

COMMONWEALTH COMPETITION MANUAL

Standards and Procedures for
Commonwealth Lifesaving Championships
and RLSS Commonwealth-sanctioned Competitions

2010 EDITION



Commonwealth Lifesaving
The Royal Life Saving Society

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and RLSS Commonwealth-sanctioned Competitions

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and RLSS Commonwealth-sanctioned Competitions



Commonwealth Lifesaving
The Royal Life Saving Society

COMMONWEALTH LIFESAVING
THE ROYAL LIFE SAVING SOCIETY

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Commonwealth President HRH Prince Michael of Kent GCVO

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Commonwealth Chief Executive Officer Francene Leaversuch

RLSS Commonwealth Sport Committee

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THE ROYAL LIFE SAVING SOCIETY

The Royal Life Saving Society is working to eliminate drowning in the Commonwealth. Our vision is to:

- Empower people and communities to prevent drowning
- Engage youth through lifesaving sport to support the drowning prevention mission
- Contribute significantly to and be a valued partner in drowning prevention, lifesaving and lifesaving sport
- Contribute to the achievement of Commonwealth Priorities

RLSS Motto

*Quemcunque Miserum
Videris Hominem Scias –*

Whomsoever you see in
distress, recognise in them
a fellow human being.

Consistent with the Society's Motto and Commonwealth Principles
RLSS believes in:

- Respect for human life
- Equity, diversity, inclusiveness
- Friendship

Unlike other international organisations involved in drowning prevention, RLSS operates specifically among the Commonwealth nations. Our focus is on effecting change at the grassroots level to reduce drowning. In addition, Commonwealth Lifesaving provides a link to the Commonwealth network including, Heads of Government and the Secretariat, as well as other international Lifesaving and Injury Prevention partners.

The Royal Life Saving Society is governed by a volunteer Board of Trustees – the Commonwealth Management Committee – representative of the Member Branches across the Commonwealth. The Board is guided by the Commonwealth Council of Presidents, composed of the Presidents of all Member Branches.

The Royal Life Saving Society is the oldest established global lifesaving and drowning prevention organisation. Today, the Society is active in 42 Commonwealth nations.

Historical Snapshot

- 1891 The Life Saving Society founded by William Henry
- 1892 The Bronze Medallion introduced
- 1924 The Society incorporated by Royal Charter
- 1960 National Branches established in Supplementary Charter
- 1991 First Commonwealth Lifesaving Championships
- 2008 Cameroon becomes most recent branch

The RLSS Commonwealth Sport Committee

The RLSS Commonwealth Management Committee established the Society's Commonwealth Sport Committee in 2003 to develop lifesaving sport in Commonwealth nations.

The Commonwealth Sport Committee has a mandate to engage youth through lifesaving sport to support and advance the Society's drowning prevention mission and to provide development opportunities for:

- high-performance athletes on National Teams
- competitors on development teams aspiring to improve their performance
- coaches and team managers at all levels
- officials
- lifesaving sport management within member nations

The RLSS and Lifesaving Sport

Competition has been an integral part of RLSS training throughout its history, and official Commonwealth Lifesaving Championships have been held since 1991:

2011 – Durban, South Africa

2009 – Edmonton, Canada

2006 – Bath, England

2003 – Durban, South Africa

2001 – Eastbourne, England

1996 – Coventry, England

1994 – Dandenong, Australia

1991 – Coventry, England

In addition to providing an opportunity for teams to compete, lifesaving sport provides:

- an incentive for training
- volunteer recruitment for the Society
- an opportunity for educational exchange
- an opportunity to improve techniques
- increased public awareness of the Royal Life Saving Society

PREFACE – CHANGES IN THE 3RD EDITION

The *Commonwealth Competition Manual* is published approximately 12 months prior to the next Commonwealth Lifesaving Championships. Each edition of the manual reflects learning from previous Commonwealth Championships and relevant changes in the most recent edition of the *ILS Competition Manual*.

In this edition of the manual, the Commonwealth Sport Committee has made the following significant changes:

New Sections

- Material formerly presented together in Section 1 *Lifesaving Competition* is now organized in two sections: *Lifesaving Competition* and Section 2 *Commonwealth Lifesaving Championships*.
- A new Section 5 – *Short Course Events* provides descriptions for lifesaving sport events run in 25 m facilities.

No Divisions

- The Commonwealth Championships are no longer organized in two divisions. Athletes from all Commonwealth nations compete against each other in a single Championship.

New Programme of Events

- To promote participation of athletes from developing nations, non-point-score Championship events have been added to the programme. The 100 m Obstacle Swim and 100 m Super Lifesaver are non-point-score events in National Teams Championship (only). Event winners are recognized as Commonwealth champions, but no points are allocated to teams.
- Deletion of Rescue Medley.

Manikins

- In the 5 m start zone, turn zone, and changeover zone, competitors are not judged on the “carrying the manikin”, “towing the manikin”, or “towing the victim” criteria.

Swim Suit Standards

- Competitors shall conform to the swim suit standards adopted by ILS (see Appendix 2).

Commonwealth Championship Records

- Addition of 100 m Obstacle Swim and 100 m Super Lifesaver.

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SECTION 1
COMMONWEALTH COMPETITION MANUAL

LIFESAVING COMPETITION



Commonwealth Lifesaving
The Royal Life Saving Society

Section 1

LIFESAVING COMPETITION

The sport of lifesaving contributes to the drowning prevention mission of the Royal Life Saving Society (RLSS). In pursuit of this mission, competition serves more than the needs of the high-performance athlete. Lifesaving competition also provides developmental opportunity for all aspects of lifesaving sport including:

- national teams
- potential national team competitors
- team coaches and team managers
- officials
- lifesaving sport management personnel

1.1 RLSS AUTHORITY

The Royal Life Saving Society alone shall authorise Commonwealth Lifesaving Championships. The word "Commonwealth" may not be used in connection with any lifesaving competition without the consent of the Royal Life Saving Society.

All Commonwealth Lifesaving Championships occur under the auspices of the RLSS which awards the Championships.

The RLSS shall authorise Commonwealth Championships every two years.

1.2 OFFICIAL CEREMONIES

Official ceremonies shall be conducted at Commonwealth Championships and consist of the following elements:

- Assembly of teams and officials
- Official welcome on behalf of the host authority
- Administration of athletes and officials oaths
- Official welcome on behalf of the Royal Life Saving Society and the opening declaration

1.2 OFFICIAL CEREMONIES *(cont'd)*

Competitors oath

“In the name of all competitors, I promise that we shall respect and abide by the rules of this Championship, competing with a spirit of sportsmanship and fair play.”

Officials oath

“In the name of all officials, I promise that we shall officiate in this Championship with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them.”

Official Opening Declaration

“On behalf of the Royal Life Saving Society, I declare these Championships officially open.”

Award presentations

Official presentations of awards shall be conducted throughout the Championships. All award presentations shall share the following characteristics:

- Presentations shall be staged on a podium or dais.
- An official presenter will place medals on ribbons around competitors' necks.
- Official photographs will be taken.

If possible, the national anthem of the first place National Team will be played and flag or banner displayed.

Flags and banners

Each team shall bring to the Championships, a flag or banner indicating the team's nation. Flags and banners shall be carried at the official opening ceremony. In addition, organisers may request the flags and banners to be displayed at the competition sites, official functions, and award presentations.

