

SECTION 4 – ILS COMPETITION MANUAL
POOL EVENTS



Section 4

POOL EVENTS

The following pool events are described in this section:

Obstacle Swim – 200 m and 100 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

4.1 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).
- 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.

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

- 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 club or national 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.

4.2 STARTS

Prior to the start of each race, designated officials shall:

- i) Check that all officials and judges are in position.
- ii) Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- iii) Check that all equipment is in a safe and correct position.
- iv) Notify competitors to remove all clothing except for swim-wear and get ready to race.

When competitors and officials are ready for a legal start, a designated official shall:

- v) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay event, enter the water.
- vi) Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

Note: See event description for start procedure for Line Throw (Section 4.13).

4.2.1 Dive start procedure

At world championships, the one-start rule shall be used.

- i) On the long whistle, competitors step onto the starting platform and remain there.

4.2.1 Dive start procedure *(cont'd)*

- ii) On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.

Masters competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

4.2.2 In-water start procedure

The Manikin Relay event begins with an in-water start as follows:

- i) On the long whistle, competitors enter the water.
- ii) At the second long whistle, competitors return without undue delay to the starting position.
- iii) The 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.
- iv) When all competitors have assumed their starting positions, the starter shall give the command "**Take your marks.**" When all competitors are stationary, the starter gives the acoustic starting signal.

4.2.3 Disqualification

- i) All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified.
- ii) If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race.
- iii) If the disqualification is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again.
- iv) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated).

For the 100 m Manikin Carry with Fins event, the call-back signal will be by an underwater acoustic signal whenever possible. Competitors will be advised if an alternate call-back signal is to be used.

- v) If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

4.2.4 Notes

- i) The duty of the referee and starter is to ensure a fair start. If the starter or referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.
- ii) Competitors shall be disqualified if they “commence a forward starting motion” prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification.

The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.

- iii) Start decisions by the starter or referee (or referee’s designate) are not subject to protest or appeal.

4.3 MANIKINS

4.3.1 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).

4.3.2 Carrying the manikin

- i) 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.
- ii) 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.

4.3.2 Carrying the manikin (*cont'd*)

- iii) “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.

4.3.3 Towing the manikin

- i) 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.
- ii) 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.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

- iii) 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.
- iv) 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.

4.3.4 Manikin handlers

- i) 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, provided they are a member of an ILS Full Member organisation and are registered to participate at the championships in some capacity.
- ii) Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.
- iii) Manikin handlers must wear a team cap.
- iv) Manikin handlers may not intentionally enter the water during the event.

4.4 SEEDING

- i) Seeding shall be used for National Teams, Interclub and Masters Championships.
- ii) For pool events, competitors' times at competitions within the period beginning with the first day of the last World Lifesaving Championships to the entry deadline for the upcoming World Lifesaving Championships, shall be submitted on the entry forms. Times are required to be submitted for both individual and team events. Competitors and teams shall be ranked according to the entry times.
- iii) Competitors for whom no times are submitted shall be considered to have the slowest times.
- iv) Placement of competitors with identical times and placement of those without times shall be determined by draw.
- v) In National Teams, Interclub and Masters Championships, heats shall be run as originally seeded and shall not be altered.

4.4.1 Seeding in heats

Where events are conducted as heats and finals (according to the entries received), competitors shall be seeded in heats according to submitted times in the following manner:

- i) **If one heat:** it shall be seeded as a final and swum during the final session.
- ii) **If two heats:** the fastest competitor shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- iii) **If three heats:** the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- iv) **If four or more heats:** the last three heats of the event shall be seeded in accordance with (iii) above. The heat preceding the last three heats shall consist of the next fastest competitors; the heat preceding the last four heats shall consist of the next fastest competitors, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in *Assignment of lanes* below.
- v) **Exception:** When there are two or more heats in an event, there shall be a minimum of three competitors seeded into any one preliminary heat.

4.4.2 Seeding in time-finals

Where events are conducted as time-finals, competitors shall be seeded into heats according to submitted times in the following manner:

- i) **If one heat:** it shall be seeded as a final.
- ii) **If two or more heats:** the fastest competitors shall be seeded in the last heat according to assignment of lanes detailed in the next section, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

4.4.3 Assignment of lanes

Lanes shall be assigned by placing the fastest competitor or team in lane four of an eight-lane pool. (Lane one is on the right side of the pool viewed from the starting end.) The competitor having the next fastest time is placed on the left of the fastest, then alternating other competitors to right and left in accordance with the submitted times. Competitors with identical times shall be assigned lane positions by draw within the aforesaid pattern.

