



LIFESAVING SOCIETY

The Lifeguarding Experts

Communiqué – May 2012

ONTARIO JUNIOR LIFEGUARD GAMES – POOL

Sanctioned by the Lifesaving Society

June 16, 2012

Town of Tillsonburg

This championship will be in accordance with the 2011 Edition of the *ILS Competition Manual* and the 2010 Edition of the *Canadian Competition Manual*. Anything not covered in these two manuals appears in this communiqué.

ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifeguard Games, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award *or* be a member of a Lifesaving Club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (roll entry, tread 1 minute and swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate.

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

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 & under years

Club Composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

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

PROGRAM OF EVENTS

The following events will be conducted in both male and female categories:

Individual Events	9 yrs. & under	10 & 11 yrs.	12 & 13 yrs.	14 & 15 yrs.	16 yrs.
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Object Carry	5 lb. weight	5 lb. weight	10 lb. weight	10 lb. weight	10 lb. weight
Throwing Accuracy	4 m	4 m	7 m	7 m	10 m
Tow with Fins	50 m	50 m	100 m	100 m	100 m
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m

Manikin handlers: A member of the competitor's club assists as manikin handler. With the referee's approval, non-club members may act as handlers, provided they are registered for the championships. Manikin handlers must wear a club cap matching their competitor.

Relay Events	44 years or Less	64 years or Less
Obstacle Swim Relay	100 m	200 m
Lifesaving Medley Relay	100 m	200 m
Entries are limited to one entry per age group, male and female, per club.		

UNIFORMS AND EQUIPMENT

Swim caps

Competitors shall wear swim caps in each event. The use of such caps assists in identification of competitors and in event judging. Competitors are required to provide their own bathing cap. Club caps are not required to match. The manikin handler shall be wearing a club cap matching their competitor.

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Swim fins used in competition shall comply with the following dimensions:

Age group swim fins:

Length: maximum 60 cm, including “shoe” or ankle strap (ankle strap extended)

Width: maximum 21 cm at the widest point of the blade

Equipment

The following equipment shall be provided for the championships:

- Lifesaving Society competition manikin
- Lifejackets for manikins for Tow with Fins event
- Lifesaving Society rescue tubes
- Lifesaving Society obstacles
- Lifesaving Society throw rope

SCORING

Finals need not be conducted for Ontario championships. Final placing will be determined by the results in heats.

Clubs are allowed unlimited entries in events; however, only the top 3 placing entries score club points.

Point allocation

Competitors in the Ontario Junior Lifeguard Games shall be allocated points as outlined in the following chart:

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

Time Penalty / Disqualification

13 years and under

Rule infractions will be allocated a 5 second time penalty. There may be more than one infraction by a competitor in an event. The time penalty/penalties will be recorded on the time card. The final posted time will recognize any time penalties.

14 – 16 years

Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

PROTESTS

Videotapes may not be used to protest a judge's ruling or score. Protests may be filed by the competitor, captain, team manager or coach.

AWARDS

Ontario Junior Lifeguard Games

The Ontario club with the highest overall point score is awarded the Ontario Junior Lifeguard Games banner.

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

Event winners: Medals are awarded to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons are awarded to those in 4th through 6th place, male and female in each age group.

Individual Overall: Medals shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores in each age category. Competitors need not enter all events to qualify.

Ontario Lifesaving Pool Championship:

The Ontario Club/Affiliate with the highest overall point score shall be

awarded the “Ontario Lifesaving Pool Championship”. Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Master where the top three results per club, per gender, per event will score for their designated clubs at all Pool Lifesaving Championships during the same year. This award will be announced following the final pool championship of the year.

Ontario Lifesaving Championships Club Championship:

The Ontario Club/Affiliate with the highest overall point score shall be awarded the “Ontario Lifesaving Club Championship”. This award will be decided annually by accumulating all of the earned points of Junior, Senior and Master Competitors and teams for their designated clubs at all seven “Ontario Lifesaving Championships” during the same year (Ontario Junior Games – Pool and Waterfront, Ontario Lifeguard/Lifesaving Championships – Pool and Waterfront). This award will be announced following the final championship of the year.

