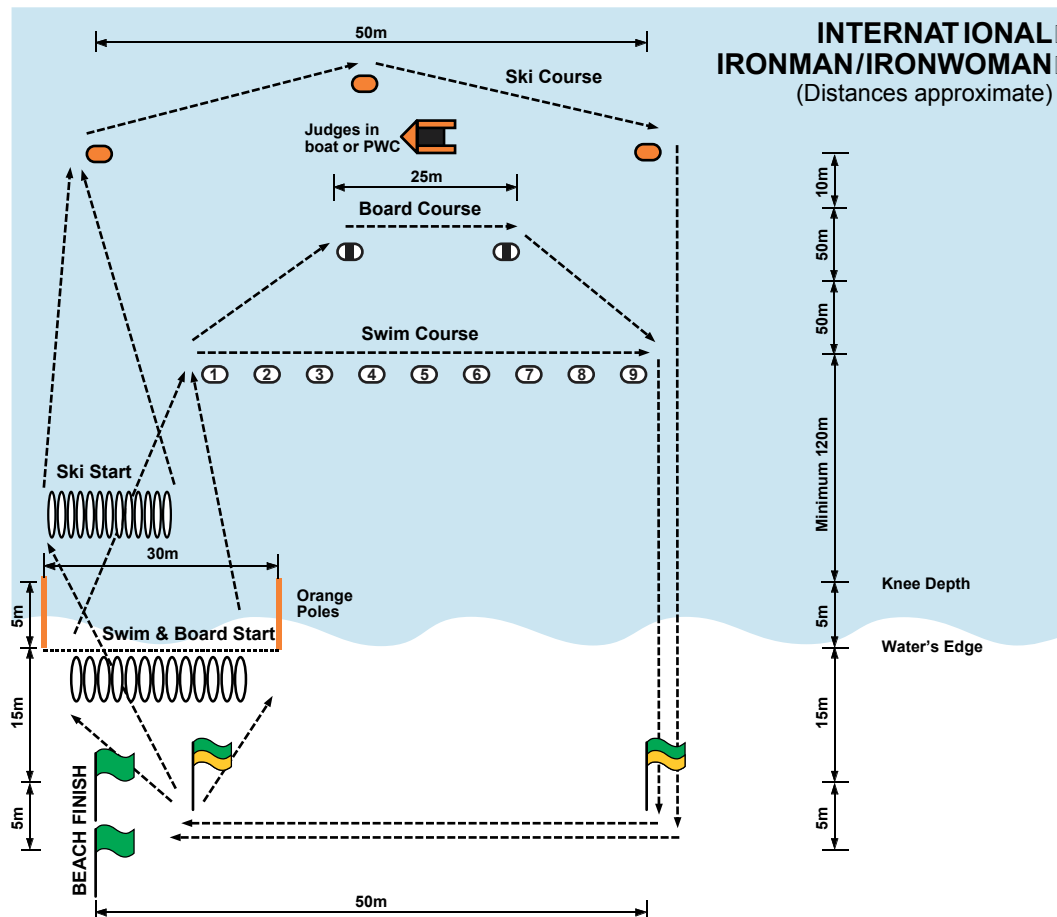
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any infringement of the rules governing the component disciplines (i.e., surf ski races, board races, surf races, beach sprints).
- ii) Not completing the course as described.

Control of craft: Competitors must be in control of the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.



5.18 CANADIAN TAPLIN RELAY

Event description

Teams of 4 competitors (1 swimmer, 1 beach runner, 1 board paddler, and 1 sprinter) cover the course as detailed in the Canadian Ironman / Ironwoman Race. The sequence of legs shall be swim-run-board-sprint. The course direction is clockwise.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline. Competitors must commence their leg of the event from the correct allotted beach position.

Swim leg: From a beach start, competitors enter the water to swim around the swim course buoys and return to the beach to tag runners waiting on the shoreward side of the start/changeover line.

Run leg: Runners round Flag #3, run along the left side of the lane to round Flag #4 and return to the start line rounding Flag #1 to tag board paddlers waiting on the shoreward side of the changeover line.

Board leg: Competitors enter the water with their boards, paddle around the board course buoys, return to the beach to tag beach sprinters waiting on the shoreward side of the changeover line.

Sprint leg: Sprinters round Flag #2 and continue to finish between the 2 finish flags.

Age group competition

Age group competitors shall swim-run-board-sprint the following distances:

Age group	Swim	Run	Board	Sprint
9 years & under	100m	400m	200m	50m
10 & 11 years	100m	400m	200m	50m
12 & 13 years	200m	800m	400m	50m
14 & 15 years	200m	800m	400m	50m

Equipment

Board: See Section 9 – Equipment and Facility Standards. Each team shall provide at least 1 board.

Team members shall place gear adjacent to the starting area for the board leg.

