

# National Lifesaving Championships

## 2015 Edition

### Rules

Each Branch should make available a copy of these rules to every competitor entering its Branch Heats

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## Obligation to Hold a Heat

### Branch Heats

There is no obligation to hold branch heats where the regional qualifying heat has the capacity to accept all branch entries. When this is not the case, the branch has an obligation to hold qualifying heats to eliminate the additional competitors.

### Regional Heats

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

### Membership

All competitors for the Championships must be in current individual category of membership by midday on **1st June 2015**. All competitors must remain in membership throughout their participation in the competition.

An RLSS UK Society number is **NOT** an indication of Individual Membership.

Those who hold an RLSS UK NPLQ, NBLQ or Assistant Beach Lifesaver are not necessarily in membership of the Society and will need separate individual membership.

**Membership is defined as having a membership application received, approved and recorded at River House.** As a safeguard, competitors should take out NEW membership or renew current membership or set up a direct debit method of payment through River House and obtain proof of posting. RLSS UK is not responsible for undelivered or late or inaccurate membership applications.

**Entry to Regional and National Final competitions will be rejected if proof of current membership cannot be verified. Those competitors only competing at Branch level do not need full RLSS UK membership, providing they have bona fide membership of a RLSS UK affiliated club or organisation.**

If anyone is in any doubt, please contact RLSS UK membership department.

## **Please Note**

The entry form should be completed in full and emailed to the Branch Organiser. The Branch Organiser will complete the branch return and e-mail to head office. In Branches where no heat is being held entry forms should be sent directly to [competitions@rlss.org.uk](mailto:competitions@rlss.org.uk) Regional Heat Organisers will be sent the details of the competitors who have qualified. Once the results are in the Regional Heat Organiser will e-mail the list back to head office.

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

**All SERC's (wet and dry initiatives) will be taken from the skills in the Survive & Save manual and will be marked accordingly.**

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

All competitors must wear swim caps (these do not need to be matching).

## **Diving into Shallow Water**

Competitors who wish to start an event entering the water by diving from a swimming block **must** comply with one of the two following new control measures

- Have completed the ASA preliminary Dive Start Award.  
OR
- Be certified by their Club Coach who has personally evidenced that competence has been demonstrated. (The club coach for competitors entering the Speed events will be asked to sign a document stating that the competitor has met the full range of competencies outlined in the RLSS UK Competitive Start Checklist).

Organisers of the competition should ensure that anyone diving in the pool is doing so at the end of the pool with the greater depth.

Coaches or guardians must indicate to the referee if their entrant is not able to dive into water, they should then start the event in the water holding the starting edge.

## Timeline

- 1 February** Branches, to publish details of their Branch Heat - competition date, fees payable and closing date for entries.  
Branches to supply all entrants with any additional details to that of the return at least two weeks prior to the Competition date (Rule 3.4 refers).
- 1 March** Regional Committees to confirm arrangements made under Rule 4.2.
- 1 June** Last date for receipt at RLSS UK Headquarters of Branch Entry Return Forms Entry Forms of Competitors who qualify for Regional Heats and Branch Entry Fee of £100.
- 26 June** Date by which RLSS UK headquarters will have supplied all Regional Heat Organisers with Entries for competitors who qualify for their Regional Heat.
- 4 July & 27 September** Dates for Regional Heats
- 4 September** Last date for receipt at RLSS UK Headquarters of 2014 Championships Winners Trophies.  
Any individual or affiliated organisation failing to return a trophy by the specified return date, may be disqualified from competing in that year's Final.
- 30 September** Last date for receipt at RLSS UK Headquarters of Entry Forms from Competitors who qualify for the RLSS UK Finals.

