



*lifesavers*TM
The Royal Life Saving Society UK

NATIONAL SPEED CHAMPIONSHIPS

2010



Diving from Blocks – Ban to be lifted

Prior to the 2008 RLSS UK National Speed Championships an incident occurred and this highlighted a risk to lifesavers diving from swimming blocks whilst wearing a rescue tube.

In March 2008 RLSS UK Lifesavers (Clubs, Coaches and Competitors) were instructed to stop using this method of entry in both training and competition. RLSS UK has been working to develop new guidelines and control measures to permit diving from a block whilst wearing a rescue tube.

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

- Hold the newly introduced Lifesavers Competitive Start Award. (This award can be completed before 1 January 2010).
- 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 Award).

There are **in addition** two further control measures to be implemented by Championship Organisers:

- The competition venue will be risk assessed and control measures will be deployed to minimise risks related to diving from blocks.
- 1 Time Keeper from each lane will be briefed to ensure that the position of the rescue tube conforms with RLSS UK guidelines prior to the Event Director handing the race to the Starter.

From 1 January 2010 diving from blocks whilst wearing a rescue tube may only take place at events where the appropriate risk assessment has taken place, officials have been briefed and athletes have either completed the Competitive Start Award or been certified competent by their coaches.

Those athletes who have not completed the RLSS UK Competitive Start Award and do not have a coach willing to sign to say that they are competent **will not** be able to dive off blocks and **must** start an event in the water.

This requirement will be implemented for the RLSS UK National Speed Championships in February 2010.

RLSS UK National Speed Championships 2010

1.0 General Procedures

- 1.1 All entries must be on official entry forms (available from RLSS UK) photocopies of entry forms are acceptable. Entries must be submitted by a club in a single "bulk" entry. If the competitor is **not** a member of a lifesaving club then he/she is free to enter as an individual.
- 1.2 Inaccurate or incomplete entry forms will not be accepted and the entry fee may be forfeited. Entry Fees are £7.50 per individual event and £16.00 per team event. Please return entry forms and appropriate fees with a large SAE (for return of entry forms). A completed Contact Sheet should also be completed and returned at the same time.
- 1.3 **Entry times must be submitted for every event entered. Failure to submit an entry time will result in an entry of ten (10) minutes.**

Clubs must submit all entry forms in a Single submission. Clubs are free to enter any number of competitors in their single submission, on any number of forms. Clubs will only be permitted extra entry submissions, prior to the closing date, with the express permission of the organiser. Correctly completed entry forms and appropriate fees must be received at the same time.

- 1.4 **Closing date** for all entries is Monday 21 December 2009.

1.5 Membership

a) Individual Competitors

All competitors must be in current membership of the RLSS UK on the closing date of the competition and on the day/s of the competition. A Competitor's current Society number must be filled in correctly on the entry form.

b) Team Competitors

All team members must be members of the same affiliated RLSS UK group, in current membership of the Society on the closing date of the competition and on the day/s of the Competition. Affiliated Club must give its Society number and expiry date.

To avoid any confusion, an **ATC does not count as an 'Affiliated Group'** unless it has paid separate membership in the appropriate category.

Members of a team must belong to the same RLSS UK Affiliated Group. Members of a Team may not compete for another Club in the same National Championship. Members of a Club Team must be made up solely from one club or unit and not from multiple clubs and units. A Team event is one with four persons or two persons (line throw).

The RLSS UK / ILS definition of a club is:-

The basic administrative or lifesaving unit of the life saving organisation; such unit having a constitution and having representation to a higher body.

IT SHOULD BE NOTED THAT ILS RULES STATE:

- Competitors who compete for a club in their national championship, may not subsequently compete for another club in the World Life Saving Championship
- Competitors who compete for a club in the World Life Saving Championships, may not subsequently compete for another club in their national championship in that year

c) Masters Team Events

A Masters Team must be made up solely from one club and not from multiple clubs. Master competitors must compete in the age group for which they are eligible in individual events.

In the Masters' Line Throw event, the two person team shall compete in the age group of the younger competitor.

Pool four-persons Masters Team events will be conducted as total-age events with competitors whose ages total 120 years or more, 140 years or more, 170 years or more and 200 years or more. Minimum age of each competitor is 30 years. For example, a team comprised of a 30 year old, a 40 year old, a 50 year old and a 60 year old (= 180 years) would compete in the 170 years or more age group.

