



LIFESAVING SOCIETY

The Lifeguarding Experts

Communiqué – April 2018

ONTARIO LIFESAVING SPORT

On February 6, 2018 the Ontario Lifesaving Sport Council passed a motion to adopt that the target shall be a rope or obstacle fixed in a straight line across all lanes at the Ontario Junior Lifeguard Games – Pool and the Junior Lifeguard TeleGames:

THROWING ACCURACY

Event description

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

The start: On the long whistle, competitors step into the throw zone. On the starter's "Take your marks" command, competitors immediately assume the starting position. When competitors are stationary, 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 event is finished when the competitor's line hits the 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.

Fair throw: The lane marker is not "within the lane".

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 will be assigned a time of 2-minutes (Junior Lifeguard TeleGames) or shall be designated as “Did Not Finish” (DNF) (Ontario Junior Lifeguard Games – Pool).

Equipment

Throw line: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. 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 rope or obstacle fixed in a straight line across all lanes. 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 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

- a) Exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute completion signal.
- b) 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) (Ontario Junior Lifeguard Games – Pool).

FOR MORE INFORMATION

Lorraine Wilson-Saliba

Lifesaving Sport Director

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

E-mail: lorrainew@lifeguarding.com