**SATURDAY 31 October**

**THE NATIONAL LIFESAVING CHAMPIONSHIPS FINALS at Ponds Forge, Sheffield**

## **The National Lifesaving Championship Rules**

### **1.0 General Procedures**

#### **1.1 Entry Procedures**

- i) All entries must be on Official Entry Forms, obtainable from Branch Hon Secretaries, nominated Branch Officers, RLSS UK Head Quarters or the RLSS UK website ([www.rlss.org.uk](http://www.rlss.org.uk)).
- ii) **Altered, inaccurate or incomplete Entry Forms may not be accepted. Those submitting Entry details confirm their accuracy and will bear the responsibility for the non-acceptance of Entries should there be any errors or omissions.**
- iii) The Entry Forms of Competitors qualifying accepted for Regional Heat will be endorsed by the Branch and sent to RLSS UK Headquarters to [competitions@rlss.org.uk](mailto:competitions@rlss.org.uk) (in line with correct procedures).
- iv) The Championship Organising Committee will arrange for notifications to be sent to Individuals and Masters whose entries are invalid; Team Managers will be notified in respect of Senior and Junior Pairs Teams, and the relevant information will be copied to the Branch.
- v) RLSS UK Headquarters will send details of entries for the Regional Heat Qualifiers to Regional Heat Organisers.
- vi) At the Regional Heat the Entry details of all competitors qualifying for the National Finals will be endorsed by the Regional Heat Organiser and sent to RLSS UK Headquarters.
- vii) **On submitting entries for competitors the Branch Heat Organiser or other nominee is signifying that the competitors FULFIL the entry requirements of the rules as prescribed in this document.**
- viii) **RLSS UK reserves the right to disqualify those who fail to comply with entry rules and procedures.**

#### **1.2 Entry Details**

##### **1.2.1 Individual / Masters**

Individual and Masters entries shall include all the required details in full. They each shall bear responsibility for the non-acceptance of the Entry should there be any errors or omissions.

##### **1.2.2 Teams**

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

##### **1.2.3 Reserves**

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



#### 1.2.4 Substitutes

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

If substitution is necessary, then notice, in writing is required by close of registration. This must be done by a Branch Official to the Regional Heat Organiser and in the case of the RLSS UK Finals by the Regional Team Manager to the Chairman of the Championships Organising Group or another identifies person. **Only named Substitutes are allowed.** No other substitutes are permitted.

#### 1.2.5 Definition of Branch Entry

***Individual and Masters Competitors must submit Entry details to the RLSS UK Branch in which they are normally resident and of which they are currently in membership; Team entries must be submitted to the RLSS UK Branch in which the Club is based and to which the Club is affiliated.***

#### 1.2.6 One Entry in One Year Only

Competitors in any Championships may not enter more than once in any year as Individuals, Masters or Members of Team in the National Lifesaving Championships. Where qualified to participate in more than one Championship category, Competitors must choose the Championship category in which they wish to be entered in that year.

#### 1.2.7 Acceptance of Entry

Acceptance of entries by the Branch Competition Secretary - or other nominated Officer - will be accepted provided that all entry conditions are satisfied and that each Entry is correct and complete in every detail and accompanied by any fee due.

### 1.3 Membership

All competitors for the Regional and National Championships must be in a current individual category of membership by midday on 1 June 2015. All competitors must remain in membership throughout their participation in Regional and National rounds of the competition.

Those competitors only competing at branch level do not need full RLSS UK membership, providing they have bona fide membership of a RLSS UK affiliated club or organisation.

Those who hold an RLSS UK NPLQ, NBLQ or Assistant Beach Lifesaver are not necessarily in membership of the Society and will need separate individual membership.

**Membership is defined as having a membership application received, approved and recorded at River House.** As a safeguard, competitors should take out NEW membership or renew current membership or set up a direct debit method of payment through River House and obtain proof of posting. RLSS UK is not responsible for undelivered or late or inaccurate membership applications.

If anyone is in any doubt, please contact RLSS UK membership department.

## 1.4 Finance

- i) Individual/Team Entry Fee to Branch competitions, as decided by each Branch, is to be sent to the Branch Competition Secretary or designated Branch Officer with the Official Entry Form (See Competition Procedures for more information).
- ii) The Branch Entry Fee to Regional Competition shall be £100 (See Competition Procedures for more information). This is submitted with the Branch Entry and the Entry details for all Competitors ensuring that those qualify for the Regional Heat are marked. Cheques/ POs should be made payable to RLSS UK.