- 1.6 **Ages** will be as at the 31st of December in the year of competition thus competitors will swim in the relevant age group category below:-

12/14; 15/17; Open (15+); Masters 30/39, 40/49, 50+

The Championship will be conducted in both female and male categories in both individual and Team events. **There are no mixed gender events.**

- 1.7 **Acceptance of entries by the RLSS UK.** Entries will be accepted provided that all entry conditions are satisfied and that each entry form is correct and complete in every detail and accompanied by all fees due, by cheque or with debit/credit card details.
- 1.8 **Drug Policy** - Drug testing may take place in accordance with current Sports Council (UK) Rules.
- 1.9 **CPR Charter** To establish and maintain standards of conduct and behaviour conducive to good sportsmanship, the RLSS UK has incorporated the CCPR charter within the rules of its National Championships. Teams and/or individuals not abiding by the CCPR charter will be disqualified from the Championships.
- 1.10 **Protests** A protest is an allegation that the championship laws, rules or the promoter's conditions governing a competition have not been complied with or have been misinterpreted. A protest must be made orally to the referee **within 5 minutes** of the incident giving rise to the protest unless the reason for the protest is known before the event, in which case the protest must be made as soon as reasonably practicable before the event starts. Following submission of a verbal protest a written protest shall be lodged with the referee on the official protest form and accompanied by the protest fee of £20 for 2010 **within 15 minutes** of the protest being lodged verbally with the referee.

- 1.11 On receipt of a protest the referee shall report it to the Jury of Appeal if one has been appointed. The jury shall endeavour to ascertain the relevant fact(s) and to resolve the matter. If no Jury of Appeal has been appointed its functions shall be discharged by the referee.
- 1.12 A protest may not be made against a decision of the referee or other official regarding placing, fouling or any other facts of a competition. The referee's interpretation of the rules, or promoter's conditions must be accepted at the time but may be the subject of a protest.
- 1.14 Entry Cards will be handed out at the competition. Team Managers and Independent Individuals will be sent a complete list of their entries by 19 February 2010 for checking. If any amendments/alterations need to be made to any of the entries, Team Managers/Independent Individuals – at their briefing on Saturday morning – **MUST** list the changes, **in writing**, and hand this to the Organiser (or their representative).
- 1.15 For Events 101-106 (100m & 200m) Obstacles, the Organiser will retain the entry cards. Entry cards for events 201-308 will be issued at the briefing and should be posted in the posting box by the Team Manager/Individual. Instructions on the issue of subsequent entry cards will be announced on the day.
- 1.16 Competitors must report to the marshals with their cards (and other equipment if required by the event) at least **one event** (not heat) prior to their own, or as announced.
- 1.17 All events are heat declared winners. Medals will be awarded for 1st, 2nd and 3rd places. Shields, where the event has been sponsored, will also be presented.
- 1.18 **A condition of entry to the Speed Championships is that each participating Club provides a manikin of the appropriate specification. Any Club failing to supply such a manikin may be denied entry to the Championship.**
- 1.19 **It is a requirement that each participating Club provides the services of a volunteer to act as a Timekeeper for the duration of the Championship. More than one volunteer can be put forward by a club providing the commitment to the whole Championships is fulfilled.**
- 1.20 Other than when taking part in the competition, competitors must wear appropriate clothing and footwear at all times whilst on Ponds Forge premises.
- 1.21 Ponds Forge has a strict policy regarding the use of mobile phones and in certain areas the use of such equipment is banned. Please adhere to any instructions given.
- 1.22 **MANIKIN TOWING BY 12 – 14 YEAR OLD AGE GROUP**
- All manikins will be half full. (The manikin will be filled to float with top of transverse line at the surface).
- Manikin Carry** The handler will hold the manikin vertically in the water and must release as soon as the rescuer touches the manikin. The handler may not push the manikin or rescuer or in any other way assist the rescuer in the race. The handler will be a member of the same club wearing team cap and will remain in the lane till the race officials advise them to leave.
- Disqualification:** - assistance given by handler in propulsion
- Rescue Medley** The distance swum underwater in the Rescue Medley will be 10 metres. The manikin handler be placed at the 10m mark holding the manikin vertically they will not give assistance to the competitor the competitor must touch the manikin before surfacing. All other event rules will apply.

Manikin Carry with fins (100m) The handler will be on the side of the pool holding the manikin vertically in the water & must release as soon as the rescuer touches the manikin. The handler may not push the manikin or rescuer or in any other way assist the rescuer in the race. The handler will be a member of the same club wearing team cap.

Line Throw For competitors aged 12 – 14 years the distance will be 10 metres all other rules apply.

Manikin Relay Manikin half filled as previous description.

Line throw Relay For competitors aged 12 – 14 years the distance will be 10 metres all other rules apply.

STILLWATER EVENTS

The following pool events are described in this section:

Obstacle Swim – 200 m and 100 m

Manikin Carry – 50 m

Rescue Medley – 100 m

Manikin Carry with Fins – 100 m

Manikin Tow with Fins – 100 m

Super Lifesaver – 200 m

Line Throw

Manikin Relay – 4 x 25 m

Obstacle Relay – 4 x 50 m

Medley Relay – 4 x 50 m

Line Throw Relay – 4 x 12m

2.1 GENERAL CONDITIONS FOR STILLWATER COMPETITION

Team management and competitors are responsible for being familiar with the competition schedule, and with the 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) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, armbands).
- v) The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events.