1.3 COMMONWEALTH RECORDS

RLSS shall recognise men's and women's Commonwealth records in all events identified in the *ILS Competition Manual*. Such events must be

1.3 COMMONWEALTH RECORDS (*cont'd*)

conducted in a 50 m swimming pool that complies with ILS standards, and using equipment which complies with ILS standards.

Commonwealth records may be established at Commonwealth Lifesaving Championships, national Championships, and at any other Championship conducted according to the *ILS Competition Manual* and sanctioned by RLSS and its national branches.

Commonwealth Championship records may only be established at the Commonwealth Lifesaving Championships. This includes records for the 100 m Obstacle Swim and the 100 m Super Lifesaver events.

Commonwealth records shall not be recognised without a negative doping test certificate unless the record was achieved at the Commonwealth Lifesaving Championships or a RLSS Commonwealth-sanctioned championship where there is in place a system of targeted and random tests in accordance with ILS anti-doping rules.

Any competitor establishing or equalling a Commonwealth record shall submit to “doping control” following the race. When a relay team breaks or equals a Commonwealth record all competitors swimming the relay shall be tested.

If no doping control is conducted at the competition the competitor(s) shall submit to doping control no later than 24 hours after the race.

All records made during Commonwealth Lifesaving Championships shall be automatically approved. Others shall be approved subject to the following conditions:

- i) All records must be made in competitions held in public and announced to the public (and to RLSS Commonwealth Headquarters) by advertisement at least three days before competition.
- ii) The facility (including event-specific) standards and equipment specifications must be certified by a surveyor or other qualified official appointed or approved by the RLSS Commonwealth Sport Committee (for Commonwealth Championships) or the RLSS member organisation for sanctioned competitions in its jurisdiction.
- iii) RLSS will accept Commonwealth records only when times are reported by automatic officiating equipment.

1.3 COMMONWEALTH RECORDS *(cont'd)*

- iv) Times which are equal to 1/100 of a second will be recognised as equal records, and competitors achieving these equal times will be called “Joint Holders.” Only the time of the winner of a race may be submitted for a Commonwealth record. In the event of a tie in a record-setting race, each competitor who tied shall be considered a winner.
- v) Applications for Commonwealth records must be made by the responsible authority of the organising committee of the competition using the official Record Application form and signed by the RLSS-recognised chief referee certifying that all regulations have been observed including a negative doping test certification. The application shall be forwarded to RLSS Commonwealth Headquarters within 30 days of the conclusion of the competition.
- vi) Upon receipt of the Record Application, and upon satisfaction that the information contained in the application is complete, the Commonwealth Secretary will submit the application to the RLSS Commonwealth Sport Committee for consideration. Following approval, the Commonwealth record shall be declared and published. The competitor shall be provided with a Certificate of Commonwealth Record.

1.4 OFFICIALS

The RLSS Commonwealth Sport Committee shall have full control and authority over all aspects of competition for Commonwealth Championships.

The Sport Committee shall call for and appoint the following officials for Commonwealth Lifesaving Championships:

- Meet Manager
- Referee
- Deputy Referee

The Meet Manager shall appoint all other officials in consultation with the host organising committee.

All officials must be accredited by the national governing body for lifesaving sport in their respective nations, and officials’ applications must be endorsed by the nation’s national lifesaving organisation prior to notification of appointment as an official.

1.4 OFFICIALS (*cont'd*)

Officials may not ‘coach’ or similarly assist a competing team. An official found to be in violation of this rule shall be declared ineligible to act further as an official. Officials who hold seminars or clinics for groups which include competitors are not deemed to be violating this rule.

Each competing team is encouraged to nominate a minimum of one official for the Championships.

Meetings: Referees and judges are required to attend the appropriate briefings to review judging sheets and event procedures, etc.

Dress: Officials shall wear a white top with white or navy blue shorts, pants, or skirts. Hats, if worn, should be white.

1.5 MANAGEMENT OF CHAMPIONSHIPS

Commonwealth Championships are managed by the RLSS Commonwealth Sport Committee. The Sport Committee will appoint senior officials for the Championships and liaise with the host organising committee.

Championship venue inspection: The Sport Committee shall appoint a representative to visit the host venue for the Commonwealth Lifesaving Championships at least three months prior to the commencement of the Championships to inspect all facilities and technical aspects.

The host country shall pay the travel and accommodation expenses incurred in connection with the inspection visit.

Responsibility for equipment: The host organising committee shall provide the following equipment which must be used by competitors:

- Rescue manikins
- Throw lines
- Rescue tubes
- Obstacles

The host organising committee shall be responsible for the provision of all equipment and material required to establish and maintain courses for all Commonwealth Championship events. This equipment must meet the specifications as outlined in the *ILS Competition Manual*.

Competition safety

The provision of safe competitions is essential and a priority in competition planning. At all Commonwealth Championships, the host national lifesaving organisation is responsible for the provision of adequate resources to ensure the safety of those involved with the competition.

1.5 MANAGEMENT OF CHAMPIONSHIPS *(cont'd)*

Competition safety *(cont'd)*

The host organising committee shall submit its safety and emergency plan (see below) to the RLSS Commonwealth Sport Committee no later than three months prior to the start of the Championships.

No competition shall be conducted until the Sport Committee is satisfied that the competition facilities are safe, and that the appropriate safety and emergency plan, equipment, procedures and personnel are in place.

The referee or the appointed safety officer (as named in the safety and emergency plan) shall assume control of emergencies arising during competition.

Safety and emergency plan: The host organising committee shall prepare a safety and emergency plan to ensure:

- the general safety of competitors, competition personnel and spectators.
- the personnel and procedures are in place in case of minor or major emergencies involving injury to or illness of competitors, competition personnel, or spectators.
- competition safety.

Relocation contingency plan: The host organising committee shall prepare a contingency plan to ensure the protocols and procedures are in place in the event unexpected conditions threaten to prevent the conduct of part or all of the competition.

The contingency plan shall:

- identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all of the competition.
- identify alternative locations where part or all of the competition may be safely conducted within the timeframe set down.
- specify the responsibilities and procedures for communicating decisions and directions concerning suspension, cancellation, postponement or relocation.
- outline the logistical plan for relocating competitors, competition personnel and equipment to an alternate location.
- outline the responsibilities for event set-up and re-scheduling at the alternate location(s).

SECTION 2
COMMONWEALTH COMPETITION MANUAL

COMMONWEALTH
LIFESAVING CHAMPIONSHIPS



Commonwealth Lifesaving
The Royal Life Saving Society

Section 2

COMMONWEALTH LIFESAVING CHAMPIONSHIPS

Commonwealth Lifesaving Championships provide a unique opportunity for international competition as well as development and mentoring opportunities for athletes, coaches, officials and managers. The Royal Life Saving Society has an ethos of development and seeks to foster development opportunities in all forums. The Commonwealth Lifesaving Championships are not solely about providing a world-class sporting event, but also features development initiatives to encourage greater engagement and participation of lifesaving organisations across the Commonwealth.

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

RLSS Commonwealth Lifesaving Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

RLSS considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.

Team management personnel and coaches are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of team managers and coaches is measured by the ILS code of fair play outlined in Section 3.3 of this manual.

National Teams in Commonwealth Lifesaving Championships

The Commonwealth Lifesaving Championships are open to one National Team per nation. All nations recognised by the Commonwealth Games Federation are eligible to enter.

"Nations" are defined by the Commonwealth Games Federation as all Commonwealth countries, colonies, and dependent or associated territories of a Commonwealth country (see Appendix 1 for list of eligible nations).