Removal of boards from the competition course during the event is permitted only if undertaken by a team member or other person(s) authorised by the referee, and provided other competitors' progress is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

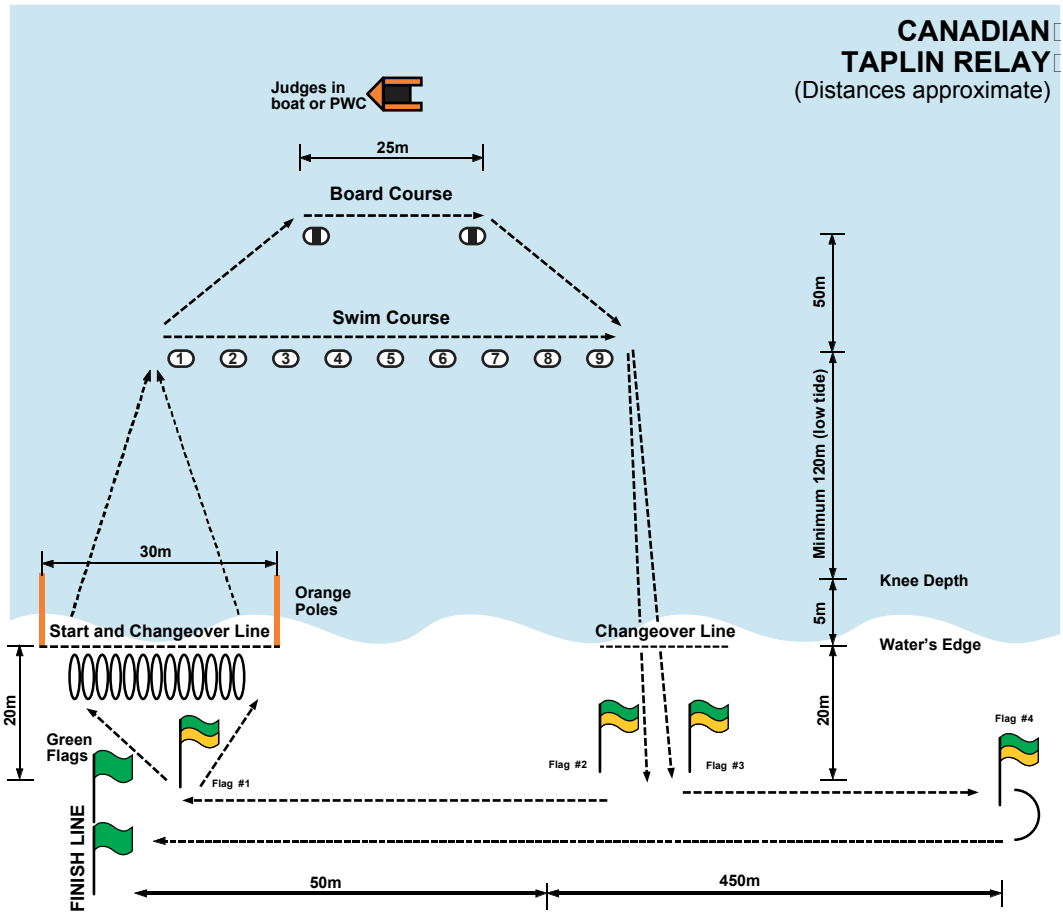
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any infringement of the rules governing the component disciplines (i.e., board races, surf races, beach runs).
- ii) Not completing the course as described.

Control of craft: Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the board on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round all turning buoys in control of the craft.



5.19 INTERNATIONAL TAPLIN RELAY

Event description

Teams of 4 competitors (1 swimmer, 1 board paddler, 1 surf ski paddler, and 1 runner) cover the course in a sequence of legs determined by draw at the start of each competition.

The run leg is always the final leg. If the ski leg is first, competitors shall start with a typical in-water start.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline. Competitors must commence their leg of the event from the correct allotted beach position.

The following event description assumes the order to be: swim – board – ski – run. The course direction is clockwise.

Swim leg: From a beach start, competitors enter the water, swim around the swim course buoys, return to the beach, and round Flag #2 and Flag #1 to tag the board paddlers waiting with their boards, feet on or on the shoreward side of, the start / changeover line.

Board leg: Board paddlers enter the water with their boards, paddle around the board course buoys, return to the beach, run around the 2 turning flags and through the start / changeover line to tag the ski paddlers waiting with their surf skis in approximately knee depth water.

On their return, board paddlers may leave their boards at the water's edge.

Ski leg: Competitors paddle around the ski course buoys and return to shore to tag the runners waiting at the water's edge or in the water (at what depth is the decision of the team).

Run leg: Runners then round Flag #2 and continue to the finish between the 2 finish flags.

Masters

Teams of 3 competitors – 1 swimmer, 1 board paddler, 1 surf ski paddler. There is no running leg in Masters International Taplin Relay.

Equipment

Surf ski, board: See Section 9 – Equipment and Facility Standards.

Each team shall provide at least 1 board and 1 surf ski.

Team members shall place gear adjacent to the respective starting areas for the various craft.

Removal of craft from the competition course during the event is permitted only if undertaken by a team member or other person(s) authorised by the referee, and provided other competitors' progress is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