- vi) Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
- vii) Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.
- viii) A competitor who interferes with another competitor during a race shall be disqualified.
- ix) 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.

(Competitors must exit by the sides of the pool, not by the pool end over timing pads.)

- x) Competitors shall wear their club team swim caps in all events. Rubber or silicone caps may be worn.
- xi) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- xii) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.

Swim wear

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.

Swim goggles may be worn.

Competitors must complete a swimwear declaration form

2.2 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, manikin handlers and victims are properly attired and 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:

- i) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay event, enter the water.
- ii) 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 1.13).

Dive start procedure

At RLSS UK 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.

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.

In-water start procedure

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

- i) On the long whistle, competitors enter the water.
- ii) At the second long whistle, competitors return without undue delay to the starting position.

- iii) The competitor starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block 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.

Disqualification

- i) All competitors who **start** (i.e., commence a 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, but 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).

For the 100 m Manikin Carry with Fins event, the call-back signal will be by an underwater acoustic signal.

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

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.

2.3 MANIKINS

Surfacing the manikin: Competitors may push off the pool bottom when surfacing with the manikin. Competitors must have the manikin in the correct carrying position when the top of the manikin's head passes the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10 m line (Manikin Carry with Fins).

Carrying the manikin: Competitors must carry (not push) the manikin with at least one hand, and:

- Avoid carrying the manikin by the throat, on the mouth or nose. Chin carries are acceptable where the pressure is clearly on the chin.
- Maintain the manikin's mouth or nose above the surface.

In events where the manikin is carried, the manikin (as victim) is presumed to be breathing. Competitors must carry the manikin while maintaining its mouth or nose above the surface.

In judging, officials should focus on the nose of the manikin. Officials shall disregard the water flowing over the manikin's mouth and/or nose due to the bow wave or wash created by the competitor or the manikin. "Surface" means the horizontal plane of the surface of a stillwater pool. "Pushing" means the manikin's head is held forward of the competitor's head.

"Surfacing the manikin" and "carrying the manikin" judging criteria apply only when the top of the manikin's head passes the relevant 5 m line or 10 m line. In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on "carrying the manikin" criteria.

Towing the manikin: Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means

the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible **and before the top of the manikin's head passes the 10 m line.**

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth or nose of the manikin is maintained above the surface.

In judging, officials should focus on the nose of the manikin. Officials shall disregard the bow wave or wash created by the competitor or the manikin. "Surface" means the horizontal plane of the surface of a stillwater pool.

Manikin handlers: A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the referee's approval, non-team members may act as handlers, provided they are a member of an RLSS UK Affiliated organisation and are registered to participate at the championship in some capacity.

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.

Manikin handlers must wear a team cap.

Manikin handlers may not intentionally enter the water during the event.

2.4 SEEDING

Seeding shall be used for Individual, Interclub and Masters Championships.

For pool events, competitors' times at competitions within the period beginning with the first day of the last RLSS UK Lifesaving Championships to the entry deadline for the upcoming RLSS UK

Lifesaving Championships, shall be submitted on the entry forms. Times are required to be submitted for both individual and team events. Competitors and teams shall 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 and placement of those without times, shall be determined by draw.

In Individual, Interclub and Masters events, heats shall be run as originally seeded and shall not be altered.

Seeding in heats

Where events are conducted as heats and finals (according to the entries received), competitors shall be seeded in heats according to submitted times in the following manner:

- i) **If one heat:** it shall be seeded as a final and swum during the final session.
- ii) **If two heats:** the fastest competitor shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- iii) **If three heats:** the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- iv) **If four or more heats:** the last three heats of the event shall be seeded in accordance with (iii) above. The heat preceding the last three heats shall consist of the next fastest competitors; the heat preceding the last four heats shall consist of the next fastest competitors, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in *Assignment of lanes* below.
- v) **Exception:** When there are two or more heats in an event, there shall be a minimum of three competitors seeded into any one preliminary heat.

Seeding in time-finals

Where events are conducted as time-finals, competitors shall be seeded into heats according to submitted times in the following manner:

- i) **If one heat:** it shall be seeded as a final.
- ii) **If two or more heats:** the fastest competitors shall be seeded in the last heat according to assignment of lanes detailed in the next section, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

Assignment of lanes

Lanes shall be assigned by placing the fastest competitor or team in lane four of an eight-lane pool. (Lane one 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 (if being run)

Starting positions for pool events in Individuals and Interclub Championships shall be by seeding as follows:

- i) Based on the times established in heats, competitors with the top eight times shall be assigned lanes in the A-final. Competitors with the ninth through sixteenth top times shall be assigned lanes in the B-final.
- ii) 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 one hour after all involved competitors have completed their heat (unless affected competitors agree to a shorter time interval). Another swim-off will take place if equal times are registered again.
- iii) Where one or more competitors withdraw from an A-final, competitors *shall not* be called forward from the B-final. The final shall not be re-seeded.