4.4.4 Seeding in finals

Starting positions for pool events in the National Teams and Interclub Championships shall be by seeding as follows:

- i) Based on the times established in heats, competitors with the top eight times shall be assigned lanes in the A-final. Competitors with the ninth through sixteenth top times shall be assigned lanes in the B-final.
- ii) In the event that competitors from the same or different heats have equal times registered to 1/100 second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved competitors have completed their heat (unless affected competitors agree to a shorter time interval). Another swim-off will take place if equal times are registered again.
- iii) Where one or more competitors withdraw from an A-final, competitors *shall not* be called forward from the B-final. The final shall not be re-seeded.
- iv) Where one or more competitors withdraw from B-final, competitors *shall not* be called forward from the heats. The B-final shall not be re-seeded.

4.5 TIMEKEEPING AND DETERMINATION OF PLACING

Automatic officiating equipment shall be used for all pool events in World Lifesaving Championships to record the time of each competitor and to determine the place of each competitor.

4.5.1 Automatic officiating equipment

- i) Any equipment installed must not interfere with competitors' start and turns. The automatic officiating equipment must be activated by the starter and must provide easy digital readings of competitors' times.
- ii) Times recorded by automatic officiating equipment shall be used to determine the winner and all placings, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.
- iii) The placing and times determined by automatic officiating equipment shall have precedence over the decision of judges and timekeepers. If the electronic equipment breaks down or fails, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official.
- iv) In addition to the electronic timekeeping, a minimum of two timekeepers per lane are required.

4.5.2 Manual timekeeping and officiating

- i) In ILS-sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least three timekeepers.
- ii) 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.
- iii) 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.
- iv) 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.

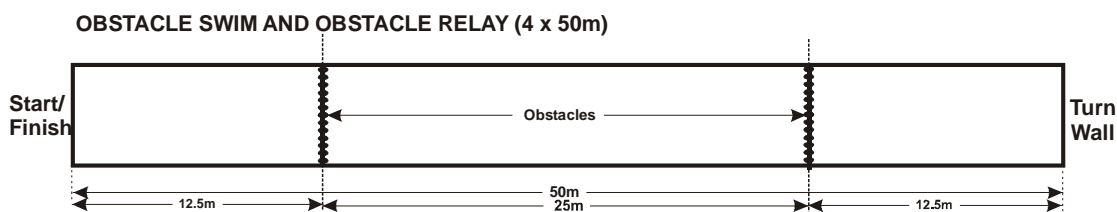
4.6 JUDGES

Technique judges ensure that events operate fairly and within ILS rules and procedures. Judges also assess whether competitors' technique complies with specific event rules.

Judges must be positioned to ensure they have a clear view of the lane they are judging.

At world championships, there must be at least one technique judge per lane.

4.7 OBSTACLE SWIM (200 m and 100 m)



4.7.1 Event description – 200 m

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

- i) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle
- ii) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- iii) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

4.7.2 Event description – 100 m

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall of the pool.

- i) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle
- ii) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- iii) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

4.7.3 Equipment

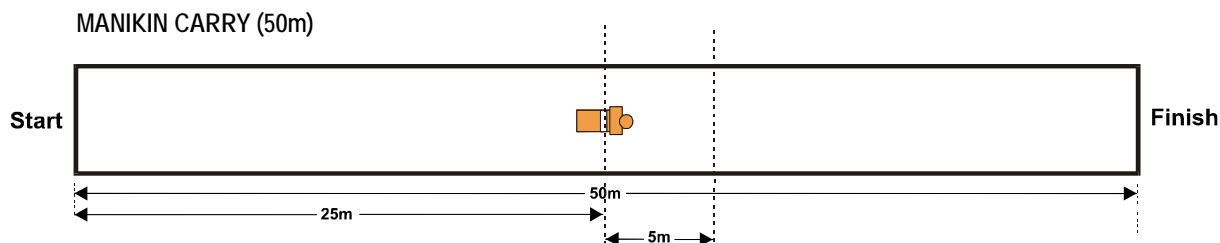
Obstacles: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5 m from the start wall, with the second obstacle located 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

4.7.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in 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 wall.

4.8 MANIKIN CARRY (50 m)



4.8.1 Event description

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 wall of the pool.