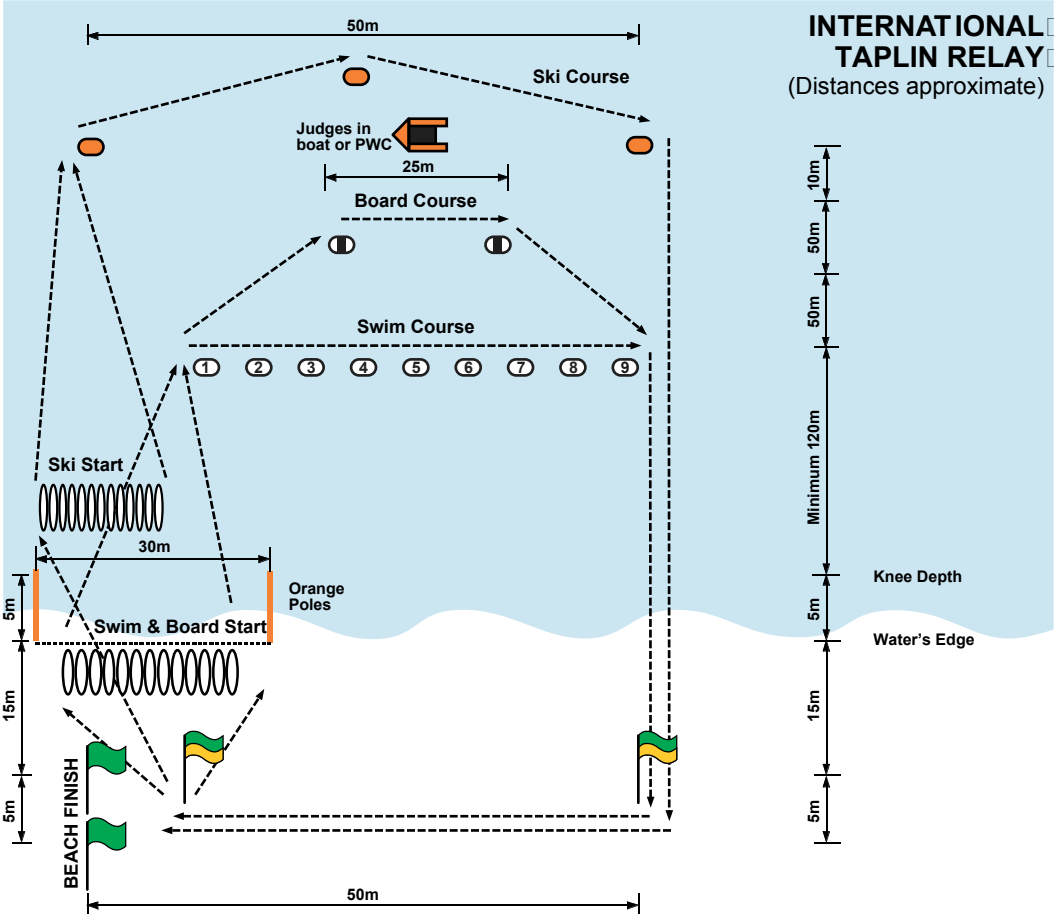
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the general rules in Section 3 and *General conditions for open water competition* in this section, the following behaviour shall result in disqualification:

- i) Any infringement of the rules governing the component disciplines (i.e., surf ski races, board races, surf races, beach sprints).
- ii) Not completing the course as described.

Control of craft: Competitors must be in control of the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round all turning buoys in each leg in control of the craft.



SIMULATED EMERGENCY RESPONSE EVENT DESCRIPTIONS

SECTION 6 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

The Lifeguarding Experts

Section 6

**SIMULATED EMERGENCY RESPONSE
EVENT DESCRIPTIONS**

Simulated emergency response events test the judgment, knowledge, and skills of lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. These events are judged within time limits.

In Canadian championships, simulated emergency response events shall be conducted without male and female categories. Teams may consist of any combination of males and females.

The following events are described in this section:

First Aid

Water Rescue

6.1 GENERAL CONDITIONS FOR SIMULATED EMERGENCY RESPONSE COMPETITION

- i) Team management and competitors are responsible for being familiar with the competition rules and procedures governing the simulated emergency response events.
- ii) The competition order shall be determined by draw in a method approved by the referee.
- iii) A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock up is closed, shall be disqualified from any events affected by that lock up and receive a score of zero. The team may compete in the remaining events.
- iv) An acoustic signal from the referee will indicate the start and end of the event. The team will have an allotted time to deal with the situation.
- v) Competitors may use all material and equipment available on the deck and in the pool.
- vii) Competitors shall clearly show their intentions and actions to the judges.
- vi) Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal.

Language interpretation

French / English language interpretation shall be provided by the organizing committee of Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

Seeding for simulated emergency response events

Simulated emergency response events are conducted in 2 rounds – heats and finals.

Heats: Teams are placed in heats based on a draw. The initial draw for heats and position within heats shall be conducted by the organizing committee and supplied to teams. Entries from the same club will be seeded in different heats.

Finals: A minimum of 4 entries from each heat will advance to the A Final. Sixteen teams will compete in the A Final.

Draws for position within finals shall be made by competition officials using a method approved by the referee.

Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure lock-up area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret until competitors are locked up.

After competing a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or speak to anyone, excluding event officials, who are not in lock-up. Competitors are required to alert an official immediately of any breach of security, intentional or unintentional. Coaches, alternates and assisting personnel should take particular note of this security issue as they are equally bound by this rule.

Security breaches may result in disqualification from the championship, at the discretion of the referee. Once lock-up has been closed, only officials will be allowed to enter. Teams will be marshalled from lock-up just prior to competing.

Coaches and non-competing team members are free either to watch other teams compete or to travel with their team into lock-up. If they choose to travel with their team they must stay with their team as if they were competing and meet lock-up schedules before they close. If an alternate does not meet lock-up schedules he or she will not be eligible to compete in any event affected by that lock-up.

If a team member for an emergency response event falls ill or becomes injured, another member of the team may be substituted. The substitute must be on the team’s original registration form, and have met lock-up requirements.

Communication in lock-up

Teams will not be allowed communication devices in lock-ups. Teams will be allowed electronic communication devices (e.g., VHF radios) for use during competition.

If teams wish to use electronic communication devices they must leave them with lock-up officials to hold. They will be returned just prior to competing.

Teams using walkie-talkies will need to provide a unit for use by one of the officials.

Telecommunication devices such as cellular phones and pagers will not be permitted during competition or in lock-up.