- iv) Where one or more competitors withdraw from B-final, competitors *shall not* be called forward from the heats. The B-final shall not be re-seeded.

2.5 TIMEKEEPING AND DETERMINATION OF PLACING

Automatic officiating equipment shall be used for all pool events in RLSS UK Lifesaving Championships to record the time of each competitor and to determine the place of each competitor.

Automatic officiating equipment. Any equipment installed must not interfere with competitors' start and turns. The automatic officiating equipment must be activated by the starter and must provide easy digital readings of competitors' times.

Times recorded by automatic officiating equipment 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.

The placing and times determined by automatic officiating equipment shall have precedence over the decision of judges and timekeepers. If the electronic equipment breaks down or fails, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official.

In addition to the electronic timekeeping, a minimum of two timekeepers per lane are required.

Manual timekeeping and officiating. In RLSS UK-sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least three 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.

With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch, the average of the other two times shall constitute the competitor's official time.

If the order of finish indicated by the times recorded by manual timekeepers does not coincide with the order of finish determined by the finish judges, the finish judges' placings prevail. The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

2.6 JUDGES

Technique judges ensure that events operate fairly and within RLSS UK rules and procedures. Judges also assess whether competitors' technique complies with specific event rules.

Judges must be positioned to ensure they have a clear view of the lane they are judging.

At RLSS UK championships, there must be at least one technique judge per two lanes.

2.7 OBSTACLE SWIM (200 m and 100 m)

Event description – 200 m

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

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.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

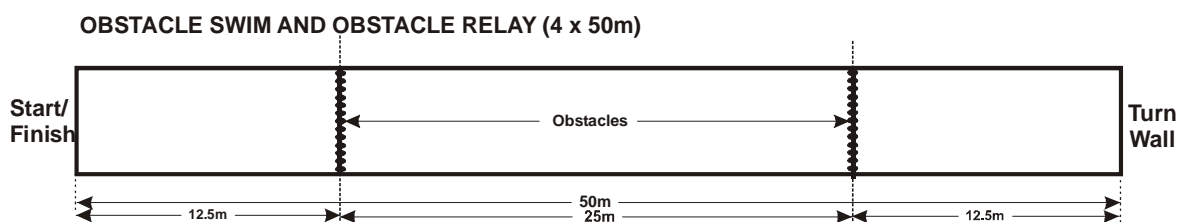
Event description – 100 m

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

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.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



Equipment

Obstacles: See Section 2 – *Facility and Equipment Standards*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5 m from the

starting edge, with the second obstacle located 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

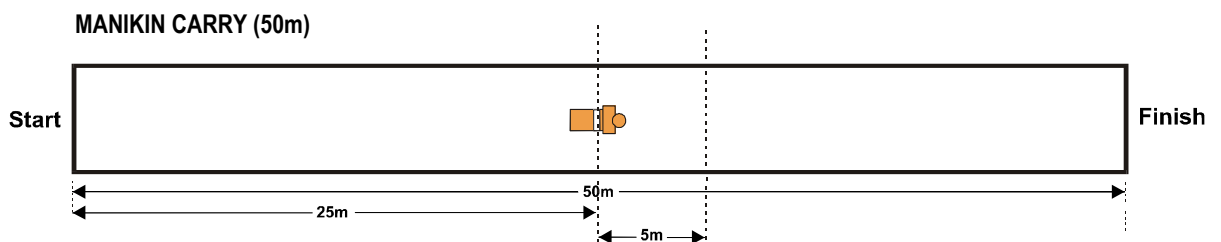
- i) Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it.
- ii) Failure to surface after the dive entry or after a turn.
- iii) Failure to surface after each obstacle.
- iv) Failure to touch the wall during the turn.
- v) Failure to touch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

2.8 MANIKIN CARRY (50 m)

Event description

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

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



Equipment

Manikin: See Section 2 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, 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 25 m line.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Not surfacing before diving to the manikin.
- ii) 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.

- iii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- iv) Using an incorrect carrying technique as described in 2.3 *Manikins*.
- v) **Not maintaining the manikin's mouth or nose above the surface (see 2.3 *Manikins*).**
- vi) Releasing the manikin before the finish edge has been touched.
- vii) Failure to touch the finish edge.