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

4.8.2 Equipment

- i) **Manikin:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- ii) **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, the head in the direction of the finish, with the transverse line in the middle of the manikin's thorax on the 25 m line.
- iii) **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.

4.8.3 Disqualification

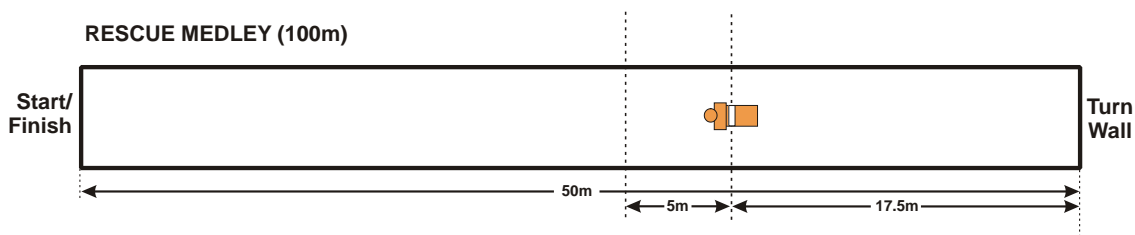
In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Not surfacing before diving to the manikin.
- 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.

4.8.3 Disqualification (*cont'd*)

- iv) Using an incorrect carrying technique as described in 4.3 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- vi) Releasing the manikin before touching the finish wall.
- vii) Failure to touch the finish wall.

4.9 RESCUE MEDLEY (100 m)



4.9.1 Event description

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 17.5 m from the turn wall.

The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to touch the finish wall.

Competitors may breathe during the turn, but not after their feet leave the turn wall until they surface with the manikin.

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

4.9.2 Equipment

- i) **Manikin:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- ii) **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.
- iii) **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the manikin's head passes the 5 m line.

4.9.3 Disqualification

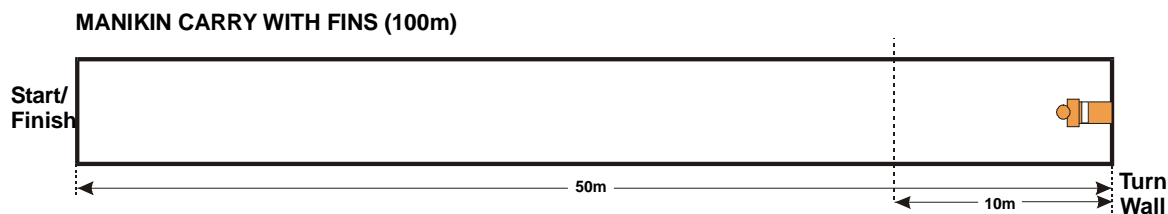
In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Surfacing after turning and before lifting the manikin.
- ii) Breathing after the feet leave the turn wall and before surfacing with the manikin.

4.9.3 Disqualification (*cont'd*)

- iii) 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.
- 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 4.3 *Manikins*.
- vi) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- vii) Releasing the manikin before touching the finish wall.
- viii) Failure to touch the finish wall.

4.10 MANIKIN CARRY WITH FINS (100 m)



4.10.1 Event description

With a dive start on acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.

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

4.10.2 Equipment

- i) **Manikins, fins:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- ii) **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, with its head in the direction of the finish.

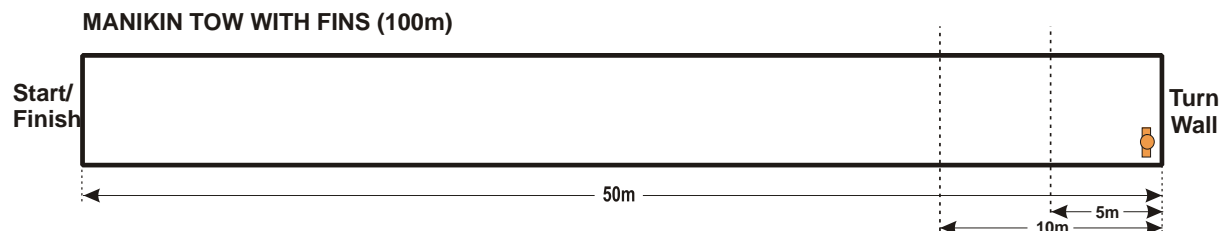
Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.
- iii) **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- iv) **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 4.3 *Manikins*). Competitors are not permitted to start again in another heat.

4.10.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in 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 4.3 *Manikins*.
- iv) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- v) Releasing the manikin before touching the finish wall.
- vi) Failure to touch the finish wall.