EVENTS

With the exceptions specified below, Ontario Junior Lifeguard Games events are conducted according to the event rules found in Section 4 of the 2011 edition of the *International Life Saving Federation Competition Manual*. View or download the *ILS Competition Manual* at www.lifesavingsociety.com. Printed, bound copies are also available for purchase.

Obstacle Swim (Reference Event 4.7, ILS, pg. 58-59)

Event description – 50 m short course

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

Event description – 100 m short course

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing 4 times under the immersed obstacles to touch the finish wall 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 10 – *Facility and Equipment Standards*.

Obstacles are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes.

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

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Passing *over* an obstacle without immediately returning *over* 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 wall.
- vi) Failure to complete the event as defined and described.

Obstacle Relay (Reference Event 4.15, ILS, pg. 79-80)

Relay age group 44 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims 25 m passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Relay age group 64 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims 50 m passing under two obstacles. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Competitors must surface after the start, before the first obstacle, and after passing under each obstacle. Competitors may push off the pool bottom when surfacing from under 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.

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: Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes and extend 35 cm / 14 inches below the surface.

Positioning obstacles for short course (25 m) pools: One obstacle is located 12.5 m from the starting edge.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/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 or in-water start or after a turn.
- iii) Failure to surface after each obstacle.
- iv) Failure to touch the wall during the turn.
- v) Leaving the start before the previous competitor has touched the wall.
- vi) Failure to touch the finish wall.
- vii) A competitor re-entering the water after completing his or her leg of the relay.
- viii) One competitor repeating two or more legs of the event.
- ix) Failure to complete the event as defined and described.

Object Carry

Event description

With a dive entry or in-water start on an acoustic signal, the competitor swims 25 m to retrieve an object to the surface within 5 m of the turn wall. The competitor carries the object to touch the finish wall of the pool, for a total distance of 50 m. Competitors may retrieve objects dropped during the carry. Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

Competitors need not touch the turn wall of the pool.

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

Positioning the object

The object is located at a maximum depth of 2 m. In water deeper than 2 m, the object shall be placed on a platform (or other support) to position it at the required depth.

The object is positioned in contact with the pool bottom touching the pool wall. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the object 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.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the object – not including the bottom of the pool.
- ii) Failure to touch the finish edge.
- iii) Failure to complete the event as defined and described.

Note: Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

Throwing Accuracy

Event description

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

The start: On the long whistle, competitors step into the throw zone and remain there. On the starter's "Take your marks" command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: Competitors stand facing the target, motionless with legs together and arms straight down and beside the body with 1 or 2 hands holding the line.

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

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 wall until completion of the event. 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) prior to the 2 minute completion signal, shall be penalized/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 competitor's 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 wall" 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 not interference with another competitor. Competitors who enter (or fall into) the water shall be penalized/disqualified.

Time limit: Competitors must hit the target 3 times within 2 minutes. If a throw falls short or outside the allocated lane, competitors may recover

the line and throw again as often as necessary up to the 2-minute limit. Competitors who fail to hit the target 3 times within the time limit shall be designated as “Did Not Finish” (DNF).

Equipment

Throw line: See Section 10 – *Facility and Equipment Standards*.

Competitors 11 years and under shall use a line between 6 m and 7 m in length. Competitors 12 to 15 years shall use a line between 9 m and 10 m in length. Competitors 16 years shall use a line 16.5 m and 17.5 m in length.

Competitors must use the throw lines supplied by organizers.

Target: The target shall be a maximum of 50 cm x 50 cm x 50 cm plus or minus 2 cm. For junior competitors 11 years and under, the target is positioned 4 m from the starting end of the pool. For junior competitors 12 to 15 years, the target is positioned 7 m from the starting end of the pool. For junior competitors 16 years, the target is positioned 10 m from the starting end of the pool.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute completion signal.
- ii) Failure to complete the event as defined and described.

Note: Competitors who fail to hit the target 3 times within the time limit shall be designated as “Did Not Finish” (DNF).