2.9 RESCUE MEDLEY (100 m)

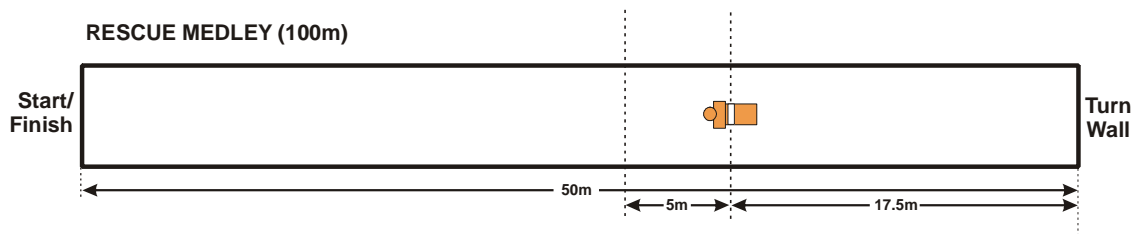
Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall.

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

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 2 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, 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 17.5 m line.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the manikin's head passes the 5 m line.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Surfacing after turning and before lifting the manikin.

- ii) Breathing after the feet leave the turning edge and before surfacing with the manikin.
- iii) 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.
- iv) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- v) Using an incorrect carrying technique as described in 2.3 *Manikins*.
- vi) Not maintaining the manikin's mouth or nose above the surface (see 2.3 *Manikins*).
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.

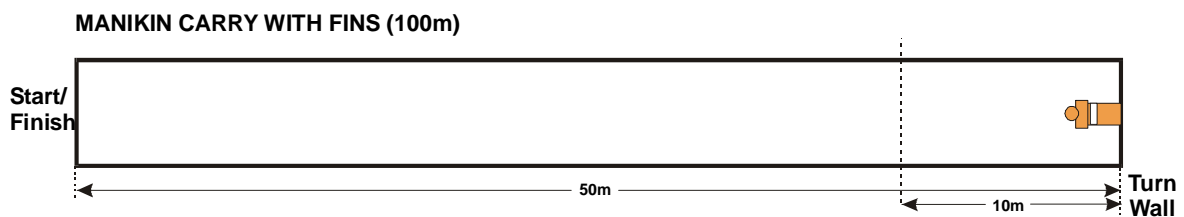
2.10 MANIKIN CARRY WITH FINS (100 m)

Event description

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

Competitors need not touch the turning edge of the pool.

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



Equipment

Manikins, fins: See Section 2 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, 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 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.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules

governing manikins are not violated (see 2.3 *Manikins*).
Competitors are not permitted to start again in another heat.

Disqualification

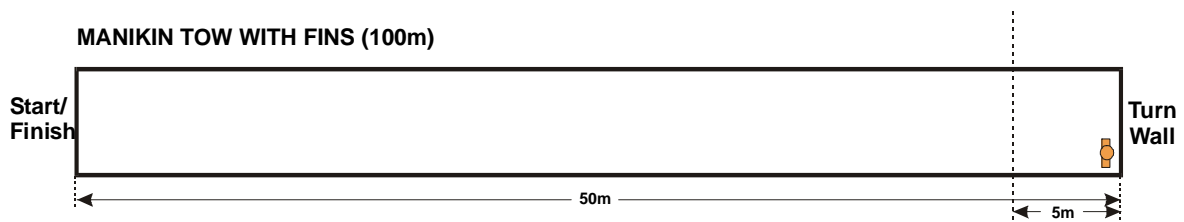
In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) 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.
- ii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- iii) Using an incorrect carrying technique as described in 2.3 *Manikins*.
- iv) **Not maintaining the manikin's mouth or nose above the surface (see 2.3 *Manikins*).**
- v) Releasing the manikin before touching the finish edge.
- vi) Failure to touch the finish edge.

2.11 MANIKIN TOW WITH FINS (100 m)

Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the turning wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.



Equipment

Manikin, fins, rescue tube: See Section 2 – *Facility and Equipment 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 organisers.

Positioning the manikin: A member of the competitor's team assists as manikin handler. With the referees' approval, non-team members may act as handlers, provided they are a member of an RLSS UK Full Member organisation and are registered to participate at the championship in some capacity. Manikin handlers must wear a team cap.

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall – within the allotted lane.

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.

Manikin handlers may not intentionally enter the water during the event.

Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.

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

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the manikin: After first touching the turning wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin.

Towing the manikin: Competitors must tow – not carry – the manikin. **Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.**

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth or nose of the manikin is maintained above the surface.

As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 2.3 *Manikins*). 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 race, the referee may allow the competitor to repeat the race.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
- ii) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- iii) Manikin handler pushing the manikin towards the competitor or the finish edge.
- iv) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- v) 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.
- vi) At 50 m, not touching the pool edge before touching the manikin.
- vii) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- viii) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head.
- ix) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- x) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- xi) Pushing or carrying, instead of towing, the manikin.
- xii) Not maintaining the manikin's mouth or nose above the surface (see 2.3 *Manikins*).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.

- xiv) Touching the finish edge without the rescue tube and manikin in place.
- xv) Failure to touch the finish edge.

