

RLSS UK  
**National Lifesaving**  
Championship



# National Lifesaving Championships

2016 Edition

Rules

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## **Significant Changes:**

All SERC's (wet and dry initiatives) will be taken from the skills in Survive & Save and Life Support manuals and will be marked accordingly. Where possible the new CPR and First Aid guidance should be followed, however competitors will not be penalised if they use correctly, the guidance replaced in 2015.

## **Rule Changes**

1. To support the accessibility of the event junior girls and junior boys (12-14) may swim up, i.e. compete in the 15 -17 year age group and junior and senior boys sections can be a mixed team, one boy and one girl.
2. The Swim and Tow shall be a non-contact tow using a tea towel (to represent an item of clothing) of minimum size 500 x 300mm. The towel is to be in the competitor's possession at the start of the event. For regional heats and the final RLSS UK will provide the tea towel (100% cotton – 470mm by 760mm).
3. The Line Throw will have a time limit of 45secs for all competitors.

## **Please Note**

The College of Referees will appoint the Chief Referee for Regional Heats. The appointed individual will have the minimum qualification of National Judge and where practicable shall not be associated with a club or Branch within the Region. Anyone interested in this position should contact the College of Referees [CollegeOfReferees@rlss.org.uk](mailto:CollegeOfReferees@rlss.org.uk)

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

**All SERC's (wet and dry initiatives) will be taken from the skills in Survive & Save and Life Support manuals and will be marked accordingly. Where possible the new CPR and First Aid guidance should be followed, however competitors will not be penalised if they use correctly the guidance replaced in 2015.**

## Important Dates

1st June 2016	Deadline for entries to reach River House
1st July to 26th September 2016	Window for Regional Heats
30th September 2016	Deadline for Regional Results to reach River House
	Trophies to be returned to River House
5th November 2016	National Final
The National Lifesaving Championship Final at Ponds Forge, Sheffield	

## Branch Heats

If a Branch is in receipt of more valid entries than is their entitlement in the respective Regional Heat for any of the Championship categories, it will be obliged to hold a Branch Heat for that Championship Category in order to determine which entries are forwarded to the Regional Heat. Competitors in categories where there are insufficient entries will receive a bye into the Regional Heat.

## 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.

## **The National Lifesaving Championship**

### **Rules**

#### **1.0 General Procedures**

##### **1.1 Entry Procedures**

- i) All entries must be on Official Entry Forms obtainable from RLSS UK website ([www.rlss.org.uk](http://www.rlss.org.uk)).
- ii) The Branch will send the entry forms of competitors qualifying for the Regional heat to [competitions@rlss.org.uk](mailto:competitions@rlss.org.uk) before the 1<sup>st</sup> June 2016.
- iii) RLSS UK will process entries, checking membership and award prerequisites. All entry fees to be paid by 1<sup>st</sup> June 2016.
- iv) Team Managers will be notified if entries are invalid.
- v) RLSS UK Headquarters will send details of entries for the Regional Heat to Regional Heat Organisers.
- vi) At the Regional Heat the results and details of all competitors qualifying for the National Finals will be endorsed by the Regional Heat Organiser and sent to [competitions@rlss.org.uk](mailto:competitions@rlss.org.uk).
- vii) **Please Note**

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

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

##### **1.2 Entry Details**

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

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

###### **1.2.2 Teams**

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

###### **1.2.3 Reserves**

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

###### **1.2.4 Substitutes**

Each 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 identified 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 Championships must be in a current individual category of membership by midday on the Monday prior to the Branch Competition (if one is held), or by midday on the **Monday** prior to the closing date (if a Branch Heat is not held). All competitors must remain in membership throughout their participation in the competition.

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 Branch, Regional and National Final competitions will be rejected if proof of current membership cannot be verified.**

Any competitor subsequently found not to be in current membership at the time of Branch or Regional Heats may be excluded from further participation in the competition.

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**

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

## **1.7 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 2016 Championships is £20.00
- ii) The Complaint Fee for the 2016 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 / Mixed – 12-14 years
- iii) Senior Girls – 15 – 17years
- iv) Senior Boys / Mixed– 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, at the date of entry for the Branch Heat, fulfil the following conditions:

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

### 2.3 Age Pre-requisites

Competitors shall conform to the following age pre-requisites at 31 December 2016;

- i) Members of Junior Boys and Junior Girls Pairs Teams shall be between 12 and 14 years of age; Junior Girls and Junior Boys (12-14) may swim up, i.e compete in the 15 -17 year age group.
- 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 Diving Pre-requisites

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

## 2.5 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.

## 2.6 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.

## 2.7 Safety

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

## 2.8 Competitor Control

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

## 2.9 Draw Order for Competing

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

## 2.10 Marking and Placing

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

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

**2.10.2** In the Team Heat / Championships the rank order for the Line Throw and Swim & Tow events shall be calculated by the addition of the two times for each member of

the Team in each event and rank ordering the Teams according to the fastest to slowest cumulative total.

