SECTION 11 – ILS COMPETITION MANUAL

FACILITY AND EQUIPMENT STANDARDS

RLSSUK FOLLOWS ILS FACILITY & EQUIPMENT STANDARDS

Section 11
FACILITY AND EQUIPMENT STANDARDS

11.1 POOL FACILITY STANDARDS

All World Lifesaving Championships shall be conducted in an eight-lane (minimum) 50 m swimming pool which complies with ILS standards. Facility measurements must be certified by a surveyor appointed or approved by the ILS Management Committee.

Length

The pool shall be 50 m between the automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end. A tolerance of plus 0.03 m and minus 0.00 m in each lane is allowed.

Lanes

There shall be a minimum of eight lanes that shall be at least 2.5 m wide, with two spaces of at least 0.2 m outside the first and last lanes. There shall be lane ropes on both sides of each lane that extend the full length of the course. Each lane rope will consist of floats placed end-to-end having a minimum diameter of 0.05 m to a maximum of 0.15 m. The lane ropes shall be firmly stretched.

Starting platform

The height of the platform above the water surface shall be from 0.5 m to 0.75 m. The surface area shall be at least 0.5 m x 0.5 m and covered with non-slip material.

Automatic officiating equipment

The pool shall be equipped with automatic officiating equipment to record the time of each competitor and to determine the place of each competitor in race events.

Water

The pool water shall meet the clarity standards and the bacteriological and chemical standards of the applicable local health regulations in the host nation. The water temperature shall be 25 to 28 degrees Celsius.

Depth

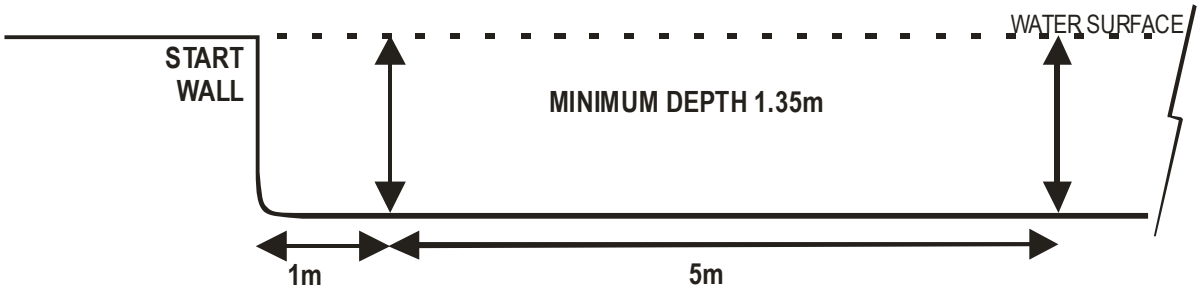
For each event conducted, the pool shall comply with ILS event-specific depth standards.

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

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

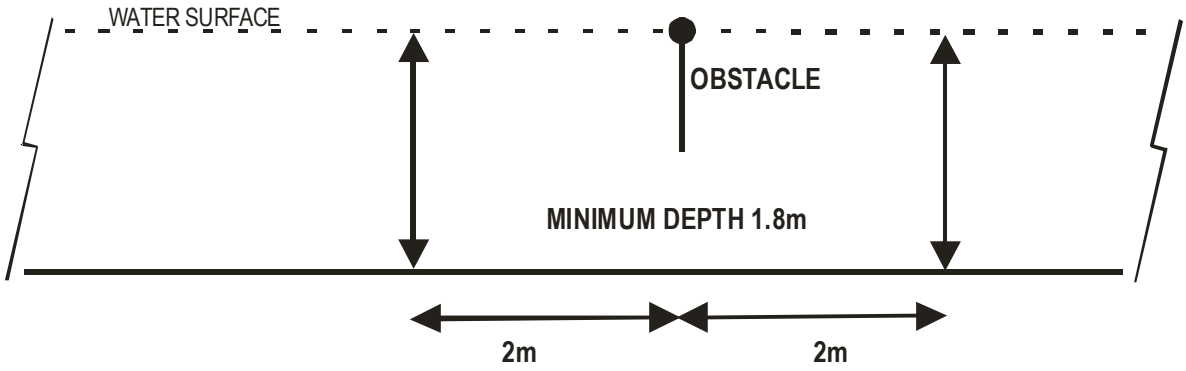
Dive Start

Minimum depth of 1.35 m extending from 1.0 m to at least 6.0 m from the starting end wall.