Victim assessment and treatment

Teams are to assume all conditions, victim simulations and signs and symptoms are as they find them. Team members are encouraged to verbally report to the judge, signs and symptoms as they discover them. For example, a simulated victim's pulse will likely be quite healthy. Team members are to report this, as they find it, and allow the judge to modify the findings to suit the simulated situation. In this case the judge may instruct the team that the pulse is weak and rapid. Should no changes in victim condition be required the judge may indicate “As you find it,,”. If the judge is silent, competitors should assume that all conditions are “as they find it,,”.

Protective equipment

The use of protective equipment will be evaluated on score sheets. If competitors can reasonably assume that they may come in contact with bodily fluids, the use of protective equipment is required. Teams should not don protective equipment until the simulated situation requires it.

Oxygen equipment

The use of oxygen therapy equipment is encouraged when it is an appropriate treatment. Marks will be awarded to teams correctly using oxygen therapy equipment where it is an appropriate treatment.

Safety – simulated treatment

Competitors shall *simulate* ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors will be expected to fully demonstrate ventilations and compressions as required for their victim.

Victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. A quality simulation with a verbal explanation will suffice to replace these techniques. Manual thrusts or compressions, the insertion of airways, use of oxygen, defibrillation, and suction are to be simulated and verbalised.

Extreme care is to be taken when moving victims. Judges are instructed to intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

Scoring – communication with officials

During simulation, judges will observe competitors as they recognize and respond to incidents. Depending on the event, competitors will be evaluated on how they react to simulated emergencies and incidents. In emergency response events, competitors are responsible for making their actions and intentions clear to the judges.

Score sheet verification

Immediately after competing, each team is responsible for sending 1 team member to the score sheet verification area to check the addition of the score sheets and then sign them.

6.2 FIRST AID

Event description

The simulated emergency will consist of multiple victims within a designated competition area. Teams will effect assessment, treatment, and call for the required assistance within a specified time limit.

Teams will be held in lock-up prior to being escorted to the marshalling area for the event.

Team uniforms and equipment

Teams are responsible for providing their own first aid supplies and equipment.

Team members competing in First Aid shall wear uniforms which are appropriate for lifeguarding and which identify them as a team.

Disqualification

Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance,, by word or other signal which is deemed to assist them in the assessment.

6.3 WATER RESCUE

Event description

From the referee's first long whistle, teams will have no more than 60 seconds to set up on the pool deck. No situations will occur during this set up time.

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents.

Teams are not responsible for recognizing what they cannot see from the pool deck. Teams will be alerted to "off deck" emergencies.

Teams will be locked up prior to being escorted to the pool area to begin their situation.

Clearing the pool: The "public,, will not actually be cleared from the pool or pool area during simulated emergency response events at Canadian championships. When a team signals "clear the pool,, the designated official shall acknowledge when the pool is deemed to have been cleared by raising a flag.

Teams may not clear the pool to prevent a simulated emergency.

Team uniforms and equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment. Teams are encouraged to use their own innovative equipment.

Team members competing in Water Rescue shall wear uniforms which are appropriate for lifeguarding and which identify them as a team.

Disqualification

Teams may be subject to disqualification if, in the opinion of the judges, they receive any "outside assistance,, by word or other signal which is deemed to assist them in the assessment.

MASTERS COMPETITION

SECTION 7 – CANADIAN COMPETITION MANUAL



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Section 7

MASTERS COMPETITION

Masters competitions are designed to provide adult members of the Lifesaving Society with the opportunity to maintain lifesaving skills and fitness in competitive activity enhanced by social interaction and camaraderie.

7.1 ELIGIBILITY AND THE RIGHT TO PARTICIPATE

To be eligible to compete in Canadian masters championships or sanctioned competitions, competitors shall:

- be Canadian citizens or landed immigrants
- hold one or more of the Lifesaving Society Bronze Medallion, Bronze Cross, or National Lifeguard certifications.
- be a minimum 30 years of age as of the first day of the masters competition.

Masters competitors may enter Canadian championships as individuals or as members of a team. Competitors entered as a masters team must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate.

Competitors may compete for only one club or Affiliate at a time.

Competitors are allowed to enter each event only once.

7.2 PROGRAM OF EVENTS FOR CANADIAN CHAMPIONSHIPS

Canadian Lifeguard Championships

For the 2003 championships, the following pool events will be conducted in the masters division:

Race Events
200m Obstacle Swim – Men
200m Obstacle Swim – Women
50m Manikin Carry – Men
50m Manikin Carry – Women
100m Tow with Fins – Men
100m Tow with Fins – Women
200m Iron Guard – Men
200m Iron Guard – Women
Line Throw – Men
Line Throw – Women

Relay Events
4 x 50m Obstacle Relay
4 x 50m Medley Relay
4 x 25m Manikin Relay

Simulated Emergency Events
First Aid
Water Rescue

Obstacle Swim, Manikin Carry, Tow with Fins, and Iron Guard in the masters division are conducted in these age categories: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; and 65 years and over.

Masters division Line Throw is conducted in separate mens and womens events with 2 competitors whose ages total 70 years or more; 85 years or more; or 100 years or more.

Masters division relay events are conducted with 2 male and 2 female competitors whose ages total 140 years or more; 170 years or more; or 200 years or more.

First Aid and Water Rescue: For both senior and masters divisions, First Aid and Water Rescue competition are conducted without separate male and female categories. Teams may consist of any combination of 4 males and females.

Canadian Surf Lifesaving Championships

For the 2003 championships, the following open water race events will be conducted in the masters division: Beach Sprint, Board Race, Ski Race, Surf Race, and Iron Guard in these age categories: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; and 65 years and over.

Other events in Canadian championships

Other events may be programmed with Canadian championships, but they do not contribute to team point scores for the championship. Nevertheless, Canadian champion status shall be awarded to the winners of such events.