To be eligible to compete on a National Team, competitors shall:

- Be a citizen or subject of an eligible Commonwealth nation.
- Be bona fide lifesavers in good standing with a national lifesaving organisation and hold the Society’s Bronze Medallion Award.

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE *(cont'd)*

National Teams in Commonwealth Lifesaving Championships *(cont'd)*

- Be a minimum of 16 years of age as of the first day of the Championships.
- For purposes of out-of-competition testing, be registered with their national organisation responsible to the World Anti-Doping Agency (WADA) prior to the first day of the Commonwealth Lifesaving Championships.

A competitor who is a citizen or subject of more than one nation must choose which to represent.

Competitors born in a Commonwealth country that has common citizenship/passport with other Commonwealth nations may initially represent either their nation of birth or the nation of birth of his/her mother or father that shares such citizenship.

A competitor who has represented one nation at a Commonwealth Lifesaving Championships may only represent another nation in future Commonwealth Championships with the approvals of the RLSS Commonwealth Sport Committee and the national lifesaving organizations of the two nations concerned.

Each national lifesaving organization shall provide an endorsement declaring that its National Team members meet the eligibility criteria.

Composition of a National Team: A National Team may consist of a minimum of one competitor and a maximum of five female competitors and a maximum of five male competitors, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond five.

Development Teams in Commonwealth Lifesaving Championships

The Commonwealth Lifesaving Championships are open to one Development Team per nation. All nations recognised by the Commonwealth Games Federation are eligible to enter.

“Nations” are defined by the Commonwealth Games Federation as all Commonwealth countries, colonies, and dependent or associated territories of a Commonwealth country (see Appendix 1 for list of eligible nations).

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE *(cont'd)*

Development Teams in Commonwealth Lifesaving Championships *(cont'd)*

To be eligible to compete on a Development Team, competitors shall:

- Be a citizen or subject of an eligible Commonwealth nation.
- Be bona fide lifesavers in good standing with a national lifesaving organisation and hold the Society's Bronze Medallion Award.
- Be a minimum of 16 years of age as of the first day of the Championships.
- Must not now, or ever have been, a member of any National Team.

Competitors may be selected to a Development Team multiple times.

A competitor who is a citizen or subject of more than one nation must choose which to represent.

Competitors born in a Commonwealth nation that has common citizenship/passport with other Commonwealth nations may initially represent either their nation of birth or the nation of birth of his/her mother or father that shares such citizenship.

A competitor who has represented one nation at a Commonwealth Lifesaving Championships may only represent another nation in a future Commonwealth Championships with the approvals of the RLSS Commonwealth Sport Committee and the national lifesaving organizations of the two nations concerned.

Each national lifesaving organization shall provide an endorsement declaring that its Development Team members meet the eligibility criteria.

Composition of a Development Team: A Development Team may consist of a minimum of one competitor and a maximum of five male competitors and a maximum of five female competitors, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond five.

2.2 PROGRAMME OF EVENTS

The RLSS Commonwealth Sport Committee establishes the programme of events for Commonwealth Lifesaving Championships.

(Commonwealth Championships event rules are consistent with those in the *ILS Competition Manual*.)

2.2 PROGRAMME OF EVENTS (*cont'd*)

The following pool events shall be conducted in both male and female categories.

Race Events	Maximum Entries Per Team
200 m Obstacle Swim	2 competitors
*100 m Obstacle Swim	2 competitors
50 m Manikin Carry	2 competitors
100 m Manikin Carry with Fins	2 competitors
100 m Manikin Tow with Fins	2 competitors
200 m Super Lifesaver	2 competitors
*100 m Super Lifesaver	2 competitors
Line Throw	2 teams (2 competitors per team)
4 x 25 m Manikin Relay	1 team (4 competitors per team)
4 x 50 m Obstacle Relay	1 team (4 competitors per team)
4 x 50 m Medley Relay	1 team (4 competitors per team)

Event	Maximum Entries Per Team
Simulated Emergency Response	1 team (4 competitors per team)

The simulated emergency response event shall be conducted without separate male and female categories. Teams may consist of any combination of males and females.

***Note:** The 100 m Obstacle Swim and the 100 m Super Lifesaver are non-point-score Commonwealth Lifesaving Championship events. Event winners are recognised as Commonwealth champions but no points are allocated to teams. Only National Teams may enter these 100 m events.

National Teams may enter either the 100 m or 200 m Obstacle Swim, but not both. Similarly, National Teams may enter the 100 m or 200 m Super Lifesaver, but not both.

2.3 SCORING

National Teams shall be scored separately from Development Teams and National Team and Development Team standings shall be posted separately.

Point allocation

Nations shall be allocated the following points based on team member placing in finals. No points shall be allocated for 100 m Obstacle Swim or for 100 m Super Lifesaver.

2.3 SCORING *(cont'd)*

Point allocation *(cont'd)*

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

Point score blocking

There shall be no point score blocking in either National Teams or Development Teams Championships.

Disqualification

Competitors who are disqualified from an event (whether in heats or finals) shall not earn any placing points for a team.

Withdrawal from a race

Where one or more competitors withdraw from a final, alternate competitors will be called forward according to times established in heats. The event shall be re-seeded.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

If all heats have been completed and the finals are not able to be conducted, the event placings shall be decided by rank ordering the times and awarding place medals to the competitors with the three fastest times.

Ties

Ties in overall team point scores shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;...and so on.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the teams involved. For example, in a two-way tie for first place, 19 points shall be allocated to each team.

2.3 SCORING (cont'd)

Ties (cont'd)

In pool events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate final.

In the Simulated Emergency Response event, when a tie occurs in heats that qualify for a final, the tied teams advance to the final.

Seeding

Seeding shall be used for National Team and Development Team Commonwealth Championships.

In heats: National Team and Development Team competitors shall be seeded together for each event based on entry times submitted with registration. This allows for more competitive races in heats, and for appropriate point allocations in finals.

In finals: In finals, competitors are seeded separately for both National Teams and Development Teams based on times recorded in heats.

For National Teams Championships, the fastest 16 competitors based on heats are assigned positions in an A- and B-final of 8 competitors each.

For Development Teams Championships, the fastest 16 competitors based on heats are assigned positions in an A- and B-final of 8 competitors each.

Where one or more competitors do not marshal for or withdraw from an A-final, alternate competitors shall be called forward from the B-final, and the A-final shall be re-seeded.

Where one or more competitors do not marshal for or withdraw from a B-final, alternate competitors shall be called forward according to times recorded in the heats, and the B-final shall be re-seeded.

Entry times: Competitors' best times in the 12 months prior to the entry deadline of the Championships shall be submitted on entry forms. Competitors 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, or of more than one competitor without times, shall be determined by draw.

In the Simulated Emergency Response Event: National Teams and Development Teams are seeded separately. The order of teams shall be determined by draw in a method approved by the referee.

2.4 AWARDS

Individual awards shall be presented to the first three places in the A-final of all *events* in the National Teams Championship. Event winners shall be recognised as Commonwealth Lifesaving Champions in those events.

Individual awards shall be presented to the first three places in the A-final of all events in the Development Teams Championship.

National Teams: The team that wins the National Team title is the Commonwealth Lifesaving Champion.

Based on the overall point score for all events, medals shall be presented to each member of the first, second, and third place National Teams and to a maximum of two management/coaching personnel per team.

The Prince Michael of Kent Salver shall be presented to the first place National Team.