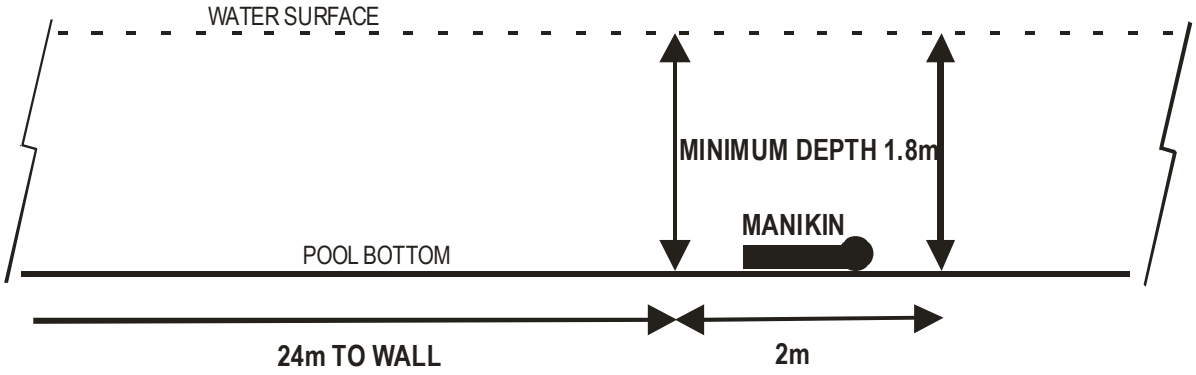
Obstacle Swim, Obstacle Relay

Minimum depth of 1.8 m extending from 2.0 m on both sides of any obstacle.



Manikin Carry (50 m)
Super Lifesaver (200 m)

Minimum depth of 1.8 m extending at least 2.0 m beyond the 24 m mark from the wall.

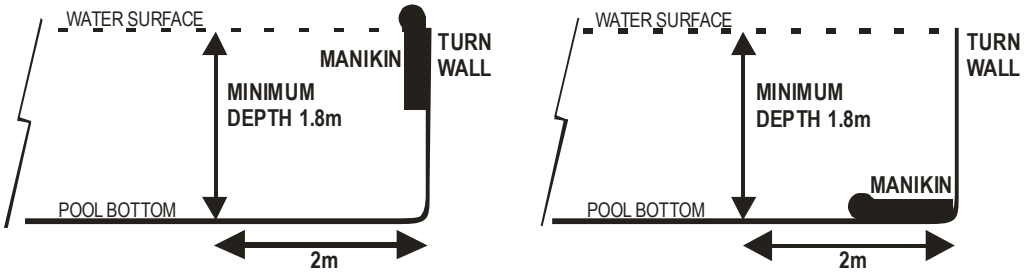


Manikin Carry with Fins (100 m),
Manikin Tow with Fins (100 m),
Super Lifesaver (200 m)

Minimum depth of 1.8 m extending at least 2.0 m from the turn wall.

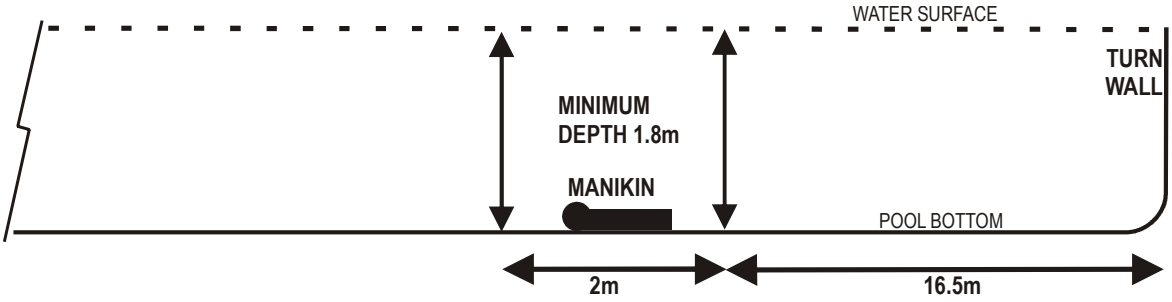
In the Manikin Carry with Fins event, the manikin shall be positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