4.11 MANIKIN TOW WITH FINS (100 m)



4.11.1 Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the turn wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

4.11.2 Equipment

- i) **Manikin, fins, rescue tube:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. 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.
- ii) **Positioning the manikin:** 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 a member of an ILS Full Member organisation and are registered to participate at the championships 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 turn wall. The handler may not push the manikin toward the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

- iii) **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.

4.11.2 Equipment (*cont'd*)

- iv) **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.

- v) **Securing the manikin:** After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin.

- vi) **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.

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.

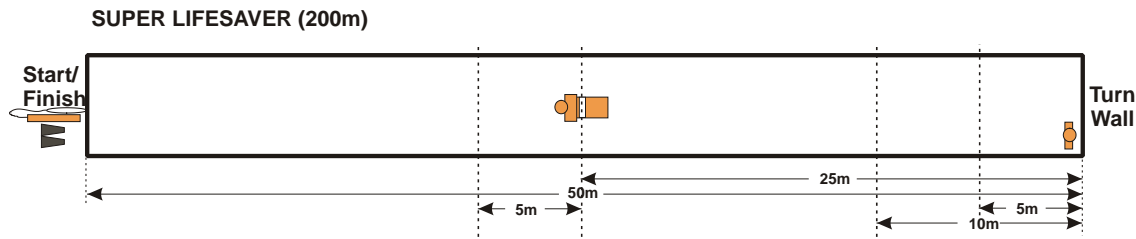
- vii) **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 4.3 *Manikins*). Competitors are not permitted to start again in another heat.
- viii) **Rescue tube defect:** If, in 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.

4.11.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in 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 turn wall.
- iii) Manikin handler pushing the manikin towards the competitor or the finish wall.
- iv) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- v) Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- vi) At 50 m, not touching the pool wall before touching the manikin.
- vii) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- 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 (unless the competitor has stopped to re-secure the manikin).
- xi) Pushing or carrying, instead of towing, the manikin.
- xii) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xiv) Touching the finish wall without the rescue tube and manikin in place.
- xv) Failure to touch the finish wall.

4.12 SUPER LIFESAVER (200 m)



4.12.1 Event description

With a dive start 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 turn 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 to the finish.

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

4.12.2 Equipment

- i) **Manikins, fins, rescue tubes:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use the manikins and rescue tubes supplied by organisers.
- ii) **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.
- iii) **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 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 the transverse line in the middle of the manikin's thorax on the 25 m line.

- iv) **Positioning the manikin for the tow:** The manikin is filled with water so that it floats with the top of its 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 a member of an ILS Full Member organisation and are registered to participate at the championships in some capacity. Manikin handlers must wear a team cap.

4.12.2 Equipment (*cont'd*)

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 turn wall. The handler may not push the manikin towards the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

- v) **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 correct carrying position before the top of the manikin's head passes the 5 m line.

- vi) **Donning tube and fins:** After first touching the turn wall, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.

- vii) **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.

- viii) **Securing the manikin:** After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the freestyle swim by touching the pool wall before touching the manikin.

- ix) **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.

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.

4.12.2 Equipment (*cont'd*)

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.

- x) **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 4.3 *Manikins*). Competitors are not permitted to start again in another heat.
- xi) **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.

4.12.3 Disqualification

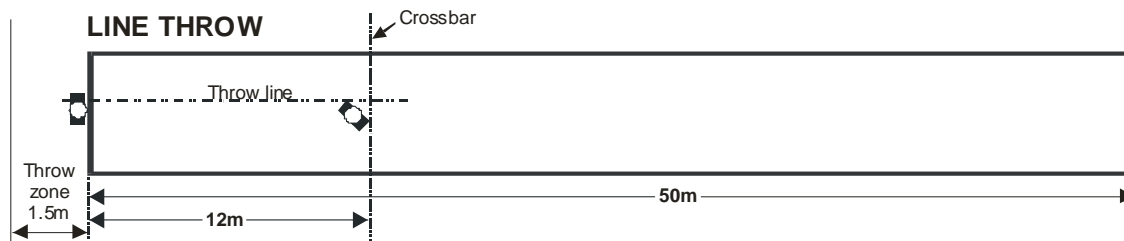
In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- 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 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 4.3 *Manikins*.
- v) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- vi) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.
- vii) Manikin handler pushing the manikin towards the competitor or the finish wall.
- viii) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- 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 wall before touching the manikin.
- xi) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).

