



ONTARIO LIFESAVING SPORT

On February 7, 2017 the Ontario Lifesaving Sport Council passed a motion to adopt that the distance for Line Throw Relay be 10 m at the Ontario Lifeguard Championships:

4.11 LINE THROW RELAY

Reference: *ILS Competition Rule Book*, 3.13.

Event description

The first competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The first competitor pulls this second competitor “victim” back to the finish wall of the pool. Once the second competitor has touched the pool wall the first competitor releases the line and enters the water to wait on the far side of the cross bar to act as a “victim” for the fourth competitor.

The second competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The second competitor pulls this third competitor “victim” back to the finish wall of the pool. Once the third competitor has touched the pool wall the second competitor may leave the throw zone.

The third competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The third competitor pulls this fourth competitor “victim” back to the finish wall of the pool. Once the fourth competitor has touched the pool wall the third competitor may leave the throw zone.

The fourth competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The fourth competitor pulls this first competitor “victim” back to the finish wall of the pool.

** *Ontario Competition Manual (2016 Edition)*, page 36 – 39 (all other rules remain the same).

FOR MORE INFORMATION

Lorraine Wilson-Saliba

Lifesaving Sport Director

Phone: 416-490-8844 Fax: 416-490-8766

E-mail: lorrainew@lifeguarding.com