7.3 RECORDS

The Lifesaving Society shall recognize mens and womens Canadian records in age group, senior, and masters divisions.

Canadian records in 50m pools are recognized for each of the masters age groups in the following events:

Race Events

100m and 200m Obstacle Swim – Men
100m and 200m Obstacle Swim – Women
50m Manikin Carry – Men
50m Manikin Carry – Women
100m Rescue Medley – Men
100m Rescue Medley – Women
100m Manikin Carry with Fins – Men
100m Manikin Carry with Fins – Women
100m Tow with Fins – Men
100m Tow with Fins – Women
200m Iron Guard (Super Lifesaver) – Men
200m Iron Guard (Super Lifesaver) – Women
Line Throw – Men (2 competitors)
Line Throw – Women (2 competitors)
200m Lifesaving Medley – Men
200m Lifesaving Medley – Women

Masters Line Throw records are recognized in the following age categories: 70 years or more; 85 years or more; 100 years or more.

Relay Events

4 x 50m Obstacle Relay – Mixed team: 2males, 2 females
4 x 50m Medley Relay – Mixed team: 2 males, 2 females
4 x 25m Manikin Relay – Mixed team: 2 males, 2 females
2 x 12m Line Throw Relay – Mixed team: 2 males, 2 females

Masters relay event records are recognized for mixed teams of males and females in the following age categories: 140 years or more; 170 years or more; 200 years or more.

The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

7.4 AWARDS

Canadian championships

Within each masters' age category, individual awards are presented to the first 3 places in the final of all events. Event winners are recognized as Canadian Masters Champions.

7.5 SCORING

Canadian Lifeguard Championships

The following points are allocated in Obstacle Swim, Manikin Carry, Tow with Fins, Iron Guard, and Line Throw events:

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Event cancellation

No points are credited to individuals if an event is cancelled even if some heats have been run.

Ties

Ties are declared as such and the points divided equally among the individuals involved.

In open water competition, when tied competitors qualify for a final, both advance to the appropriate final.

In pool competition, when tied competitors qualify for a final, a swim-off will be held to determine which competitor advances to the appropriate final.

Language interpretation

French / English language interpreters are provided by the organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

7.6 TEAM COMPOSITION

A masters team may consist of a minimum of 1 individual. At this time, there is no maximum number of competitors per team.

Teams must identify a captain who will attend the captains meeting and speak for the team in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the team from the championship.

7.7 ENTRY PROCEDURES

Championship registration

All teams must register prior to the championships in accordance with the procedures and deadlines established by the host organizing committee.

Team registration fees and event entry fees must be paid with the team registration.

A photocopy of competitors' Lifesaving Society award proving eligibility must accompany registration.

To facilitate seeding in pool events, competitive times must accompany entries.

Registrations received after the deadline established by the host organizing committee may be subject to a late fee. The host organizing committee reserves the right to deny entry to late registrants.

The organizing committee reserves the right to require a team to change its team name.

Late entries: No entries in individual or team events shall be accepted later than 7 days prior to the first day of the Canadian championships.

Changes in team composition or size

The team manager or coach may advise a change of team composition in writing to the Meet Manager. Teams may make changes to team composition no later than registration check-in on the first day of the competition. After that time, there shall be no further alteration of team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The team manager or coach shall notify the Meet Manager in writing of the change in team composition indicating:

- date and time
- name of the team
- name of the member(s) to be withdrawn

- name(s) and surname(s) of the competitor(s) being added

Such notification must be accompanied by all documentation required on the original registration and entry forms.

Substitutions in individual events

Only the team manager or coach may substitute team members in individual events with another member from the same team. Team managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the commencement of marshalling for the event.

Competitors, who have been replaced in an event, may not be re-substituted into that same event, but they may contest other events in the competition.

Substitutions in team events

Only the team manager or coach may substitute members in a team event with other members of the same team. Team managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the commencement of marshalling for the event.

AGE GROUP COMPETITION

SECTION 8 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

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Section 8

AGE GROUP COMPETITION

The Canadian Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth under 16 years of age.

8.1 ELIGIBILITY AND THE RIGHT TO PARTICIPATE

To be eligible to compete in the Canadian Junior Lifeguard Games, competitors shall:

- be Canadian citizens or landed immigrants.
- hold a Lifesaving Society award *or* be a member of a Junior Lifeguard Club *or* be registered in a Lifesaving Society training program.
- meet the Lifesaving Society’s Canadian swim-to-survive standard (swim 50m and tread 1 min.)
- be less than 16 years of age as of the first day of the Games.

Entry forms shall require parent / guardian signature attesting to the above.

Age group division competitors may enter the Games as individuals or as members of a team. Competitors entered as an age-group team must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate.

Competitors may compete for only one club or Affiliate at a time.

Competitors compete in age groups: 9 years & under; 10 & 11 years; 12 & 13 years; 14 & 15 years.

8.2 PROGRAM OF EVENTS FOR CANADIAN CHAMPIONSHIPS**Canadian Junior Lifeguard Games – Pool**

For the 2003 Games, the following pool events will be conducted in both male and female categories:

Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Swim	50m	50m	100m	100m
Object Support	4.5 kg (10 lb.)	6.8 kg (15 lb.)	9 kg (20 lb.)	11.3 kg (25 lb.)
Throwing Accuracy	4m	4m	7m	7m
Lifesaving Medley	100m	100m	200m	200m
Tow with Fins*	50m	50m	100m	100m

*Tow with Fins is a non-point score event.