The Langland Bay Men's Cup shall be presented to the first place men's National Team.

The Langland Bay Women's Cup shall be presented to the first place women's National Team.

Development Teams: Based on the overall point score for all events, medals shall be presented to each member of the first, second, and third place Development Teams and to a maximum of two management / coaching personnel per team.

SECTION 3
COMMONWEALTH COMPETITION MANUAL

**GENERAL RULES
AND PROCEDURES**



Commonwealth Lifesaving
The Royal Life Saving Society

Section 3 GENERAL RULES AND PROCEDURES

3.1 ENTRY PROCEDURES

Registration

All teams must register prior to the Championships in accordance with the procedures and deadlines established by the RLSS Commonwealth Sport Committee and the host organising committee.

Registrations received after the deadline may be subject to terms and conditions established by the organising committee for late registration. No entries in individual or team events shall be accepted later than 14 days prior to the first day of the Championships.

Entry times

Seeding shall be used for National Teams and Development Teams. Competitors' best times in the 12 months prior to the entry deadline, shall be submitted on the entry forms. Competitors shall be ranked according to the entry times.

Entry fees

The RLSS Commonwealth Sport Committee shall recommend the Commonwealth Championships fees to the Commonwealth Management Committee.

Entry fees must be paid with the team registration.

Changes in team composition or size prior to championships

Only the team manager may advise a change of team composition or size to the appropriate official of the host organising committee. The last chance to make such changes is at team "check-in" the day prior to the start of the Championships. After that time, there shall be no further alteration of team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The team manager shall notify the Championships organisers of the change in team composition in writing indicating:

- Date and time
- Name of the team
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

3.1 ENTRY PROCEDURES *(cont'd)*

Changes in team composition or size prior to championships *(cont'd)*

Notification must be accompanied by documentation from the team's national organisation which duplicates all declarations with respect to bona fide membership, etc., contained on the original team entry and for original team members.

If team member numbers increase, all appropriate entry fees (including applicable late entry fees) must accompany the written notice.

In addition, the new competitor(s) or team management shall complete any registration documentation that the organisers may require. New competitors and team management are responsible for acquainting themselves with matters that may have previously been dealt with at team briefings, etc.

Substitutions in individual and team events during championships

Only the team manager may substitute team members in events with another member from the same team. Team managers must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be resubstituted into that same event, but they may contest other events in the competition.

3.2 TEAM UNIFORMS AND EQUIPMENT

Each team shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

No team, competitor, or handler may have any signage, logos, or corporate identification on clothing, competition apparel, gear, equipment or on the person in the competition arena that the referee deems to be objectionable.

Swim caps

Competitors shall wear identical team swim caps. The use of such caps assists in identification of competitors and teams and in event judging.

In race events and in the Simulated Emergency Response event, the chin-tie caps or rubber or silicone caps must be worn on competitors' heads at the start of each event.

3.2 TEAM UNIFORMS AND EQUIPMENT (*cont'd*)

Swim caps (*cont'd*)

A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Swim wear

The referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:

- Competitors shall wear costumes, clothing or dress as approved by ILS. See Appendix 2.
- 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.

Swim goggles may be worn in race events. Neither goggles nor masks are permitted in the Simulated Emergency Response event.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

Manikin handlers *may* wear footwear.

Standardised competition equipment

Competitors must use the following equipment which shall be provided by the host organising committee:

- Rescue manikins
- Rescue tubes
- Throw lines
- Obstacles

This equipment must meet the specifications as outlined in the *ILS Competition Manual*.

3.3 CODE OF CONDUCT

Code of conduct for competitors and officials

RLSS Commonwealth Championships are high profile public events. RLSS expects all competitors and officials to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of RLSS or lifesaving competition will be referred

3.3 CODE OF CONDUCT (*cont'd*)

Code of conduct for competitors and officials (*cont'd*)

to the disciplinary committee. Penalties may include expulsion of individuals or teams from the competition.

RLSS expects the highest standard of conduct of its competitors, officials, and members. These expectations are reflected in the rules for competition (see *ILS Competition Manual*, Section 4) and in this manual.

For the purpose of applying the code of conduct, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the team. Violations of this code will result in individual and/or team disqualification from the competition.

Fair-play code for lifesaving competitions

It is important that competition be conducted in a spirit of goodwill and sportsmanship.

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the referee who may initiate action as described in 3.5 *Misconduct*.

Team members represent their nation and RLSS. As such, team members shall at all times conduct themselves in a proper manner during the Championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

Any action by a team which attempts to disrupt or interfere with another team is a serious offence and will be dealt with as such.

The general conduct of all participants will be measured by the following *code of fair play* (modified from the *ILS Competition Manual*):

RLSS will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials, and administrators the need to maintain the highest standards of sportsmanship in lifesaving sport.
- Ensure that its rules are fair, clearly understood by competitors, coaches, officials, and administrators, and properly enforced.
- Make every effort to ensure that its rules are applied consistently and impartially.
- Treat all members equally, regardless of gender, race, or physical characteristics.

3.3 CODE OF CONDUCT (*cont'd*)

Fair-play code for lifesaving competitions (*cont'd*)

Officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair, and ethical in dealing with others.
- Be professional in appearance, action, and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

Competitors will:

- Abide by the rules and the spirit of the competition.
- Accept the decisions of referees and judges without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

Team managers and coaches will:

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of drugs by competitors.
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules in order to take advantage of their competitors or their opponents.
- Respect the regulations and authority of the RLSS and its member organisations and not attempt to avoid or circumvent these regulations.
- Recognise the special role that they have to play in the establishment of standards by setting a good example of sportsmanship at all times.

3.3 CODE OF CONDUCT (*cont'd*)

Fair-play code for lifesaving competitions (*cont'd*)

Team managers and coaches will (cont'd):

- Respect the rights of other teams and never deliberately act in a manner intended to be to the detriment of another team.
- Respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

Supporters and spectators will:

- Respect the authority and regulations of RLSS and not attempt to avoid or circumvent them.
- Accept the authority of referees and judges to make decisions.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control at all times.
- Be respectful and considerate in interactions with others.
- Acknowledge the performance of all involved in the competition with grace and magnanimity.

3.4 MISCONDUCT

Conduct and discipline generally

RLSS, either by pre-determined publicised penalties or by adopting the decision of a disciplinary committee, may, at its discretion, issue penalties to individual competitors or teams.

Competing unfairly

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the Championships. The referee may refer the competitor or team to the disciplinary committee for consideration of further penalty. Examples of competing unfairly include:

- Committing a doping or doping-related infraction.
- Impersonating another competitor.
- Competing twice in the same individual event.
- Competing twice in the same event in different teams.
- Purposely interfering with a course to gain an advantage.

3.4 MISCONDUCT (*cont'd*)

Competing unfairly (*cont'd*)

- Jostling or obstructing other competitors or handlers so as to impede their progress.
- Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).

The referee and/or the relevant official(s) shall have absolute discretion in determining whether a competitor, team, or handler has competed unfairly.

Serious discipline offence

If a competitor or team commits what could be a serious discipline offence, they should immediately contact the referee and detail the circumstances. Failure to report a possible violation is itself an offence against RLSS rules.

Allegations of a serious discipline offence shall be referred to the disciplinary committee.

If the referee disqualifies a competitor or team for a serious offence in competition, the referee may also choose to make a report to the disciplinary committee which may decide to apply a further penalty against the competitor or team and its members.