4.12.3 Disqualification (*cont'd*)

- 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 (unless the competitor has stopped to re-secure the manikin).
- xv) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xvi) Touching the finish wall without the rescue tube and manikin in place.
- xvii) Failure to touch the finish wall.

4.13 LINE THROW



4.13.1 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 wall of the pool.

- i) **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 thrower and victim immediately assume the starting position. When both competitors are motionless, the starter gives the acoustic starting signal.

- ii) **Starting position:** The thrower 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 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.

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

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The victim will be disqualified if he or she attempts to climb out of the water or sit on the pool edge before the referee’s signal.

Similarly, the thrower 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.

4.13.1 Event description (*cont'd*)

- iv) **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.

As long as victims remain entirely within their designated lane and do not release their grasp on the designated mark on the crossbar, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.

- v) **Pull through the water.** While being pulled to the edge, 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 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.

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

Throwers must keep at least one foot wholly within the throw zone.

Throwers who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the thrower’s body may touch or cross the throw zone line without penalty. Any part of the thrower’s feet may cross over the front of the “pool edge” of the throw zone without penalty.

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

- vii) **Time limit.** Throwers must make a fair throw and tow the victim to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 45-second limit. Throwers who fail to get the victim to the finish wall before the 45-second completion signal shall be designated as “Did Not Finish” (DNF).

4.13.2 Equipment

- i) **Throw line:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers.
- ii) 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.

4.13.3 Judging

A judge shall be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A judge shall be positioned on each side of the pool at the 12 m mark.

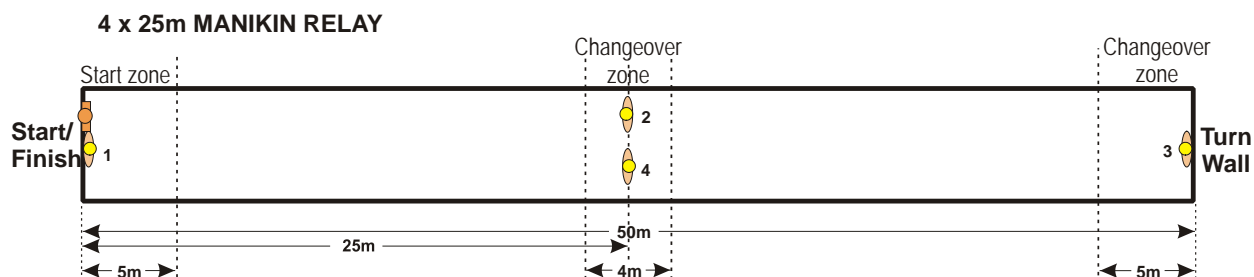
4.13.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in 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 wall.
- iv) Victim not holding the throw line with both hands while being pulled to the finish wall (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.
- vii) Victim exiting the water before the 45-second completion signal.

Note: Failure to get the victim to the finish wall before the 45-second completion signal shall be designated “Did Not Finish” (DNF). See 3.6.

4.14 MANIKIN RELAY (4 x 25 m)



4.14.1 Event description

Four competitors in turn carry a manikin approximately 25 m each.

- i) **The first competitor** starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4 m changeover zone situated between the 23 m and 27 m mark.
- ii) **The second competitor** carries the manikin to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.
- iii) **The third competitor** carries the manikin and passes it to the fourth competitor in the changeover zone between the 73 m and 77 m mark.
- iv) **The fourth competitor** completes the event by carrying the manikin to touch the finish wall with any part of the competitor's body.
- v) Competitors must remain in the water in their lanes until the referee signals the completion of the event.
- vi) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.
- vii) 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).

4.14.1 Event description (*cont'd*)

- viii) The start zone and relay changeover zones shall be indicated by flags:
 - at the start – 5 m from the pool wall
 - in the middle of the pool – two lines of flags at 23 m and 27 m from the start, situated at 1.5 m to 2 m above the surface
 - at the turn wall – 5 m from the pool wall
- ix) Competitors may push off the pool bottom in the relay changeover zone.
- x) At the start, competitors are not judged on “carrying the manikin” criteria (defined in 4.3) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.
- xi) Competitors are not judged on “carrying the manikin” criteria within the changeover zones in the middle of the pool and at the turn wall.