## 1.5 Behaviour

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

## 1.6 Drug Policy

Drug testing may take place in accordance with the current ILS Doping Policy.

## 1.7 Protests and Appeals

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

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

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

### 1.7.1 Types of protests

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

Protests arising from entry procedures or entry eligibility.

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

### 1.7.2 Lodging a protest

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

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

### 1.7.3 Adjudication of protests

The conditions relating to the adjudication of protests shall be:

- i) Immediately after the correct lodgement of a protest, the referee may adjudicate on the matter as provided for herein or refer the matter directly to the appeals committee convenor.
- ii) If the referee adjudicates the matter forthwith, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being advised to the competitor, accompanied by the appeal fee. If the appeal is upheld, the fee is returned: if ruled against, the fee is forfeit.

### 1.7.4 Appeals committee

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

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

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

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

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

## 1.8 Complaints

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

- i) Any Official, Coach, Team Manager or Competitor may make a Complaint. In the case of a Complaint involving a person under the age of 18 years, the Parents/Guardians of such person must be informed.
- ii) A detailed written statement of the action with which the complainant is dissatisfied and the reasons for the dissatisfaction shall be sent to the Chief Executive of RLSS UK.
- iii) The appropriate fee, stated in Regulation 1.9.11, which is non-refundable, must accompany a Complaint. The complaint must be received by the Chief Executive of RLSS UK not later than seven (7) days after the event to which it relates.
- iv) Immediately upon receipt of a Complaint, the Chief Executive of RLSS UK shall nominate an individual to take charge of the process. The person so identified shall send a copy of the complaint to each of the parties involved.
- v) The nominee of the Chief Executive of RLSS UK shall arrange the date and venue of the hearing - which must be within 21 days of receipt of the Complaint - and notify all parties at the earliest opportunity of such date and venue.
- vi) The nominee of the Chief Executive of RLSS UK shall appoint a Panel of at least four persons for the hearing, 3 members and a Chairman.
- vii) At the hearing, each party shall have the right to state their case and call any witnesses. Persons under the age of 18 years shall be represented and accompanied by an adult.
- viii) After the hearing the Chief Executive of RLSS UK shall advise all parties, in writing, of the decision, which shall be binding.

## 1.9 Protest Fee / Complaint Fee

- i) The Protest Fee for the 2015 Championships is £20.00
- ii) The Complaint Fee for the 2015 Championships is £10.00.

## 2.0 Championship

### 2.1 Categories

Championships shall be held in the following categories:

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

### 2.2 Award Pre-requisites

Competitors shall by 1 June 2015 fulfil the following conditions:

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

### 2.3 Age Pre-requisites

Competitors shall conform to the following age pre-requisites at 31 December 2015;

- i) Members of Junior Boys and Junior Girls Pairs Teams shall be between 12 and 14 years of age;
- ii) Members of Senior Boys and Senior Girls Pairs Teams shall be aged between 15 and 17 years of age;
- iii) Men's and Ladies Individual Competitors must be 16 years or over;
- iv) Men's and Ladies Masters shall compete in one age band from the following:-  
30-39 years; 40-49 years; 50-59 years; 60 + years.



## 2.4 Team Membership

In Pairs Teams both members must belong to the same RLSS UK affiliated lifesaving group, which is registered on the database at River House. An ATC does not count as an 'Affiliated Group' unless it has paid separate membership in the appropriate category.

## 2.5 Proof of Society Membership

If requested, each Competitor must produce proof of current membership of the Society at any time during the Championships to the Organiser or referee of the event.

## 2.6 Safety

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

## 2.7 Competitor Control

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

## 2.8 Draw Order for Competing

The Event Organiser will carry out a draw. This will take place before the date of the competition under the guidance of an independent person to allow the printing of the programmes. A separate draw will be made for each category of competitor/team. All eligible competitors/teams will be included in the draw.