Disciplinary committee

The RLSS Commonwealth Sport Committee shall appoint a disciplinary committee consisting of no less than three members.

The host organising committee shall supply the disciplinary committee with the name, contact address, and phone number at the competition site of the manager of every participating team.

Authority: The disciplinary committee shall inquire into any written complaint of misconduct or any matter referred to it by the appeals committee or referee.

The committee may also initiate an inquiry to determine if an offence has been committed and make a complaint if appropriate. The committee may then proceed as if another person had made the complaint.

The committee may assign appropriate penalties including removal from or disqualification from the Championships and forfeiture of titles or trophies.

3.4 MISCONDUCT (*cont'd*)

Disciplinary committee (*cont'd*)

The committee shall report in writing on its inquiries and decisions to the RLSS Commonwealth Sport Committee.

Procedure: Complaints must be received in writing or the complainant must be prepared to attend a meeting or inquiry of the committee as and when required.

The member or members against whom the complaint is made shall be entitled to be present at every hearing accompanied by the team manager.

Inquiry guidelines:

- i) The complaint or reference to the committee shall be read to the competitor(s) or to the team(s') representative(s).
- ii) The evidence of the complainant shall be presented.
- iii) The evidence of the team member(s) against whom the complaint has been made shall be presented.
- iv) Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the committee.
- v) Hearsay and irrelevant evidence shall not be admitted.
- vi) Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

Notification of findings: The committee shall make its decisions *in camera*. If the complaint is proved, the committee may impose a penalty. Notice of the finding and the penalty shall be given forthwith in writing by the chair of the disciplinary committee to the team member concerned, to his or her team or club, and to the country to which the team or club is affiliated.

The finding and penalty (if any) shall be effective forthwith.

3.5 DISQUALIFICATIONS AND "DID NOT FINISH" CLASSIFICATIONS

Competitors or teams may be disqualified from an event or from the entire competition.

3.5 DISQUALIFICATIONS AND “DID NOT FINISH” CLASSIFICATIONS (*cont'd*)

Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor is disqualified for any reason the event results shall not include a place or time for the competitor.

Did not finish (DNF): Where a competitor does not finish an event for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor does not finish an event (DNF), the event results shall not include a place or time for the competitor.

Disqualification from competition: Examples of behaviour, which may result in disqualification of individuals or teams from the competition, include:

- i) Refusing to fulfil the conditions of entry.
- ii) Breach of the code of conduct.
- iii) The impersonation or use of unauthorised competitors.
- iv) Activities resulting in wilful damage to the venue sites, accommodation sites, or the property of others.
- v) Abuse of officials.

Disqualification from events: Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:

- i) Being absent at the start of an event.
- ii) Infraction of the “General conditions” for events or infraction of event rules.

Competitors shall be notified of their disqualification from an event by the referee or appropriate judge, at the completion of the race.

Competitors shall not leave the designated competition area until dismissed by the referee.

If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged, at the referee’s discretion.

See *ILS Competition Manual* Appendices for disqualification codes for pool events.

3.6 PROTESTS AND APPEALS

The RLSS Commonwealth Sport Committee 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 Sport Committee decisions will not be entertained.

A competitor or team manager may protest to a referee, and subsequently dispute a referee's decision in the manner prescribed below.

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.

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 shall be no protest fee. 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.

3.6 PROTESTS AND APPEALS (*cont'd*)

Adjudication of protests

The conditions relating to the adjudication on protest 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 direct to the appeals committee convenor.
- ii) If the referee adjudicates the matter forthwith, the decision may be disputed by way of reference to the appeals committee. Such dispute 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 protest fee. If the protest is upheld, the fee is returned: if ruled against, the fee is forfeit.
- iii) The assistance of video or other electronic equipment may be used to consider protests or appeals. However, the protester must be able to provide a viewing within 30 minutes of the protest being lodged with the referee.

Appeals committee

- i) The RLSS Commonwealth Sport Committee shall appoint a person of suitable experience and practical knowledge to act as the appeals committee convenor.
- ii) The Appeals Committee Convenor selects members of the appeals committee, based on their backgrounds and experience, to adjudicate individual cases.
- iii) While three people should ordinarily sit on an appeals committee, the quorum for an appeals committee shall be two persons.
- iv) 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.

Authority:

- i) The appeals committee shall deal with all protests 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. 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.

3.6 PROTESTS AND APPEALS (*cont'd*)

Appeals committee (*cont'd*)

Authority (*cont'd*):

- iv) The appeals committee may refer serious breaches of the code of conduct to the disciplinary committee.

Procedure:

- i) 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.
- ii) The appeals committee shall adjudicate after both sides have had an opportunity to state their case.
- iii) Guidelines for an appeals committee inquiry are similar to the disciplinary committee procedure (see 2.4).
- iv) The assistance of video or other electronic equipment maybe used to consider appeals. However, the appellant must be able to provide a viewing within 30 minutes of the appeal being lodged with the appeals committee convenor.
- v) After hearing all available and relevant evidence, the appeals committee shall make its decision *in camera*.
- vi) 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.

3.7 DOPING CONTROL

Drug policy

RLSS has a policy of drug-free competition with possible drug testing for all Championships.

The RLSS drug policy shall be made readily available.

RLSS recognises that the host nation may have laws or legal requirements in addition to the RLSS drug policy. Competitors must be informed of such requirements as part of registration procedures.

SECTION 4
COMMONWEALTH COMPETITION MANUAL

LONG COURSE EVENTS



Commonwealth Lifesaving
The Royal Life Saving Society

Section 4

LONG COURSE EVENTS

Unless otherwise specified below, Commonwealth Lifesaving Championship events are conducted according to the event rules found in Sections 4 and 6 of the 2009 edition of the *International Life Saving Federation Competition Manual*. View or download the *ILS Competition Manual* at www.ilsf.org.

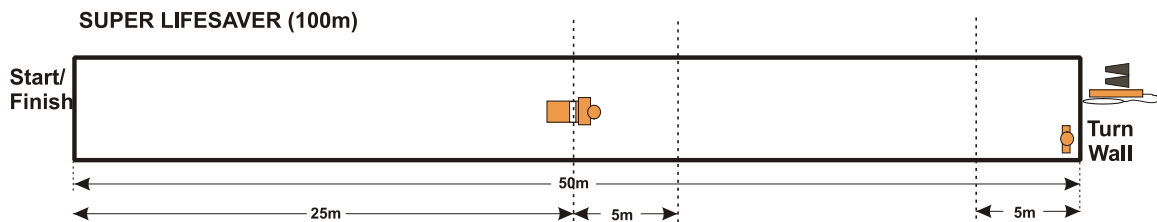
100 m Super Lifesaver event description

With a dive entry on an acoustic signal, the competitor swims 25 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 and within the 5 m pick-up zone, the competitor dons fins and rescue tube and fixes the rescue tube correctly around the floating manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

Note: In the 100m Super Lifesaver event, the manikin handler immediately releases the manikin when the competitor touches the manikin (not the wall).

Equipment and disqualification as per the description in the *ILS Competition Manual*. See also Section 5.2 *Manikins* in this manual.



SECTION 5
COMMONWEALTH COMPETITION MANUAL

SHORT COURSE EVENTS



Commonwealth Lifesaving
The Royal Life Saving Society

Section 5 SHORT COURSE EVENTS

The event descriptions in this section are based on the standardized events contained in the International Life Saving Federation *Competition Manual*, and modified for 25 m short course swimming pools.