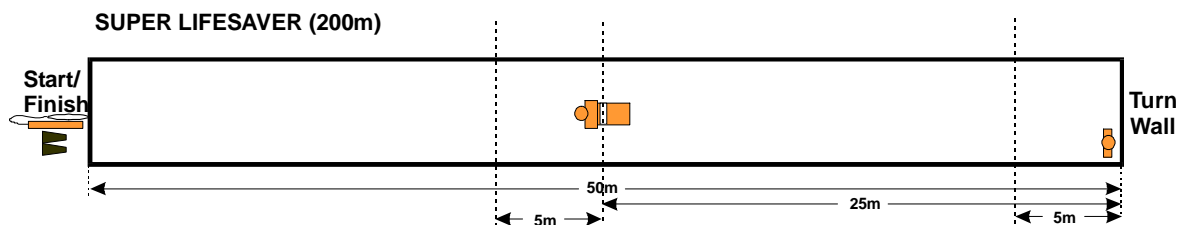
2.12 SUPER LIFESAVER (200 m)

Event description

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

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



Equipment

Manikins, fins, rescue tubes: See Section 2 – *Facility and Equipment Standards*. Competitors must use the manikins and rescue tubes supplied by organisers.

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.

Positioning the manikin for the carry: The manikin is completely filled with water and sealed for the event. The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, 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 25 m line.

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.

A member of the competitor's team assists as manikin handler. With the referee's approval, non-team members may act as handlers, provided they are a member of an RLSS UK Full Member organisation and are registered to participate at the championship in some capacity. Manikin handlers must wear a team cap.

Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.

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

Manikin handlers may not intentionally enter the water during the event.

Surfacing the first manikin: Competitors may push off the bottom of the pool when surfacing with the manikin.

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Donning tube and fins: After first touching the turning edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.

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

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the manikin: After first touching the turning edge, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the freestyle swim by touching the pool edge before touching the manikin.

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin **maintaining the manikin's mouth or**

nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth or nose of the manikin is maintained above the surface.

As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 2.3 *Manikins*). 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 race, the referee may allow the competitor to repeat the race.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when surfacing the manikin.
- ii) Surfacing the head of the first manikin beyond the 5 m pick-up zone.
- iii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick-up zone.
- iv) Using an incorrect carrying technique as described in 2.3 *Manikins*.

- v) Not maintaining the manikin's mouth or nose above the surface (see 2.3 *Manikins*).
- vi) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- vii) Manikin handler pushing the manikin towards the competitor or the finish edge.
- viii) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- ix) 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.
- x) At 150 m, not touching the pool edge before touching the manikin.
- xi) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- xii) Not securing the rescue tube around the manikin within the 5 m pick-up zone judged at the top of the manikin's head.
- xiii) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- xiv) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- xv) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xvi) Touching the finish edge without the rescue tube and manikin in place.
- xvii) Failure to touch the finish edge.

2.13 LINE THROW

Event description

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12 m distant. The competitor pulls this “victim” back to the finish edge of the pool.

The start: On the long whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane.

On the starter’s “**Take your marks**” command, the competitor and victim immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: The competitor stands in the throw zone facing the victim, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the designated spot on the crossbar.

On an acoustic starting signal: The competitor shall retrieve the line, throw the line back to the victim, and pull him or her through the water until the victim touches the finish edge.

The victim remains in the water in his or her lane and the competitor remains in the throw zone until the referee signals the completion of the race.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Fair throw: Victims may grasp the throw line with their hands only within their lane. The lane marker is not “within the lane”. **Victims may submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line with the other hand.**

Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not “climb” the throw line hand-over-hand. For safety

reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

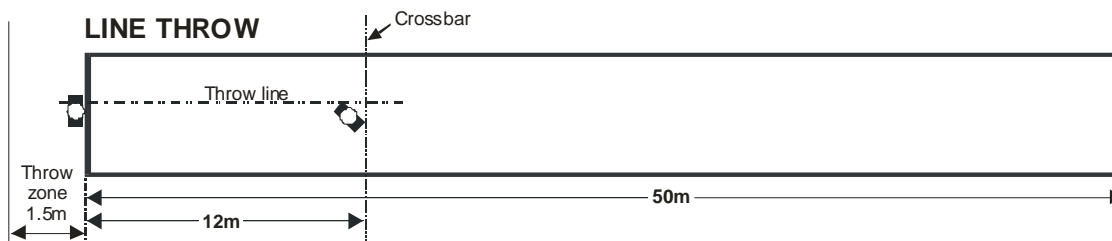
Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.

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

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

Time limit: Competitors must make a fair throw and tow the victim to the finish edge within 45 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 45-second limit. Competitors who fail to get the victim to the finish edge before the 45-second completion signal shall be designated as "Did Not Finish" (DNF).