## 2.9 Marking and Placing

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

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

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

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

## **2.10 Ties**

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

## **2.11 Disqualifications and Invalidations**

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

1.5; 2.12; 3.1.ii; 3.2.ii; 3.3; 3.4.iv; 3.4.xi; 3.5.iv; 3.5.xi;

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

3.4.vi; 3.5.vi; 3.6 - vii;ix;x;xi 3.7 – ii;iv;x

**2.8.3** The referee or event director must report any disqualifications and the reason to the competitor (Team Manager for junior or senior pairs) within 15 minutes of the decision.

## **2.12 Officials**

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

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

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

Referees and senior judges appointed shall have a minimum qualification of National Judge.

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



### 3.0 Events

The following events are described in this section

- Aquatic Initiative Test
- Life Support Initiative Test
- Line Throw
- Swim & Tow

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

### 3.1 General Conditions for Pool Competition

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

- i) In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee to leave the pool.
- ii) Competitors must take part in all four events, failure to do so will result in disqualification from the Championship.
- iii) Competitors must exit by the sides of the pool, not by the pool end over timing pads.
- iv) Competitors shall wear swim caps in all events.
- v) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- vi) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

### 3.2 Swim wear

- i) RLSS UK allows swim wear that conforms to FINA standards. The referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:
  - The swim wear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
  - All swim wear shall be non-transparent.
  - Competitors shall not wear or use anything that may aid buoyancy.
  - All swim wear shall comply with the commercial identification policy.
- ii) In Initiatives/SERC competitors may wear corrective eyewear such as glasses/spectacles and contact lens. Loss of such eyewear shall not be grounds for protest. Goggles or masks are not permitted. Competitors are permitted to wear goggles during the line throw and swim and tow.
- iii) The rope catcher will be permitted to wear spectacles in the Line Throw.

#### **Contact Lens**

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

#### **Swimming Hats**

- v) Each Competitor will wear a swimming hat throughout the whole competition.

#### **Footwear**

- vi) Competitors shall not wear footwear in any competition event; Unless they are required to move between the Aquatic and Life Support Tests.
- vii) Other than when taking part in the competition, competitors must wear appropriate clothing and footwear at all times whilst on venue premises.

#### **Jewellery**

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

#### **Hygiene**

- ix) Finger and toenails should be cut short.

### **3.3 Starts**

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

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

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

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

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

#### **3.3.1 Dive start procedure**

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

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

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

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

### 3.3.2 Disqualification

- i) All competitors who **start** (i.e., commence a forward starting motion) 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; the remaining competitors shall be called back and start again.
- iv) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated).
- v) If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

### 3.3.3 Notes

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

The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.
- iii) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

### 3.4 Aquatic Initiative Test

- i) Competitors will have 90 seconds to respond to an Aquatic Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs;
- ii) Competitors will be held in Security from the time the Security Room closes until called to compete;
- iii) Competitors will take part in draw order;
- iv) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.
- v) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- vi) CPR must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;
- vii) The system of marking shall conform to the Directed System of marking under which the mark sheet provides guidance on the principle areas of assessment;
- viii) One or more manikins may be used as Subjects.

#### **Subjects**

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

### 3.5 Life Support Initiative Test

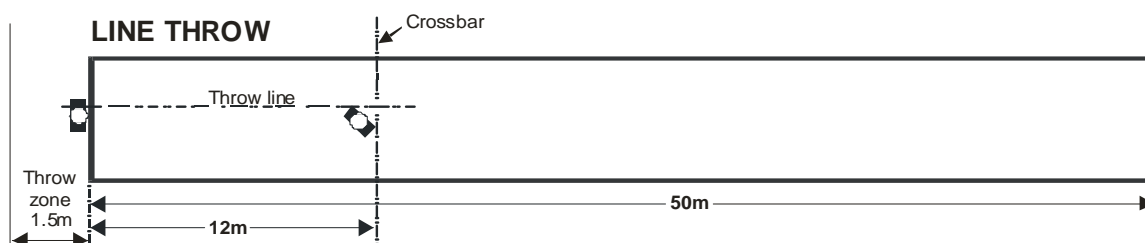
**Life Support shall be in accordance with the current Edition of 'Survive & Save'**