It is recommended that short course lifesaving competitions be conducted in facilities that comply with FINA facility standards. FINA facility rules are intended to provide the best possible environment for competitive use and training. (See FINA Rules & Requirements; Facility Rules; FR2 Swimming Pools at www.fina.org)

The following facility standards are based on FINA facility rules:

Length

The pool shall be 25 m between automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end. A tolerance of plus 0.03 m and minus 0.00 m in each lane is allowed.

Starting platform

The height of the platform above the water surface shall be from 0.5 m to 0.75 m. The surface shall be at least 0.5 m x 0.5 m and covered with non-slip material. The starting platform shall be firm and give no springing effect.

Depth

Except as specified in event-specific standards, a minimum depth of 1.0 m is required.

For all dive starts, a minimum depth of 1.35 m is required, extending from 1.0 m at least 6.0 m from the starting end wall.

Automatic officiating equipment and manual timekeeping

Automatic officiating equipment is recommended but not required. In RLSS-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 fails, the average of the other two times shall constitute the competitor's official time.

Automatic officiating equipment and manual timekeeping (*cont'd*)

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.

Short course events

The following pool events are described in this section:

Obstacle Swim – 200 m, 100 m, 50 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

5.1 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) 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., handwebs, armbands).

5.1 GENERAL CONDITIONS FOR POOL COMPETITION *(cont'd)*

- 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 team swim caps in all events. Ocean event caps or 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.

5.2 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.

5.2 MANIKINS (*cont'd*)

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.

In the 5 m pick-up zone of the Manikin Tow with Fins, Super Lifesaver and Medley Relay events, competitors are not judged on the "towing the manikin" and "towing the victim" criteria.

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.

5.2 MANIKINS *(cont'd)*

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.

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.

5.3 OBSTACLE SWIM

Event description – 200 m short course

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

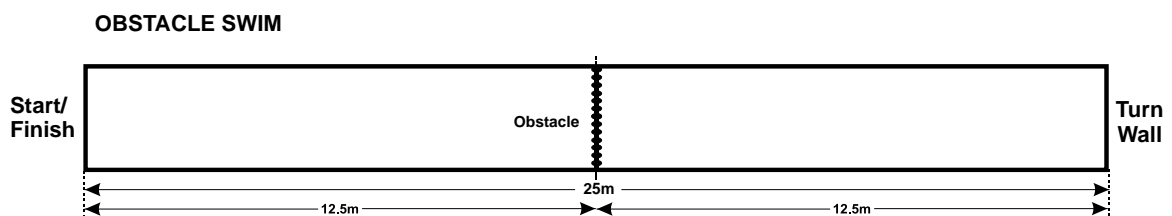
Event description – 50 m short course

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

Note

For all of the events described above:

- Competitors must surface after the dive entry before the obstacle; after passing under the obstacle; and after a turn prior to passing under the obstacle.
- The competitor may push off the pool bottom when surfacing from under the obstacle. “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: Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. Obstacles are positioned 12.5 m from the starting edge, in the middle of the pool.

5.3 OBSTACLE SWIM (*cont'd*)

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, 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.

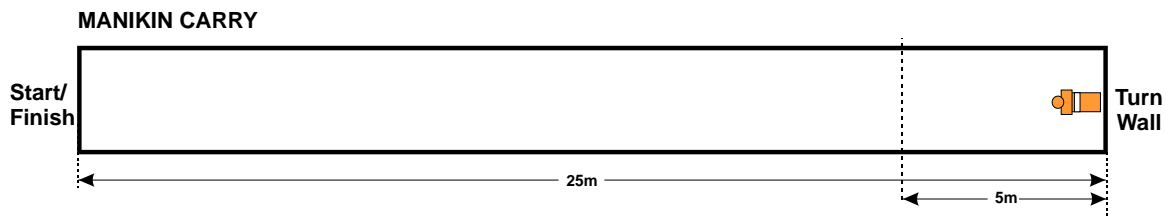
5.4 MANIKIN CARRY

Event description – 50 m short course

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.

Competitors need not touch the turning wall.



Equipment

Manikin: 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, head in the direction of the finish, with its base touching the pool wall.

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 5 m line.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Not surfacing before diving to the manikin.

5.4 MANIKIN CARRY (*cont'd*)

Disqualification (*cont'd*)

- 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 5.2 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- vi) Releasing the manikin before touching the finish edge.
- vii) Failure to touch the finish edge.

5.5 RESCUE MEDLEY

Event description – 100 m short course

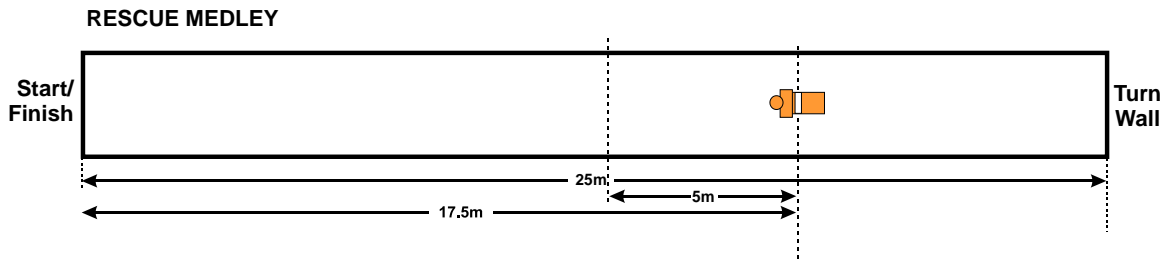
In short course pools, the Rescue Medley distance is approximately 85 m since competitors need not touch the turning wall after retrieving the manikin.

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 a 17.5 m distance.

The competitor changes direction, surfaces the manikin within the 5 m pick-up line, and then carries it back 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: 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* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

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

5.5 RESCUE MEDLEY (*cont'd*)

Disqualification (*cont'd*)

- 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 ropes, 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 5.2 *Manikins*.
- vi) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.

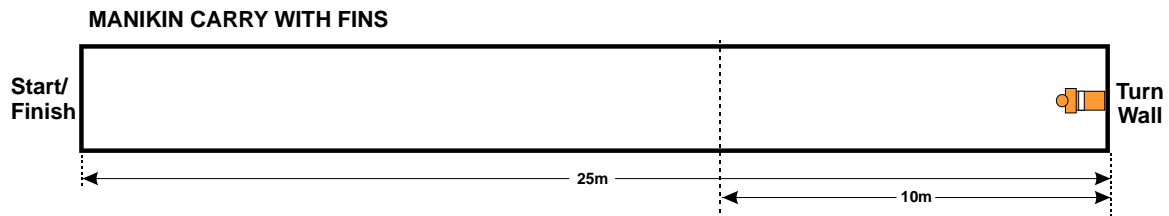
5.6 MANIKIN CARRY WITH FINS

Event description – 100 m short course

With a dive start on acoustic signal, the competitor swims 75 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.

On recovering the manikin competitors need not touch the turning edge of the pool.

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



Equipment

Manikins, fins: 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. The head of the manikin is 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 5.2 *Manikins*). Competitors are not permitted to start again in another heat.