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



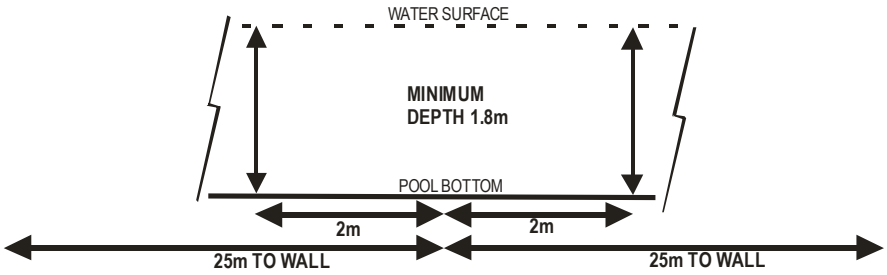
Rescue Medley (100 m)

Minimum depth of 1.8 m extending at least 2.0 m beyond the 16.5 m mark from the turn wall.



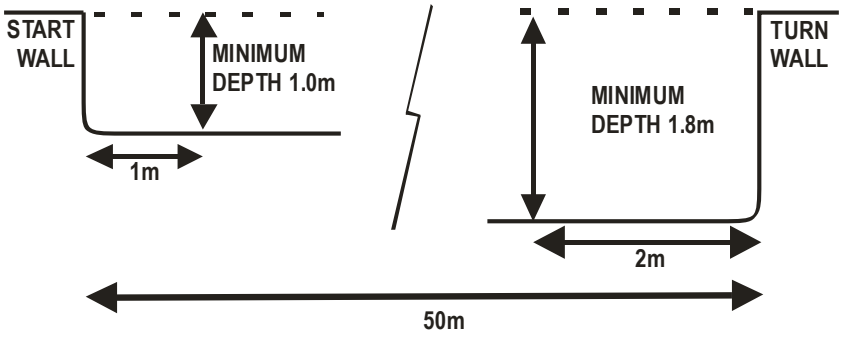
Manikin Relay (4 x 25 m)

Minimum depth of 1.8 m extending at least 2.0 m on both sides of the 25 m exchange mark at centre pool.



Minimum depth of 1.0 m at the starting end wall.

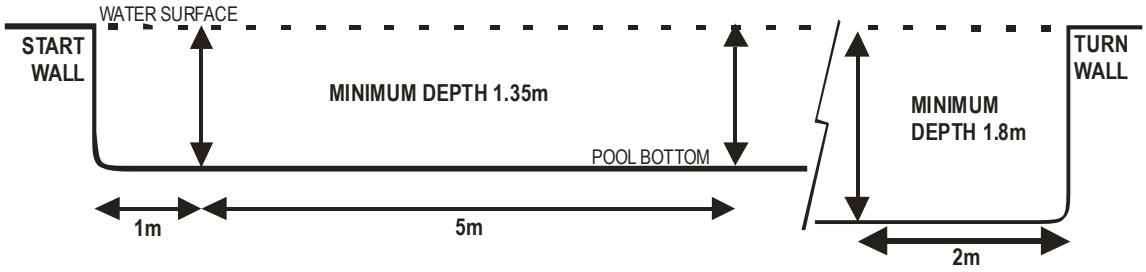
Minimum depth of 1.8 m extending at least 2.0 m from the turn wall.



Medley Relay (4 x 50 m)

Minimum depth of 1.35 m, extending from 1.0 m to at least 6.0 m from the starting end wall.

Minimum depth of 1.8 m, extending at least 2.0 m from the turn wall.



Line Throw

Minimum depth of 1.8 m extending at least 2.0 m from the rigid crossbar.

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

Simulated Emergency Response Competition (SERC)

SERC may be conducted in the eight-lane 50 m pool or in a facility of another design, as approved by the ILS Management Committee.

11.2 ILS EQUIPMENT STANDARDS

The International Life Saving Federation has adopted the following equipment specifications. Where appropriate, allowable tolerances are recorded as "(± 2 cm)" meaning a tolerance of plus 2.0 cm and minus 2.0 cm is allowed. Where appropriate, dimensions and weights are recorded as "minimum" or "maximum" allowed.