Equipment

Throw line: See Section 2 – *Facility and Equipment Standards*. The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers.

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.

A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.

Judging

A judge shall be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A judge shall be positioned on each side of the pool at the 12 m mark.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Victims releasing the designated mark on the crossbar before grasping the throw line with the other hand.
- ii) Victim grasping the throw line outside the lane.
- iii) Victim not on his or her front while being pulled to the finish edge.
- iv) 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).
- v) Victim “climbing” the throw line hand-over-hand.
- vi) Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.

Note: Failure to get the victim to the finish edge before the 45-second completion signal shall be designated “Did Not Finish” (DNF).

2.14 MANIKIN RELAY (4 x 25 m)

Event description

Four competitors in turn carry a manikin approximately 25 m each.

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

The second competitor. carries the manikin to touch the turning edge and passes the manikin to the third competitor who is in contact with the turning edge or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turning edge.

The third competitor. carries the manikin and passes it to the fourth competitor in the changeover zone between the 73 m and 77 m mark.

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

Competitors must remain in the water in their lanes until the referee signals the completion of the event.

Only the incoming and outgoing competitors may participate in the manikin exchange.

Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).

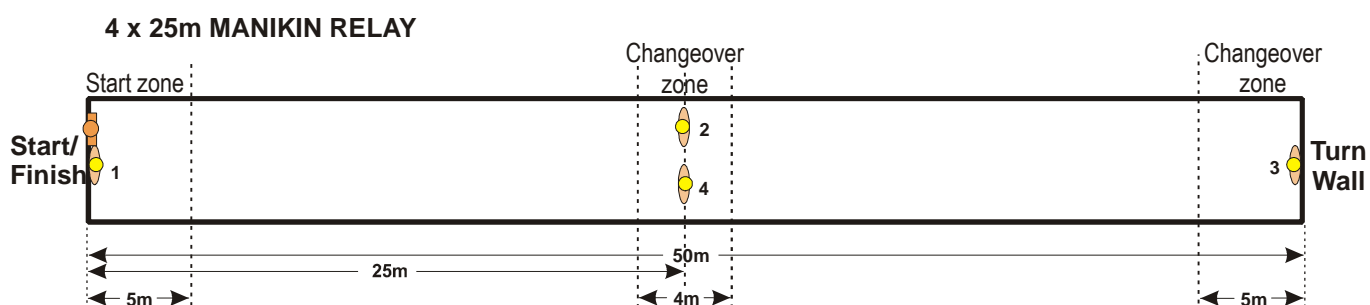
The start zone and relay changeover zones shall be indicated by flags:

- at the start – 5 m from the pool wall
- in the middle of the pool – two lines of flags at 23 m and 27 m from the start, situated at 1.5 m to 2 m above the surface
- at the turning wall – 5 m from the pool wall

Competitors may push off the pool bottom in the relay changeover zone.

At the start, competitors are not judged on “carrying the manikin” criteria (defined in 2.3) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

Competitors are not judged on “carrying the manikin” criteria within the changeover zone.



Equipment

Manikin: See Section 2 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Using incorrect manikin carry technique as described in 2.3 *Manikins*.
- ii) **Not maintaining the manikin's mouth or nose above the surface** (see 2.3 *Manikins*).
- iii) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- iv) 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
- v) **Assistance from a third competitor during the exchange between the incoming and outgoing competitors.**
- vi) **Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).**
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.

Note: Once the top of the head of the manikin has entered the changeover zone, competitors are not judged on “carrying the manikin” criteria. Once the top of the head of the manikin has left the changeover zone, “carrying the manikin” criteria apply.

The manikin exchange may take place at any time after the top of the manikin's head has entered the changeover zone, but the exchange must occur within the changeover zone.

2.15 OBSTACLE RELAY (4 x 50 m)

Event description

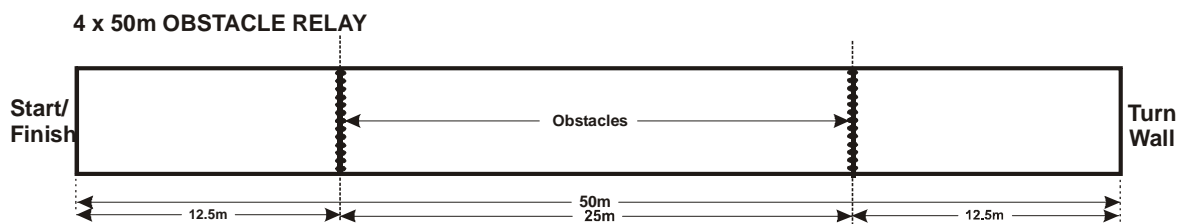
With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.

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 pool bottom when surfacing from under the obstacles.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.