- i) Competitors will have 90 seconds to respond to a Life Support Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs;  
Competitors are not required to explain their actions.
- ii) Competitors will be held in a secure area until called to compete;
- iii) Competitors will take part in draw order;
- iv) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships; competitors will be placed last in their category;
- v) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- vi) Chest Compressions must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;
- vii) The system of marking shall conform to the Directed System of marking under which the Mark Sheet provides guidance on the principle areas of assessment;
- viii) One or more manikins may be used as Subjects.

#### **Subjects**

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

### 3.6 Line Throw



- i) Each Competitor will compete once in this event, which entails coiling, and throwing an unweighted line to a Subject in the water, 12 metres from the side and pulling the Subject back to the side.
- ii) For Junior teams, Masters 50/59 and 60+: subjects will be placed 10 metres from the side.
- iii) The line shall be of the polypropylene type 8mm in diameter, plaited and floating, not longer than 17.5 metres and nor less than 16.5 metres. The lines should be of the same specification as those currently supplied through Lifesavers Direct..
- iv) The centre of the cross rope in each lane will be identified with tape and the subject in each lane must hold onto this throughout the event.
- v) In the Team Championships, members will alternate as Subject and Rescuer. In the Individual and Masters Championships, Subjects will be nominated by the Competitor, and shall be of like gender and a minimum body weight of 50kg.
- vi) Prior to the start each Competitor shall stand in an upright position at the edge of the pool with heels together, arms by their sides and with one hand holding the end of the line, facing their Subject.
- vii) Subjects will be placed in the centre of each lane, one hand holding their Competitor's line the other holding the centre of the crossline or boom within their lane. The crossline/boom is positioned at 10 or 12 metres respectively from the end of the pool. The surplus line will trail in the water behind the Subject.
- viii) On the starting signal Subjects will release their respective Competitor's line. Competitors will coil their line and throw it to their Subject. Provided that the line falls within reach in the appropriate lane, the Subject shall take hold of their Competitor's line using their free hand. Subjects are not permitted to release their hold on the centre of the cross boom until the appropriate throwing line is grasped. Subjects may signal to Competitors when they have taken hold of the line. If a subject pulls the line/boom forward or lets go of the centre of the cross line/boom to reach the thrown line, the throw shall be declared invalid and a time of 2 minutes awarded.
- ix) Subjects being drawn through the water must hold the line with both hands with their arms out-stretched and keep their heads up, looking forward to the person pulling them to the pool edge. They shall remain on their front, (prone position), and not offer any propulsion to the poolside. Failure to comply will mean the throw being declared invalid and a time of 2 minutes awarded.
- x) Competitors, whilst throwing or pulling in their line, must remain in front of a clearly defined area, indicated by a rope or other marking on the poolside. A line running parallel to the poolside 1.5 metres from it shall define this area. If any part of the Competitor's body comes into contact with the floor on or over the line while the Heat

is in progress the throw shall be declared invalid and a time of 2 minutes awarded. Should there be a raised portion at the pool edge, the 1.5 metre line shall be drawn from the back of any such raised portion.

- xi) Any Competitor who allows their line to impede another Competitor, or allows any part of the structure of the pool or building to assist in directing the line, shall be awarded an invalid throw and a time of 2 minutes will be allocated. Only the Competitor whose throw has been impeded shall be offered a re-throw.
- xii) The time allowed will terminate when each Competitor has recorded a time, or after 60 seconds whichever is the fastest.
- xiii) The timing shall commence with the starting signal and end when the Subject touches the poolside.
- xiv) An invalid throw or a throw not completed in 60 seconds shall be awarded a time of 2 minutes.



### 3.7 Swim and Tow

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