5.6 MANIKIN CARRY WITH FINS (*cont'd*)

Disqualification

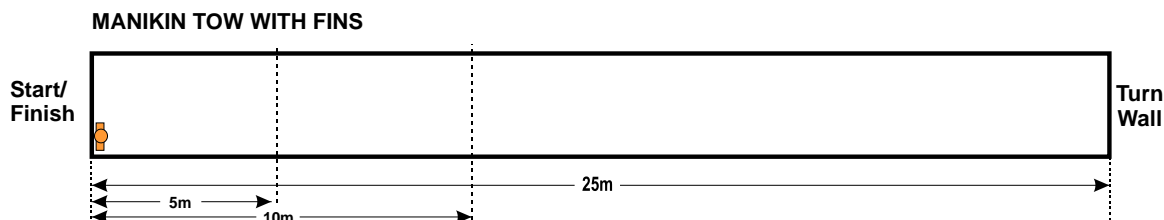
In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- 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 5.2 *Manikins*.
- iv) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- v) Releasing the manikin before touching the finish edge.
- vi) Failure to touch the finish edge.

5.7 MANIKIN TOW WITH FINS

Event description – 100 m short course

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 turning wall and then to the finish. The event is complete when the competitor touches the finish edge of the pool.



Equipment

Manikin, fins, rescue tube: 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 registered to participate at the competition 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.

5.7 MANIKIN TOW WITH FINS (*cont'd*)

Equipment (*cont'd*)

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 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.

In the 5 m pick-up zone competitors are not judged on the “towing the manikin” criteria.

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 5.2 *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.

5.7 MANIKIN TOW WITH FINS (*cont'd*)

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, 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 5.2 *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.

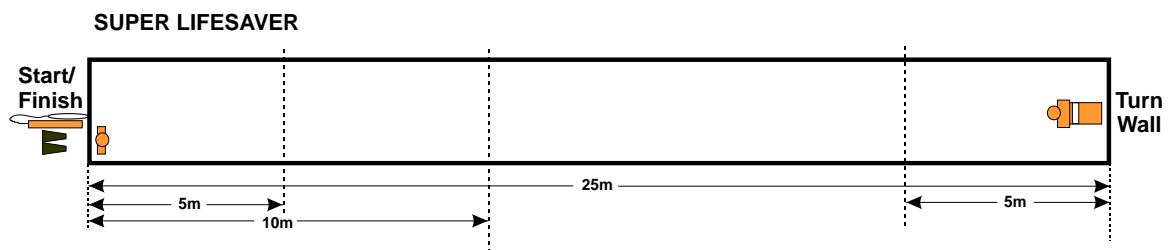
5.8 SUPER LIFESAVER

Event description – 200 m short course

With a dive entry 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 50 m to the finish.

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



Equipment

Manikins, fins, rescue tubes: 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 and 3m. 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.

5.8 SUPER LIFESAVER (*cont'd*)Equipment (*cont'd*)

Positioning the manikin for the tow: The manikin is filled with water so that it floats with the top of the 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 registered to participate at the competition 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 correcting 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 / manikin, 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.

The 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

5.8 SUPER LIFESAVER (*cont'd*)

Equipment (*cont'd*)

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.

In the 5 m pick-up zone competitors are not judged on the "towing the manikin" and victim criteria.

When the top of the manikin's head passes the 10 m line (on the final 25 m tow) the line of the tube must be fully extended.

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.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as rules governing manikins are not violated (see 5.2 *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* in Section 3 and those outlined in 5.1 and 5.2, 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 with 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 5.2 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).

5.8 SUPER LIFESAVER (*cont'd*)

Disqualification (*cont'd*)

- vi) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge / manikin.
- 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 / manikin.
- 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) Incorrectly 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.

5.9 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 or stands 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.

With a minimum required water depth of 1 m, competitors shall not be disqualified for standing or touching the pool bottom.

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

5.9 LINE THROW (*cont'd*)

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.

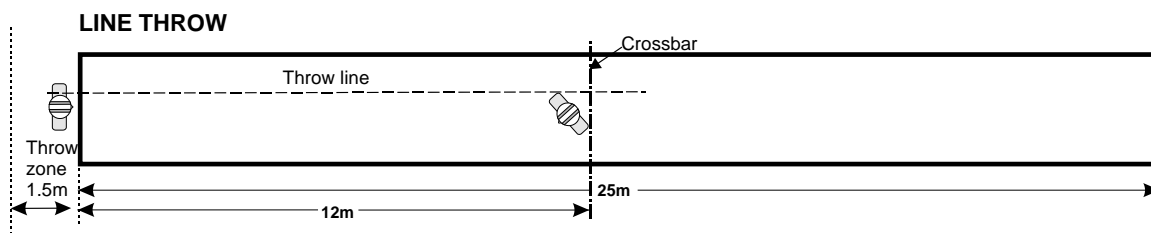
Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

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).



5.9 LINE THROW (*cont'd*)

Equipment

Throw line: 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.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, 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).

5.10 MANIKIN RELAY

Event description – 4 x 25 m short course

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 25 m to touch the turning edge. The second competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the first competitor has touched the turning edge.

The second competitor: carries the manikin 25 m to touch the turning edge. The third competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the second competitor has touched the turning edge.

The third competitor: carries the manikin 25 m to touch the turning edge. The fourth competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the third competitor has touched the turning edge.

The fourth competitor: completes the event by carrying the manikin 25 m to touch the finish edge with any part of the competitor's body.

Competitors one, two, and three must exit the water, but remain in their lane until the referee signals the completion of the event. Competitor four must remain in the water in their lane 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:

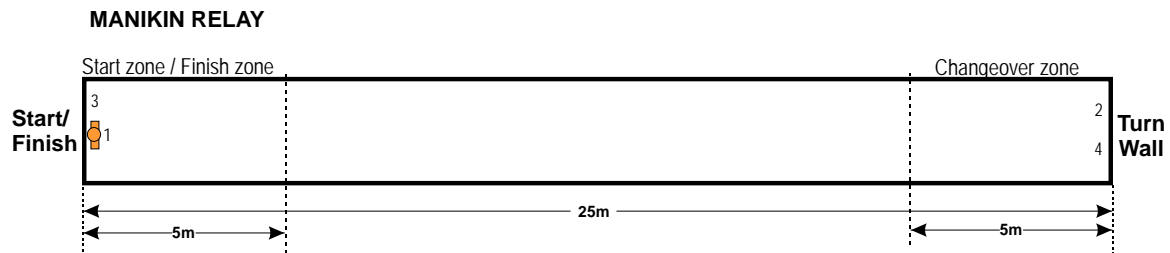
- at the start – 5 m from the pool wall
- at the turning wall – 5 m from the pool wall

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 5.2) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

5.10 MANIKIN RELAY (*cont'd*)

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



Equipment

Manikin: The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, the following behaviour shall result in disqualification:

- i) Using incorrect manikin carry technique as described in 5.2 *Manikins*.
- ii) Not maintaining the manikin's mouth or nose above the surface (see 5.2 *Manikins*).
- iii) Taking assistance from any pool fitting (e.g., lane ropes, 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 first, second or third competitor touches the pool edge
 - Without the second, third or fourth 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.

5.10 MANIKIN RELAY (*cont'd*)

Disqualification (*cont'd*)

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.