Team Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Obstacle Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m
Medley Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m

Team composition for relays: A competitor may compete as a member of only 1 relay team per event (interchanges of members between heats and finals are allowed). In age group relays, a maximum of 2 competitors may be from a younger age group.

The offending swimmer(s) of a team disqualified in heats may not be used as a member(s) of a relay team in the final of the same event.

Canadian Junior Lifeguard Games – Open Water

For the 2003, Games, the following open water events shall be conducted in both male and female categories:

Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Beach Flags	20m		20m	
Beach Run	500m		1500m	
Rescue Tube Race	50m		100m	
Junior Iron Guard	100m – 400m – 200m		200m – 800m – 400m	
Board Race	100m		300m	

Team Events	Combined Age Categories		
	40 yr. or less	50 yr. or less	60 yr. or less
Cdn Taplin Relay	100m – 400m – 200m – 50m	200m – 800m – 200m – 50m	

Other events in Canadian championships

Other events may be programmed with Canadian championships, but they do not contribute to team point scores for the championship. Nevertheless, Canadian champion status shall be awarded to the winners of such events.

8.3 RECORDS

The Lifesaving Society shall recognize mens and womens Canadian records in age group, senior, and masters divisions.

Age group division: Male and female Canadian records in 25m pools shall be recognized in the following events and age groups:

Individual Events	9 yr. & under	10-11 yr.	12-13 yr.	14-15 yr.
Obstacle Swim	50m	50m	100m	100m
Object Support	4.5 kg (10 lb.)	6.8 kg (15 lb.)	9 kg (20 lb.)	11.3 kg (25 lb.)
Throwing Accuracy	4m	4m	7m	7m
Lifesaving Medley	100m	100m	200m	200m
Tow with Fins	50m	50m	100m	100m

Team Events	9 yr. & under	10-11 yr.	12-13 yr.	14-15 yr.
Obstacle Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m
Medley Relay	4 x 50m	4 x 50m	4 x 50m	4 x 50m

Age group competitors shall be the correct age on the first day of the meet in which the record was made.

8.4 AWARDS

Canadian Junior Lifeguard Games

The Canadian team with the highest overall point score is awarded the Canadian Junior Lifeguard Games banner.

For all age groups, individual awards are presented to the first 3 places in the final of all events. Event winners are recognized as Canadian Champions.

Pool Games: An award is presented to the male and female competitors with the highest overall point scores in the following events: Obstacle Swim, Object Support, Throwing Accuracy, and Lifesaving Medley. Only competitors who enter all 4 of these events are eligible for these awards.

Open water Games: A “pentathlon,, award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the following 5 events: Board Race, Rescue Tube Race, Beach Sprint, Beach Run, Junior Iron Guard. Only competitors who enter all 5 of these events are eligible for these pentathlon awards.

8.5 SCORING

Clubs are allowed multiple entries in events, however only the top 3 placing entries score team points.

Team members competing in the following pool events – Obstacle Swim, Object Support, Throwing Accuracy, and Lifesaving Medley events – shall be allocated points as per the following chart as will teams competing in the following open water events – Beach Flags, Beach Sprint, Beach Run, Rescue Tube Race, Junior Iron Guard, Board Race – shall be allocated points as per the following chart.

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Teams competing in the pool Obstacle Relay and Medley Relay, shall be allocated points as per the following chart, as will teams competing in the open water Canadian Taplin Relay:

Relay Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	9 th	24	17 th	16	25 th	8
2 nd	35	10 th	23	18 th	15	26 th	7
3 rd	32	11 th	22	19 th	14	27 th	6
4 th	30	12 th	21	20 th	13	28 th	5
5 th	29	13 th	20	21 st	12	29 th	4
6 th	28	14 th	19	22 nd	11	30 th	3
7 th	27	15 th	18	23 rd	10	31 st	2
8 th	26	16 th	17	24 th	9	32 nd	1

Disqualification

Competitors who are disqualified from an event (whether in heats or finals) earn no placing points for a team.

Event cancellation

No points are credited to any team or individuals if an event is cancelled even if some heats have been run.

Ties

Ties are declared as such and the points divided equally among the individuals or teams involved.

In pool competition, when tied competitors qualify for a final, a swim-off will be held to determine which competitor advances to the appropriate final.

In open water competition, when tied competitors qualify for a final, both advance to the appropriate final.

Ties in overall point scores for teams or individuals are broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;...and so on.

Language interpretation

French / English language interpreters are provided by the organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

8.6 TEAM COMPOSITION

A team may consist of a minimum of 1 individual. At this time, there is no maximum number of competitors per team.

Teams must identify a captain who will attend the captains meeting and speak for the team in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the team from the championship.

8.7 ENTRY PROCEDURES

Championship registration

All teams must register prior to the Games in accordance with the procedures and deadlines established by the host organizing committee.

Team registration fees and event entry fees must be paid with the team registration.

A photocopy of competitors' Lifesaving Society award proving eligibility must accompany registration.

To facilitate seeding in pool events, competitive times must accompany entries.

Registrations received after the deadline established by the host organizing committee may be subject to a late fee. The host organizing committee reserves the right to deny entry to late registrants.

The organizing committee reserves the right to require a team to change its team name.

Late entries: No entries in individual or team events shall be accepted later than 7 days prior to the first day of the Games.

Changes in team composition or size

The team manager or coach may advise a change of team composition in writing to the Meet Manager. Teams may make changes to team composition no later than registration check-in on the first day of the competition. After that time, there shall be no further alteration of team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The team manager or coach shall notify the meet manager in writing of the change in team composition indicating:

- date and time
- name of the team
- name of the member(s) to be withdrawn
- name(s) and surname(s) of the competitor(s) being added

Such notification must be accompanied by all documentation required on the original registration and entry forms.