In addition, all equipment used in world lifesaving championships must comply with the criteria outlined in the commercial identification policy (see Section 3).

Scrutineering of equipment

Championship bulletins/circulars shall detail the procedures for checking equipment. The organising committee reserves the right to re-inspect competition equipment at any time during the championships. Equipment found to contravene ILS specifications shall be subject to disqualification,

which may result in the disqualification of the competitor using the equipment and the possible disqualification of the full team.

Appeals against rulings of equipment ineligibility are permitted (see Section 3).

11.3 BATONS (BEACH FLAGS)

Beach flag batons and beach relay batons shall be made of flexible material (e.g., flexible hose) a maximum of 30 cm and a minimum of 28 cm long with an external diameter of approximately 25 mm (± 1 mm). Batons should be coloured so as to be easily visible.

11.4 BOARDS

Boards must conform to ILS specifications including the following:

Weight: minimum 7.5 kg

Length: maximum 3.2 m

Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au.

11.5 BOATS

Inflatable rescue boats (IRBs)

Inflatable rescue boats and motors shall meet the specifications of ILS and the host country, and be supplied by the host organising committee. The organising committee shall make IRB boat and motor specifications available to teams well in advance of the competition.

Stillwater boats

Stillwater boats shall meet ILS specifications and shall be supplied by the host organising committee. Boats shall be equipped with two oars (made of wood, plastic, or other material approved by the ILS Sport Commission) which permit the competitor to row and to wriggle. Coloured painted marks in a visible manner from the poop mirror of the boat.

The boat shall have the following characteristics:

Length: 2.80 m minimum; 3.20 m maximum

Width: 1.15 m minimum; 1.50 m maximum

Height: 0.45 m minimum; 0.75 m maximum

Poop mirror: minimum 80 cm

Weight: 60 kg minimum; 75 kg maximum

Oar length: 2.00 m minimum; 2.20 m maximum

The blade of the oar shall have the following characteristics:

Length: 60 cm minimum; 70 cm maximum

Width: 11 cm minimum; 15 cm maximum

Surf boats

Surf boats must conform to ILS specifications including the following:

Weight: minimum 180 kg (excluding oars, oarlocks, rescue tube and all optional equipment)

Length: minimum 6.86 m; maximum 7.925 m (excluding outrigger)

Beam: minimum 1.62 m (measured in the midship section)

Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au.

11.6 BUOYS

Stillwater boat race: The buoy must be brightly coloured and clearly visible on the surface. The buoy shall have a minimum diameter of 0.50 m and a maximum of 1 m.

Ocean events: Buoys used in ocean events shall be of distinctive colours, and numbered (from the left, facing the water) starting with the number 1.

11.7 MANIKINS

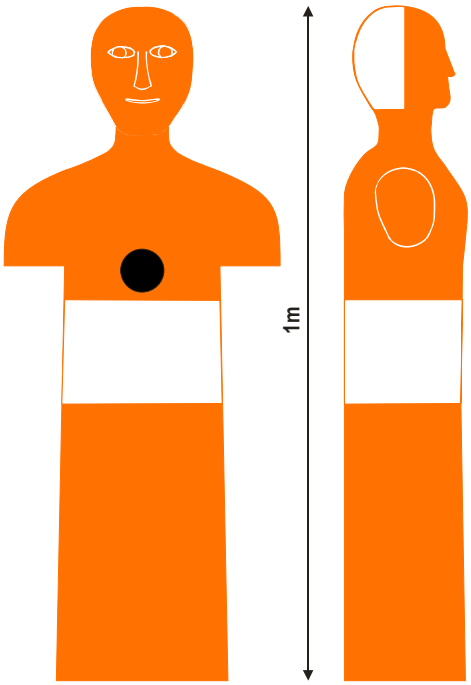
Construction: Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).

Height: The manikin shall be 1 m 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 15 cm is painted in a contrasting colour in the middle of the body (measured 40 cm from the bottom of the body to 55 cm in the direction of the head).

Full ILS specifications are available.