5.11 OBSTACLE RELAY

Event description – 4 x 50 m short course

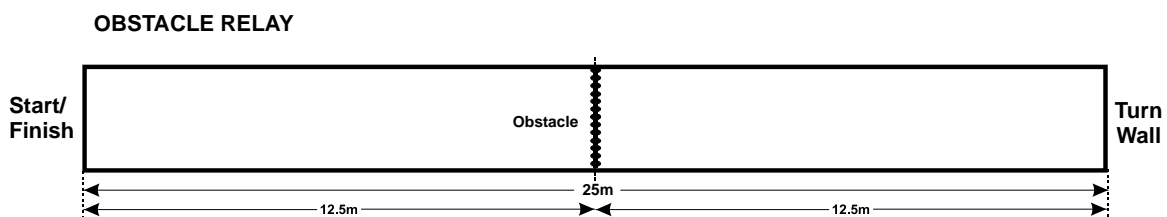
With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under the obstacle twice. After the first competitor touches the turning edge the second, third and fourth competitors repeat the procedure in turn.

Competitors must surface after the dive entry before the obstacle and after passing under the obstacle and after a turn prior to passing under an 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: Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. Obstacles are positioned 12.5 m from the starting edge, in the middle of the pool.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 and 5.2, 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.

5.11 OBSTACLE RELAY *(cont'd)*

Disqualification *(cont'd)*

- 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 wall during turns.
- vii) Failure to touch the finish edge.
- viii) A competitor re-entering the water after completing his or her leg of the relay.

5.12 MEDLEY RELAY

Event description – 4 x 50 m short course

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.

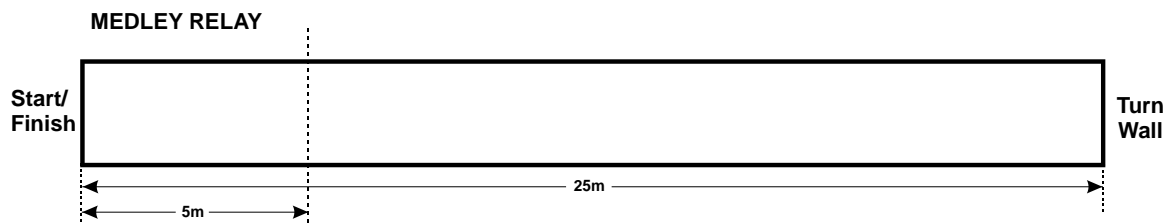
The victim may kick while being towed, but no other assistance is permitted.

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.



5.12 MEDLEY RELAY (*cont'd*)**Equipment**

Rescue tube, swim fins: 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. During the turn the competitor will not be judged on towing the victim criteria within the 5 m turn zone.

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* in Section 3 and those outlined in 5.1 and 5.2, 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.

5.12 MEDLEY RELAY (*cont'd*)

Disqualification (*cont'd*)

- vii) The fourth competitor towing the victim without the line of the rescue tube fully extended. During the turn the competitor will not be judged on the rescue tube fully extended within the 5 m turning zone.
- 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.

APPENDIX 1
COMMONWEALTH COMPETITION MANUAL

**NATIONS ELIGIBLE
FOR COMMONWEALTH
LIFESAVING CHAMPIONSHIPS**



Commonwealth Lifesaving
The Royal Life Saving Society

Appendix 1

**NATIONS ELIGIBLE FOR
COMMONWEALTH LIFESAVING CHAMPIONSHIPS**

"Nations" are defined by the Commonwealth Games Federation as all Commonwealth countries, colonies, and dependent or associated territories of a Commonwealth country.

Anguilla	Guyana	Papua New Guinea
Antigua & Barbuda	Hong Kong	Rwanda
Australia	India	St. Helena
Bahamas	Isle of Man	St. Kitts & Nevis
Bangladesh	Jamaica	St. Lucia
Barbados	Jersey	St. Vincent & The Grenadines
Belize	Kenya	Samoa
Bermuda	Kiribati	Seychelles
Botswana	Lesotho	Scotland
British Virgin Islands	Malawi	Sierra Leone
Brunei	Malaysia	Singapore
Cameroon	Maldives	Solomon Islands
Canada	Malta	South Africa
Cayman Islands	Mauritius	Sri Lanka
Cook Islands	Montserrat	Swaziland
Cyprus	Mozambique	Tanzania
Dominica	Namibia	Tonga
England	Nauru	Trinidad & Tobago
Falkland Islands	New Zealand	Turks & Caicos Islands
Gambia	Nigeria	Tuvalu
Ghana	Niue	Uganda
Gibraltar	Norfolk Island	Vanuatu
Grenada	Northern Ireland	Wales
Guernsey	Pakistan	Zambia

(Zimbabwe withdrew from the Commonwealth in 2003. Fiji was suspended in 2006.)

APPENDIX 2
COMMONWEALTH COMPETITION MANUAL

**ILS SWIM SUIT STANDARDS FOR
COMMONWEALTH LIFESAVING
CHAMPIONSHIPS**



Commonwealth Lifesaving
The Royal Life Saving Society



INTERNATIONAL LIFE SAVING FEDERATION

Gemeenteplein 26 – 3010 Leuven
 Tel: (32)(16) 89.60.60 – Fax: (32)(16) 89.70.70
 E-mail: ILS.HQ@pandora.be - Web: <http://www.ilsf.org>

DRESS OF COMPETITORS – COSTUMES, DRESS AND STYLE

Competitors shall wear costumes, clothing or dress as approved by ILS.

A competitor shall be not be permitted to take part in any competition if, in the opinion of the Referee, the competitor is not properly dressed.

Swimwear for both ILS pool rescue competition and ocean events must comply with the following standards:

- Swimwear worn by males shall not extend above the navel or below the knee.
- Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two piece swimsuits that conform to this standard may also be worn.

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					

Female Swimsuits				
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed	Allowed	Allowed
				

The material and construction used in swimwear to be worn in all ILS pool rescue events and ocean competition event swim legs shall be:

- Only textile woven fabric(s) shall be permitted.
- Non-woven and/or non-permeable (e.g., wetsuit type) materials shall not be permitted.
- The material used shall have a maximum thickness of 0.8mm.
- Other than string ties for the tops of men’s swimwear or the bottom of female two piece swimwear no zippers or other fastening systems shall be permitted.
- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

ILS will allow both male and female competitors to wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Further, any modesty swimwear shall be restricted to the short style for men and the two piece style top and/or bottom for women.

Upon application for religious and/or cultural diversity reasons, ILS will consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

The Referee may authorise the wearing of wetsuits or "marine stinger suits" dependent upon weather, water or other marine conditions.

Wetsuits shall be permitted in events when the water temperature is 16 degrees Celsius or less, or when the Referee determines wind chill is a factor. Water temperature measurements should be taken approximately 30 cm below the surface.

The only wetsuits approved for use in events involving swimming shall have a maximum thickness of 3 mm at any location on the wetsuit with a tolerance of 0.3 mm. Wetsuits cannot contain additional material to provide the wearer with flotation or buoyancy assistance. It is not permitted to wear more than one wetsuit (i.e. one upon the other) but one modesty textile swimsuit is permitted.

Except for swimmers in events the wearing of other protective clothing (e.g., shorts, Lycra tops, t-shirts, etc.) may be worn by individual competitors in both individual and team events unless otherwise prescribed by these rules or the event organizing authority.

In addition, the following also applies to particular events:

- In Surf Boat events the Sweep Oarsman may wear apparel (including wetsuits and booties) as the conditions warrant. The specifications for wetsuits shall not apply.
- In IRB events competitors may wear apparel (including wetsuits, booties, gloves and hoods) in all events. The specifications for wetsuits shall not apply.
- Competitors may also be required to wear distinctive coloured vests to assist with judging of finishes. Such vests will be supplied by ILS.

Sunglasses or optical glasses may be worn in all events provided that any eye protection or optical glasses worn must be suitably designed for that event.