Substitutions in individual events

Only the team manager or coach may substitute team members in individual events with another member from the same team. Team managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the commencement of marshalling for the event.

Competitors, who have been replaced in an event, may not be re-substituted into that same event, but they may contest other events in the competition.

Substitutions in team events

Only the team manager or coach may substitute members in a team event with other members of the same team. Team managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the commencement of marshalling for the event.

EQUIPMENT AND FACILITY STANDARDS

SECTION 9 – CANADIAN COMPETITION MANUAL



LIFESAVING SOCIETY®

The Lifeguarding Experts

Section 9

EQUIPMENT AND FACILITY STANDARDS**9.1 POOL FACILITY STANDARDS****Race events – Canadian Lifeguard Championships**

Canadian Lifeguard Championships shall be conducted in an 8-lane 50m swimming pool with a minimum depth of 1.8m and with clear water at a temperature between 25 and 27 degrees Celsius. The pool shall be otherwise consistent with FINA specifications.

Electronic timing equipment must be used.

Race events – Canadian Junior Lifeguard Games

Canadian Junior Lifeguard Games shall be conducted in an 8-lane 25m swimming pool with clear water at a temperature between 25 and 27 degrees Celsius.

Electronic timing equipment is recommended but not required.

Simulated emergency response events

Canadian Lifeguard Championships simulated emergency response events may be conducted in 25m or 50m pool or other facilities approved for the championships by the organizing committee.

9.2 LIFESAVING SOCIETY EQUIPMENT STANDARDS

The Lifesaving Society has adopted the following equipment specifications for Lifesaving Society sanctioned competition. In addition, all equipment used in Society championships must comply with the criteria outlined in the commercial identification policy (see Section 3).

Responsibility for equipment

The host organizing committee shall be responsible for the provision of all equipment and material required to establish and maintain courses for all Canadian championship events. The host organizing committee shall also be responsible for the provision of the following equipment used by competitors in Canadian championship events:

- batons for relay and Beach Flags events
- rescue manikins for pool events

- rescue tubes for pool and open water events
- throw lines for pool events
- obstacles for pool events

The host organizing committee shall advise all registrants of the contents of any equipment pool established and under what terms and conditions such equipment is available to competitors.

Scrutineering of equipment

Championship bulletins / circulars shall detail the procedures for checking equipment. The organizing committee reserves the right to re-inspect competition equipment at any time during the championships. Equipment found to contravene Lifesaving Society specifications shall be subject to disqualification, which may result in the disqualification of the competitor using the equipment and the possible disqualification of the team.

9.3 BATONS (BEACH FLAGS)

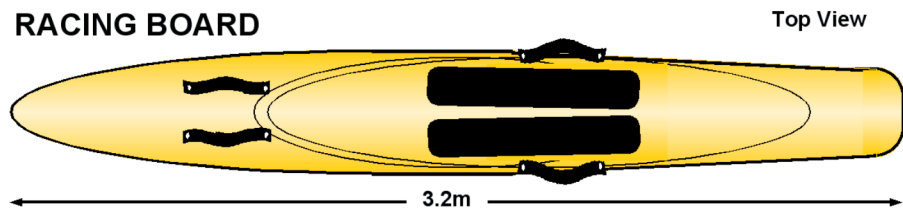
Beach flag batons and those used for the beach relay shall be made of flexible material (e.g., flexible hose) approximately 300mm (12 in.) long with an external diameter of approximately 25mm (1 in.).

9.4 BOARDS

Boards must conform to the following specifications:

Weight: minimum 7.5kg (16.5 lb.)

Length: maximum 3.2m (10.5 ft.)



9.5 JUNIOR BOARDS

Boards must conform to the following specifications:

Weight: minimum 4.5kg (10 lb.)

Length: maximum 2.6m (8.5 ft.)

9.6 BUOYS

Pool events: Target buoys in the Throwing Accuracy event shall be a maximum of 40cm x 40cm x 40cm.

Open water events: Buoys used in open water events shall be of distinctive colours, and numbered (from the left, facing the water) starting with the number 1.

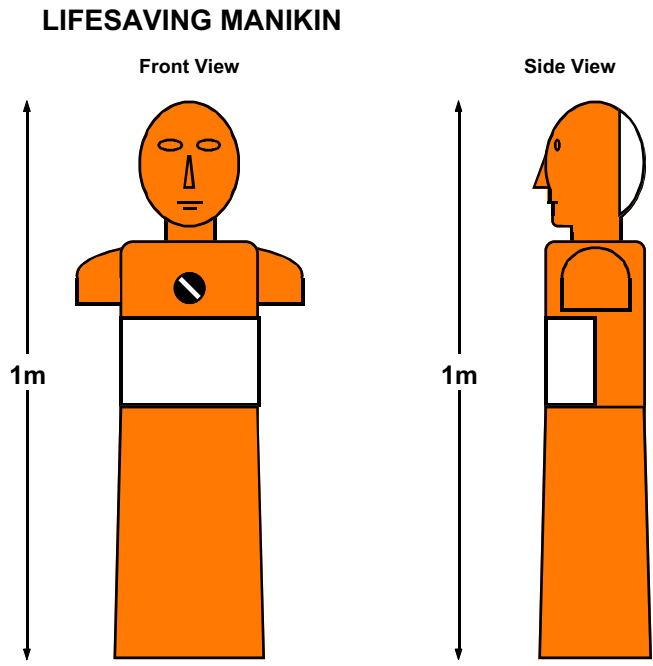
9.7 MANIKINS

Construction: Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).