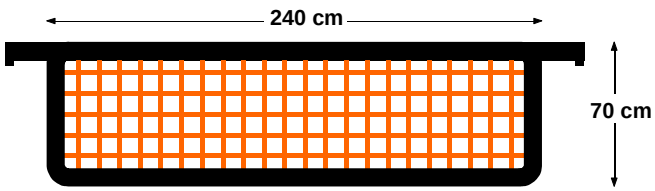
11.8 OBSTACLES

Dimensions: Obstacles used in pool events shall be 70 cm (± 1 cm) high and 240 cm (± 3 cm) 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. Use of an additional floating line across the upper line of the obstacles is recommended.

OBSTACLES



11.9 RESCUE TUBES

Source of buoyancy: Material to be as specified in Australian Standard AS2259 or equivalent. The material shall be closed cell plastic foam, and durable and flexible.

Buoyancy: The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.

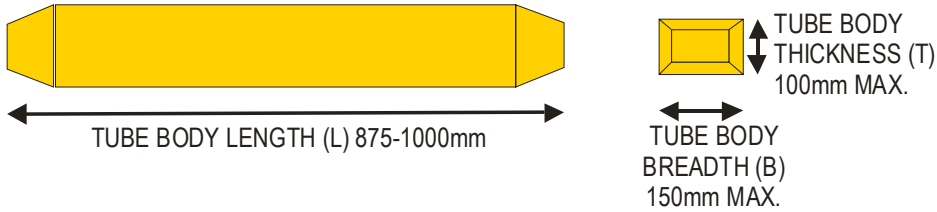
Colour: The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).

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 lbs. stress in a longitudinal direction without damage.

Stitching/thread: Stitching shall be a locked stitched type 301 of BS 3870 as illustrated in Australian Standard AS 2259. The thread is to have similar properties to the materials being sewn.

Rescue Tube Dimensions:

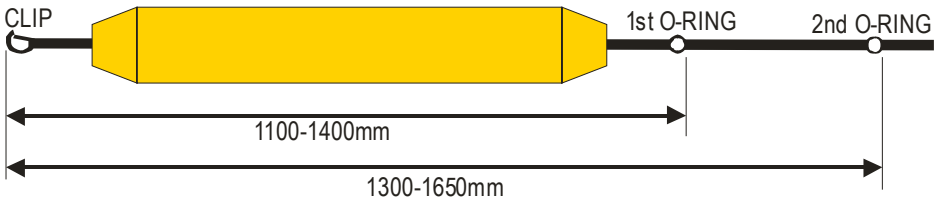


The body of the tube (flotation component):

L – minimum length 875 mm; maximum length 1000 mm

B – maximum breadth 150 mm

T – maximum thickness 100 mm



The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100 mm to a maximum of 1400 mm.

The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300 mm to a maximum of 1650 mm.

Leash: The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900 mm to a maximum of 2100 mm, and

must include a minimum of 2 O-rings. 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 shall be 25 mm (± 2.5 mm) wide woven nylon.

Lanyard: Webbing for the lanyard shall be 50 mm (± 5.0 mm) wide woven nylon with a minimum length of 1300 mm to a maximum of 1600 mm. The circumference of the lanyard loop shall be a minimum of 1200 mm.

O-rings: O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38 mm (± 4.0 mm) 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 70 mm (± 7.0 mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

11.10 SURF SKIS

Surf skis must conform to ILS specifications including the following:

Weight: mimimum18 kg

Length: maximum 5.80 m

Width: minimum width at widest point of hull is 480 mm and shall not include any rubbing strips, moulding or additional protective mouldings.

Detailed specifications are available in “Equipment Specifications” at www.slsa.asn.au.

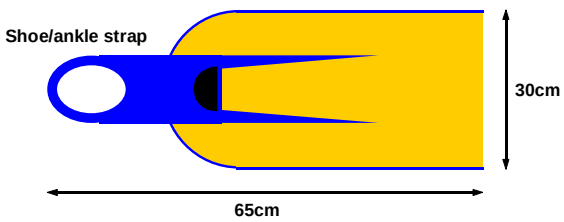
11.11 SWIM FINS

Fins are measured while not worn. Swim fins used in competitions shall comply with the following specifications:

Length: maximum overall length 65 cm, including ‘shoe’ or ankle strap (ankle strap extended).