Equipment

Obstacles: See Section 2 – *Facility and Equipment Standards*. Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The first obstacle is positioned 12.5 m from the starting edge with the second obstacle 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) Passing *over* an obstacle and not immediately returning *over or under* that obstacle and then passing *under* it.
- ii) Failure to surface after each dive entry.
- iii) Failure to surface after each obstacle.

- iv) One competitor repeating two or more legs of the event.
- v) Leaving the start before the previous competitor has touched the edge.
- vi) Failure to touch the finish edge.
- vii) A competitor re-entering the water after completing his or her leg of the relay.

2.16 MEDLEY RELAY (4 x 50 m)

Event description

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

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

With a dive start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turning edge.

The fourth competitor is in the water wearing fins with at least one hand on the turning edge.

The fourth competitor dons the harness and the third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5 m line.

The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube.

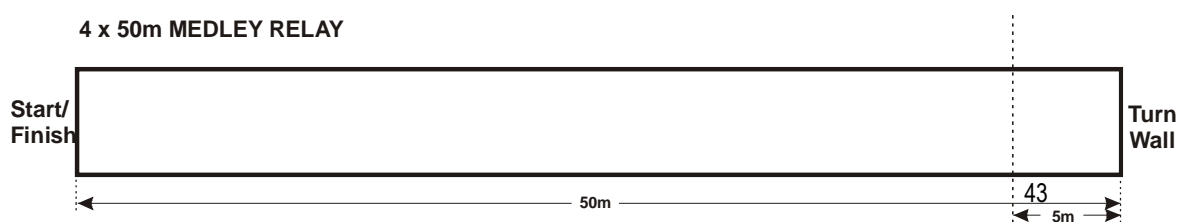
The victim may kick while being towed, but no other assistance is permitted.

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

The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.

While the fourth competitor must have at least one hand on the turning edge **or starting block** when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet.

The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.



Equipment

Rescue tube, swim fins: See Section 2 – *Facility and Equipment Standards*. Competitors must use the rescue tubes supplied by organisers.

Starts with rescue tubes: For the third competitor's start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach or tow.

Towing the victim: Competitors must tow the victim with the line of the rescue tube fully extended.

Retrieving lost fins: Competitors may retrieve fins lost after the start and the team may continue in the race. 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 or harness (belt) present a technical defect during the race, the referee may allow the team to repeat the race.

Disqualification

In addition to the *General Rules* and those outlined in 2.1 through 2.3, the following behaviour shall result in disqualification:

- i) The second and third competitors starting before first and second competitors respectively touch the turning edge.
- ii) The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turning edge.
- iii) The fourth competitor leaving the turning edge before the third competitor touches the wall.
- iv) The victim holding the rescue tube by the rope or clip.
- v) The victim helping with arm movements, or not holding the rescue tube with both hands.
- vi) The victim losing the rescue tube after passing the 5 m line.

- vii) The fourth competitor towing the victim without the line of the rescue tube fully extended.
- viii) One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- ix) Failure to touch the finish edge.
- x) A competitor re-entering the water after completing his or her leg of the relay.

1.17 Line Throw Relay (4 x 12m)

Event Description

The first Team Competitor stands on poolside holding end of rope, the three other team members are in the water at a cross rope 12m away. The Number 2 Competitor is in front of the rope with one hand on the cross rope and one hand on the throw rope which is extended over and beyond the cross rope. On the starting signal, competitor Number 1 coils the rope and throws to the Number 2 Competitor who takes hold of the rope with both hands and is pulled through the water. On reaching the side, the Number 2 competitor must touch the end of the pool. The first competitor then enters the water behind the cross line to become the catcher for the Number 4 competitor. The Number 3 Competitor replaces the Number 2 competitor in front of the cross rope. The Number 2 competitor then coils the rope and throws it to the Number 3 competitor who takes hold of the rope with both hands and is pulled through the water until he touches the end of the pool. The event continues in the same manner as above for Competitors 3 and 4. The event finishes when the catcher for Competitor 4 touches the end of the pool.

The start. This event shall use the 1-start rule as follows: On the long whistle, the Number 1 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: The No 1 Competitor stands facing the victim, motionless with legs together and arms beside the body. The end of the throw line is held in one hand.

The second competitor treads water in the centre 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: Competitors Number 2 release the throw lines, enabling Number 1 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 the catcher for the Competitors Number 4 touches the finish edge.

The catcher remains in the water and the competitor remains in the throw zone until the referee signals completion of the event..

Fair throw: Victims may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the cross line. **Victims may 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.

Throw zone: Competitors 1-3 may leave the area once their victim has touched the end of the pool. Competitor 4 must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5m from the pool edge until released by the referee. 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: The Team of Competitors must make fair throws and complete the event within 2min 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 2min 30-second limit. Teams which fail to complete the event, ie not all four competitors pulled to the end of the pool within the time limit will be assigned a time of 3mins.