## **2.11 Ties**

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

## **2.12 Disqualifications and Invalidations**

**2.8.1** 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.

## **2.13 Officials**

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

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

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

Referees appointed shall have a minimum qualification of National Judge.

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

### 3.0 Events

The following events are described in this section

- Aquatic Initiative Test
- Life Support Initiative Test
- Line Throw
- Swim & Tow (Non contact)

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.

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

### 3.1 General Conditions for Pool Competition

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

- i) In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee to leave the pool.
- 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. Corrective 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. Team members in the club events shall wear matching hats.

#### **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

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

- i) Competitors will be held in Security from the time the Security Room closes until called to compete;
- ii) Competitors will take part in draw order;
- iii) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.
- iv) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- v) 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;
- vi) 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;
- vii) One or more manikins may be used as Subjects.

#### **Subjects**

- viii) 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.
- ix) 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.
- x) Any competitor who is deemed to treat a subject(s) roughly and in a manner which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

### 3.5 Life Support Initiative Test

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

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

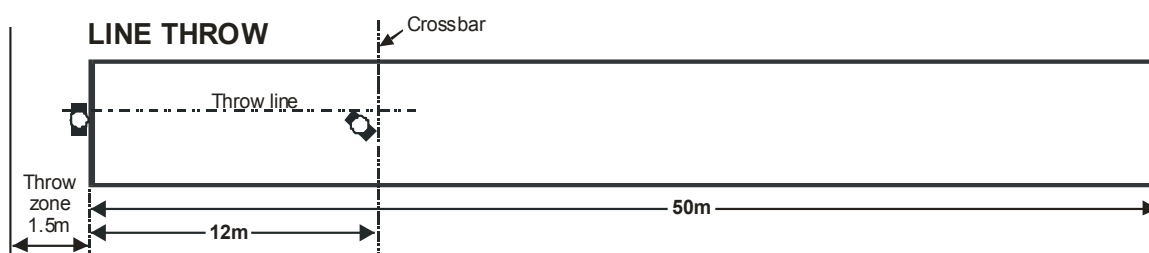
#### **Subjects**

- i) 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.
- ii) 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.
- iii) Any competitor who is deemed to treat a subject(s) roughly and in a manner which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

### 3.6 Line Throw

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

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



- i) **The start:** On the first whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line and enters the water. No practice throws are permitted.

At the second whistle, competitors take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command “Take your marks”. When all competitors are stationary, the Starter gives the acoustic starting signal.

- ii) **Starting position:** The thrower stands in the throw zone facing the victim, motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand. The victim treads water on the near side of the rigid crossbar in allotted lane. The victim holds both the throw line and the crossbar with one or two hands.

- iii) **On an acoustic starting signal:** The thrower shall retrieve the line, throw it back to the victim (who grasps it), and pull him or her through the water until the victim touches the finish wall.

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The victim will be disqualified if he or she attempts to climb out of the water or sit on the pool edge before the Chief Referee’s signal. Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race.

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

- iv) **Fair throw:** Subjects must grasp the throw line with their hands only within their lane. The lane marker is not “within the lane”. Subjects may submerge to retrieve the throw line. Subjects may not release the crossbar before grasping the throw line with the other hand.

As long as subjects remain entirely within their designated lane and do not release their grasp on the crossbar, they may use their foot or other part of the body to

manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.

- v) **Pull through the water:** While being pulled to the edge, subjects must be on their front grasping the throw line with both hands, arms out stretched and keeping their heads up. Subjects may not “climb” the throw line hand-over-hand or provide any propulsion to the poolside (e.g.no kicking). For safety reasons, subjects may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Subjects may wear swim goggles.

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

Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the 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 inside edge of the throw zone, any part of the thrower’s body may touch or cross the throw zone line without penalty. Any part of the thrower’s feet may cross over the front of the “pool edge” of the throw zone without penalty.

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

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

### 3.7 Swim and Tow (Non-Contact)

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

The tow shall be a non-contact tow using a tea towel of minimum size 500 x 300mm. (For regional heats and the final RLSS UK will provide the tea towel (100% cotton – 470mm by 760mm). The towel is to be in the competitor's possession at the start of the event

- i) Tumble turns will be permitted, but not during the pickup of the subject.
- ii) 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.
- iii) **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 the distance will be 50m Swim & 50m Tow.
- iv) **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 the distance will be 25m Swim & 25m Tow.
- v) Each Competitor will be timed from the starting signal until they touch the end of the pool at the completion of the tow.
- vi) 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.
- vii) 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.
- viii) 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.
- ix) 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.