Width: 30 cm maximum at the widest point of the blade

SWIM FINS



11.12 THROW LINES

For the Line Throw event, throw lines shall be plaited, buoyant polypropylene:

Diameter: 8 mm (± 1 mm)

Length: minimum 16.5 m; maximum 17.5 m

11.13 WET SUITS

The only wetsuits approved must be a maximum thickness of 3 mm at any location on the wetsuit with a tolerance of 0.3 mm; and contain no flotation or buoyancy assistance.

Appendix A – ILS Competition Manual

DISQUALIFICATION CODES FOR POOL EVENTS

GENERAL

1. Not completing the event in accordance with the event description or general rules.
2. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of "competing unfairly" include:
   - committing a doping or doping-related infraction
   - impersonating another competitor
   - attempting to defeat the ballot or draw for events or positions
   - competing twice in the same individual event
   - competing twice in the same event in different teams
   - purposely interfering with a course to gain advantage
   - jostling or obstructing another competitor handler so as to impede his progress
   - receiving physical or material outside assistance (other than verbal or other direction)
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B- final.
5. Activities that result in wilful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.
6. Abuse of officials may result in disqualification from the competition.
7. Using sticky, tacky or adhesive substances (liquid, solid or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push of the bottom of the pool.
8. Competitors may not take assistance from the pool bottom except where specifically allowed (e.g., surfacing from under obstacle, surfacing the manikin).
9. All competitors who start before the starting signal has been given shall be disqualified.

INDIVIDUAL EVENTS

10. Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it.

11. Failure to surface after the dive entry or after a turn.
12. Failure to surface after each obstacle.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish edge.
15. Not surfacing before diving to the manikin.
16. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
17. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
18. Using an incorrect carrying technique (as described in 4.3 *Manikins*).
    - pushing, instead of carrying, the manikin
    - carrying the manikin by throat, or on the mouth or nose
19. Not maintaining the manikin's mouth and nose above the surface (4.3 *Manikins*).
20. Releasing the manikin before the finish edge has been touched.
21. Surfacing after turning and before lifting the manikin.
22. Breathing after the feet leave the turning edge and before surfacing with the manikin.
23. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
24. Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
25. During the approach to the manikin, not towing the rescue tube with the line fully extended or with the loop of the rescue tube on or across one shoulder.
26. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
27. At 50 m / 150 m, not touching the pool edge before touching manikin, or rescue tube to secure manikin.
28. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
29. Manikin handler pushing the manikin towards the competitor or the finish edge.

30. Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
31. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
32. Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin's head).
33. Pushing or carrying, instead of towing, the manikin.
34. Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick-up zone.
35. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
36. Touching the finish edge without the rescue tube and manikin in place.
37. Releasing the manikin before touching the turn edge or finish edge.
38. Competitors with rescue tubes not starting from the position instructed by the referee.

TEAM EVENTS

39. One competitor repeating two or more legs of the event.
40. Leaving the start before the previous competitor has touched the edge.
41. The manikin changing hands:
    - Before or beyond the designated changeover zone
    - Before the second competitor touches the pool edge
    - Without the third competitor in touch with the pool edge
42. Releasing the manikin before the next competitor has contacted the manikin.
43. The second and third competitors starting before first and second competitors respectively touch the turning edge.
44. The fourth competitor touching the harness before the third competitor touches the turning edge.
45. The fourth competitor leaving the turning edge before the third competitor touches the wall.
46. The victim holding the rescue tube by the rope or clip.

47. The victim helping with arm movements, or not holding the rescue tube with both hands.
48. The victim losing the rescue tube after crossing the 5 m line.
49. The fourth competitor not towing the victim with the line of the rescue tube fully extended or with the loop on or across one shoulder.
50. The victim's hand moving from the designated mark on the crossbar before touching the throw line.
51. Line thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.
52. Victim submerging to retrieve the throw line.
53. Victim grasping the throw line when it falls outside the lane.
54. Victim not on his or her front while being pulled to the finish edge.
55. Victim not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall).
56. Victim "climbing" the throw line hand-over-hand.
57. Victim leaving the water before the 45-second completion signal.
58. Failure to get the victim to the finish edge before the 45-second completion signal.
59. In changeovers with rescue tubes, competitors not starting from position as instructed by the Referee.