4.14.2 Equipment

Manikin: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

4.14.3 Disqualification

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

- i) Using incorrect manikin carry technique as described in 4.3 *Manikins*.
- ii) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins*).
- iii) Taking assistance from any pool fitting (e.g., lane rope, 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 second competitor touches the pool wall
 - without the third competitor in touch with the pool wall
- 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 wall.
- viii) Failure to touch the finish wall.
- ix) One competitor completing two or more legs of the event.

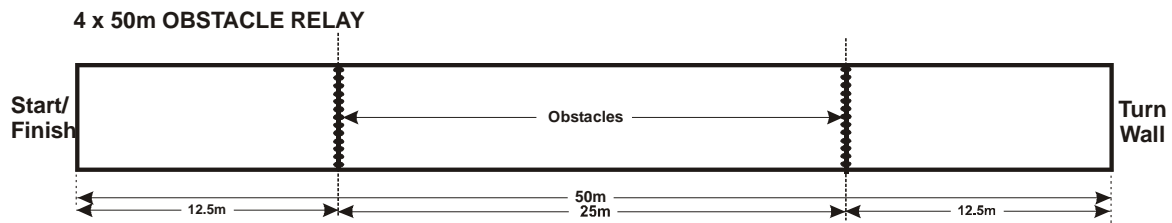
4.14.3 Disqualification (*cont'd*)

Note: Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria apply.

The manikin exchange between competitors 1 & 2 and 3 & 4 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. Outgoing competitors must have the manikin in the correct carrying position when the top of the manikin's head passes the outgoing changeover line.

After the second competitor has touched the turn wall, he or she may assist in the exchange with the third competitor anywhere within the 5 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 5m line.

4.15 OBSTACLE RELAY (4 x 50 m)



4.15.1 Event description

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

- i) Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- ii) Competitors may push off the pool bottom when surfacing from under the obstacles.
- iii) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
- iv) 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.

4.15.2 Equipment

Obstacles: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The first obstacle is positioned 12.5 m from the start wall with the second obstacle 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

4.15.3 Disqualification

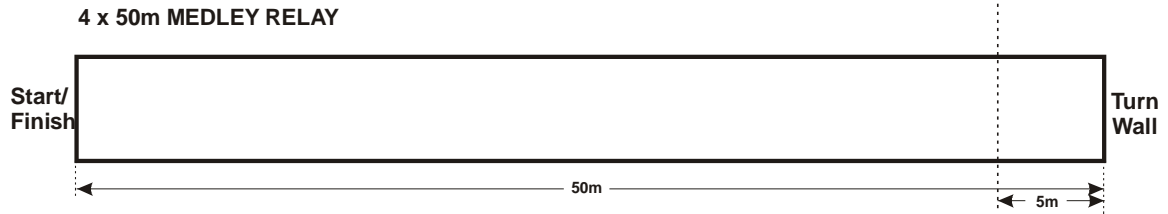
In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Passing *over* an obstacle and not immediately returning over *or* under that obstacle and then passing *under* it.
- ii) Failure to surface after each dive entry.
- iii) Failure to surface after each obstacle.
- iv) Leaving the start before the previous competitor has touched the wall.

4.15.3 Disqualification (*cont'd*)

- v) Failure to touch the finish wall.
- vi) A competitor re-entering the water after completing his or her leg of the relay.
- vii) One competitor repeating two or more legs of the event.

4.16 MEDLEY RELAY (4 x 50 m)



4.16.1 Event description

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 turn wall.

The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness. 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.

- i) Both the fourth and the third competitor (victim) must leave from the turn wall. The victim must be in contact with the rescue tube before passing the 5 m line.
- ii) The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the tube.
- iii) The victim may kick while being towed, but no other assistance is permitted.
- iv) The victim must grip the main body of the rescue tube – not the rope or clip.
- v) 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.
- vi) While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth competitor may push off the wall with hand, arm, or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.
- vii) 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.

4.16.2 Equipment

- i) **Rescue tube, swim fins:** See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use the rescue tubes supplied by organisers.
- ii) **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.
- iii) **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.
- iv) **Towing the victim:** Competitors must tow the victim with the line of the rescue tube fully extended.
- v) **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.
- vi) **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.

4.16.3 Disqualification

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

- i) The second and third competitors starting before first and second competitors respectively touch the turn wall.
- ii) The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall.
- iii) The fourth competitor leaving the turn wall 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.
- vii) The fourth competitor towing the victim without the line of the rescue tube fully extended.

4.16.3 Disqualification (*cont'd*)

- viii) One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- ix) Failure to touch the finish wall.
- x) A competitor re-entering the water after completing his or her leg of the relay.