Tow with Fins (Reference Event 4.11, ILS, pg. 66-68)

Event description – 50 m short course

With a dive start on an acoustic signal, the competitor swims 25 m with fins and rescue tube. After touching the turn 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 wall of the pool

For 11 yr. & under competitors: the manikin is empty and fitted with a lifejacket. The competitor clips the loop on the lifejacket and tows the manikin to the finish.

Event description – 100 m short course

With a dive start on an acoustic signal, the competitor swims 75 m with fins and rescue tube. After touching the turn 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 wall of the pool.

Equipment

Manikin, fins, rescue tube: See Section 10 – *Facility and Equipment Standards*. The manikin is filled with water so that it floats with the top of its transverse line at the surface. For the 11 and under Junior Lifeguard Games competitors, the manikin is empty and fitted with a lifejacket. Competitors must use the manikins and rescue tubes supplied by organizers.

Positioning the manikin: Before the start the manikin handler positions the manikin – vertically and facing the turn wall. For the placement of the manikin for the 11 and under Junior Lifeguard Games competitors, the manikin is placed with the base of the manikin against the wall, face up.

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall.

The manikin handler shall be a member of the same club and shall be wearing a club cap matching their competitor.

Securing the manikin: After first touching the turn 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. For the 11 and under Junior Lifeguard Games competitors: After first touching the turn wall, the competitor then secures the manikin correctly by clipping the loop on the lifejacket, within the 5 m pick-up zone.

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

as the rules governing manikins are not violated (see 4.3 *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.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the pool bottom.
- ii) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.
- iii) Manikin handler pushing the manikin towards the competitor or the finish wall.
- iv) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- 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) Not touching the pool wall 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). For Junior Lifeguard Games competitors, 11 and under, incorrect securing of the rescue tube on the loop on the lifejacket.
- 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. For Junior Lifeguard Games competitors, 11 and under, not securing the rescue tube on the loop on the lifejacket 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 (unless the competitor has stopped to re-secure the manikin).
- xi) Pushing or carrying, instead of towing, the manikin.
- xii) Not maintaining the manikin's mouth and nose above the surface (See 4.3 Manikins).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xiv) Touching the finish wall without the rescue tube and manikin in place.
- xv) Failure to touch the finish wall.
- xvi) Failure to complete the event as defined and described.

Lifesaving Medley

Event description – 100 m short course

With a dive entry on an acoustic signal, the competitor swims 25 m each of: front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

Competitors must swim the 4 legs of the individual medley in the order of strokes specified.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs only and competitors *must* use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Incorrect strokes.
- ii) Not surfacing within 12.5 m after the start and each turn.

- iii) Failure to touch the wall during the turn
- iv) Failure to touch the finish wall.
- v) Touching the pool bottom or pulling the lane divider.
- vi) Failure to complete the event as defined and described.

Lifesaving Medley Relay

Relay age group 44 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims the 25 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 25 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 25 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 25 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall. Competitors starting in the shallow end or into shallow water must use an in-water start.

Relay age group 64 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims the 50 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 50 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 50 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 50 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall.

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.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs only and competitors *must* use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool edge.

Time Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in time penalty/disqualification:

- i) Incorrect strokes.
- ii) Not surfacing within 12.5 m after the start and each turn.
- iii) Failure to touch the wall during the turn
- iv) Failure to touch the finish wall.
- v) Touching the pool bottom or pulling the lane divider.
- vi) Leaving the start before the previous competitor has touched the wall.
- vii) Failure to complete the event as defined and described.

FOR MORE INFORMATION

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2012 CALENDAR

Ontario Senior Masters Lifesaving Championships – Pool
March 24, Richmond Hill

Ontario Junior Lifeguard Games – Pool
June 16, Tillsonburg

Ontario Lifeguard Championship – Senior Pool
August 4 & 5, Town of Markham

Ontario Junior Lifeguard Games – Waterfront
August 12, Toronto

Ontario Masters Lifesaving Championship –Waterfront
August 12, Toronto

Ontario Senior Lifesaving Championship –Waterfront
August 13 & 14, Toronto