Height: The manikin shall be 1m in height.

Colour: The back of the manikin’s head must be painted in a colour contrasting with the rest of the manikin and with the water.

Transverse line: A transverse line of 15cm is painted in a contrasting colour in the middle of the body (measured 40cm from the bottom of the body to 55cm in the direction of the head).



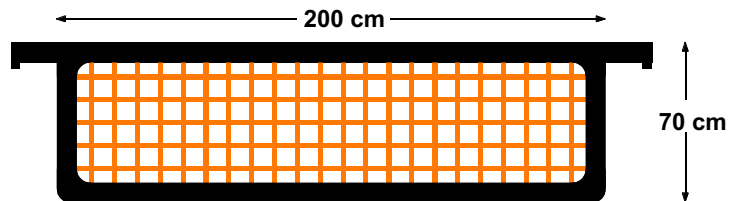
9.8 OBSTACLES

Dimensions: Obstacles used in seniors and masters pool events shall be 70cm high and a minimum 200cm wide with no dangerous parts. Obstacles used in age group pool events shall be 35cm high and a minimum 200cm wide with no dangerous parts.

Inner frame: The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and of a colour which contrasts with the water.

Upper line: The upper line of the obstacle is placed on the water level and shall be clearly visible.

OBSTACLE



9.9 RESCUE TUBES

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

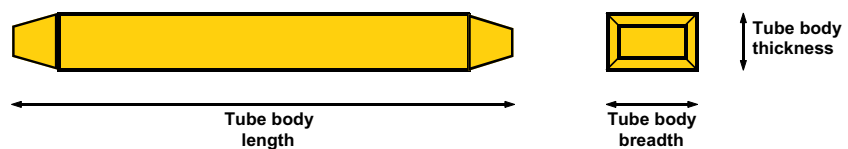
Colour: The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).

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

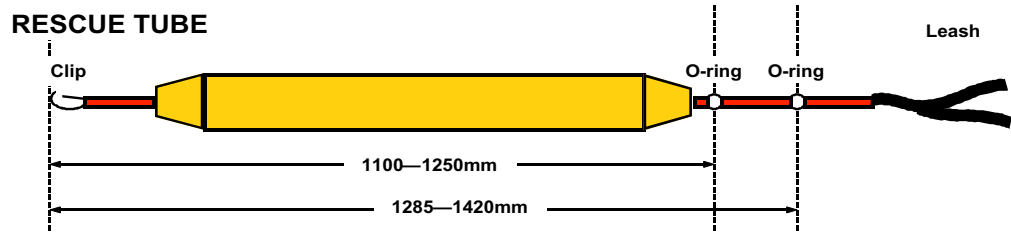
Strength: Webbing, leash, and fittings shall be able to withstand a minimum of 1000 pounds stress in a longitudinal direction without damage.

Dimensions/Design:

RESCUE TUBE



The body of the tube (flotation component):
 L – minimum length 875mm; maximum length 975mm
 B – maximum breadth 150mm
 T – maximum thickness 100mm



The distance between the extremity of the clip and the first O-ring shall be a minimum of 1100mm with a maximum of 1250mm. The distance between the extremity of the clip and the second O-ring shall be a minimum of 1285mm with a maximum of 1420mm.

Leash: The length of the leash to be a minimum of 1900mm with a maximum of 2100mm. The leash shall be a synthetic type rope which is UV treated.

Webbing connections: Webbing used for the connection of O-rings/clips to the body of the tube will be 25mm wide woven nylon (synthetic).

Lanyard: Webbing for the lanyard to be 50mm wide woven nylon with a minimum length of 1150mm and a maximum of 1300mm.

O-rings: O-rings to be brass, stainless steel (welded) or nylon but in the case of nylon, they must be UV treated. O-rings to be 37.5mm in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.

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

9.10 SURF SKIS

Surf skis must conform to the following specifications:

Weight: minimum 18kg

Length: maximum 5.80m

Width: minimum 480mm at widest point of hull not including any rubbing strips, moulding or additional protective mouldings.

9.11 SWIM FINS

Teams provide their own swim fins. Fins are measured while not worn. Swim fins used in competitions shall comply with the following dimensions:

Senior and masters swim fins:

Length: maximum 65cm, including ‘shoe’ or ankle strap (ankle strap extended)

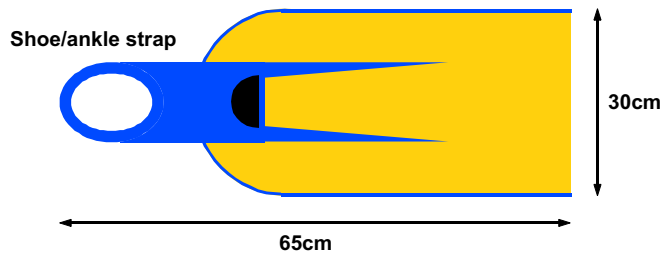
Width: maximum 30cm at the widest point of the blade

Age group swim fins:

Length: maximum 60cm, including ‘shoe’ or ankle strap (ankle strap extended)

Width: maximum 21cm at the widest point of the blade

SWIM FINS



9.12 THROW LINES

Throw lines shall be braided buoyant polypropylene.

Diameter: 8mm

Length: as specified in the event descriptions

9.13 WET SUITS

Wetsuits must be a maximum thickness of 3mm at any location on the wetsuit with a tolerance of 0.3mm; and contain no flotation or buoyancy assistance.

Lifesaving Society publications are available from any Society office. Inquiries from outside Canada should be directed to the National Office.

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