

SECTION 5 – ILS COMPETITION MANUAL
OCEAN EVENTS



Section 5 OCEAN EVENTS

The following ocean events are described in this section:

- Surf Race
- Surf Teams Race
- Rescue Tube Rescue
- Rescue Tube Race
- Run-Swim-Run
- Beach Flags
- Beach Sprint
- Beach Run – 2 km and 1 km
- Beach Relay
- Surf Ski Race
- Surf Ski Relay
- Board Race
- Board Relay
- Board Rescue
- Oceanman/Oceanwoman
- Oceanman/Oceanwoman Relay

5.1 GENERAL CONDITIONS FOR OCEAN 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 commence in an event if they are late reporting to the marshalling area. To assist the organisers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.
- ii) A competitor or team absent from the start of an event shall be disqualified.
- iii) Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g., handwebs, armbands).
- iv) The use of wax or similar substances to assist the competitor in maintaining the grip on or contact with boards or surf skis or paddles is permitted in ocean events.
- v) Competitors must wear their club or national team swim caps in all events. Ocean event caps, securely fastened under the chin, must be worn on competitors' heads at the start of each race.

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

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

- vi) **Competition courses:** Protests against the course will only be accepted prior to the start of each event or race.

All courses shall be measured, set, and aligned to the referee's satisfaction ensuring as far as possible that all lanes have fair and equal conditions.

The use of colour-coded buoys and flags is recommended to guide competitors accurately through the required courses.

Buoy distances shall be measured from the end of knee-depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors. Adjustment of the buoys may be necessary during the competition if they move out of alignment.

Competitors in craft events may pass through the swimming buoys on their craft on the understanding that they are solely responsible if the buoys offer an impediment to their progress.

- vii) Competitors and officials must leave the designated competition area when not competing or officiating. The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the referee.
- viii) Judges' order-of-finish decisions are not subject to protest or appeal.
- ix) Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.
- x) **Luck of prevailing conditions:** No protest or appeal will be entertained when an incident is caused by the conditions of the surf.

Surf conditions affect the conduct of and participation in surf lifesaving competitions and competitors are subject to the luck of the prevailing conditions. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

5.2 THE START

5.2.1 Prior to the start

A marshal shall:

- i) Place competitors in the order as drawn for all heats and or finals.
- ii) Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order

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

- i) Check that all officials and judges are in position.
- ii) Check that competitors have swim wear and caps for a legal start.
- iii) Check that equipment and course markers are in position.

A designated official shall signal the starter that the competitors are under the starter's control.

5.2.2 The starter

The starter shall:

- i) Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- ii) Position himself or herself so as to have full visual control over all competitors during the start.
- iii) Ensure that the start for all races is consistent and fair.
- iv) Disqualify competitors for false starts (or in Beach Flags, eliminate competitors).

5.2.3 Start procedures

See individual event descriptions for the start procedures for Beach Flags, Surf Boat and IRB events.

- i) The following three-step start shall be used in all other ocean events listed in Section 5.
 - On the starter's "**On your marks**" command, competitors assume a position in their marshalled order at the start line.
 - On the starter's "**Set**" command, competitors immediately assume their steady starting stance.
 - When all competitors are stationary, the starter gives the acoustic starting signal.

5.2.3 Start procedures (*cont'd*)

- ii) If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.
- iii) While the starter makes every attempt to effect a fair start, the decision to “go” on the start signal rests with the competitor or team. If there is no recall by the starter, check starter or referee, no protest or appeal shall be allowed on the start.
- iv) After the start, competitors in swim, board, ski, and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.
- v) In relay or multi-discipline events, after completion of the first leg, the competitor *entering* the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor *coming from* the water is impeded.

5.2.4 Start lines

- i) Start lines may be designated by:
 - a cord between two poles.
 - a line drawn on the sand between two poles.
 - a line of sight between two poles or otherwise as determined by the starter.
- ii) At the start, competitors’ toes may be on or behind the start line (whether a cord, drawn on the sand or line of sight) but parts of the body may overhang the line.
- iii) ***In beach events:*** where a line is drawn, toes and fingers shall be on or behind the line except where an upright starting position is adopted. In such circumstances, competitors’ toes shall be on or behind the line, but parts of the body may overhang the line.
- iv) ***In board events:*** where a cord designates the start line, a part of the board held by competitors may be over the start line but it must be at right angles to the line or at an angle to accommodate prevailing conditions. Where a board is placed on the beach, it shall be placed at 90 degrees to, and on the shoreward side of, the start or changeover line.
- v) ***In boat and ski events:*** where a line of sight is used, the bow of the craft shall be on or behind the line and at 90 degrees to the line or at an angle to accommodate the prevailing conditions.

5.2.5 Disqualification

- i) The one-start rule shall be used in all events.
- ii) Competitors who **commence a forward starting motion** after assuming a final set position and before the starting signal shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
- iii) If the starting signal sounds before the disqualification is declared, the 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.
- v) Any competitor who is disqualified for a false start shall not be permitted to continue in the race and must withdraw from the start line.
- vi) All competitors who fail to comply with the starter's commands within a reasonable time shall be disqualified.
- vii) Any competitor who, after the starter's first command, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags).

5.2.6 Notes

- i) The duty of the starter and check starter is to ensure a fair start. If the starter or check starter decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and start 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 check starter 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) The starter's or check starter's decisions on starts are not subject to protest or appeal.

5.2.7 Changeovers and tagging in relays

- i) Exchanges or changeovers in relay events shall be effected by a competitor “tagging” the next team member unless otherwise provided (see Beach Relay).
- ii) In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.
- iii) Competitors in relay events must start their leg of the race from the position or lane allotted by the marshall. If competitors do not start from their designated lane or position, the team may be disqualified.

5.3 THE FINISH

- i) In events where competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.
- ii) In events with in-water finishes such as surf skis and boats, competitors or teams or crews are deemed to have finished when any part of the craft crosses the finish line.
- iii) In events where competitors are required to cross a finish line, and fail to do so correctly, competitors may recover and correctly re-cross the finish line to record their placing.
- iv) Once a competitor has been judged to have correctly crossed the finish line, he or she is deemed to have completed the race. The competitor may not re-enter the course to correct any previous race errors.
- v) The referee may authorise the wearing of electronic finish tags to aid the judging and recording of races. Competitors must place tags as directed (e.g., around a specified ankle or wrist or placed on a designated part of their craft/boat). The result of such races shall then be determined by the order of the finish of the tags across the finish line. In the event of failure of the electronic tags, all placings in a race shall be visually judged using normal methods.

5.3.1 Judging

- i) All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
- ii) Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.

5.3.1 Judging (*cont'd*)

- iii) Judge 1 selects finishers 1 and 2; judge 2 selects finishers 2 and 3; and so on, with judges primarily responsible for their corresponding number (that is, judge 1 is primarily responsible for finisher 1, as well as noting who finished second).
- iv) At the chief judge's signal, placing discs shall be issued and/or names recorded.
- v) Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

5.3.2 Time limits

- i) A time limit may be imposed on the duration of an event at the referee's discretion. Competitors shall be advised of any time limits prior to the commencement of a round of the event.
- ii) The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached or when the number of competitors required for subsequent rounds have qualified by completing the race without disqualification.

5.4 SEEDING

Seeding shall be used for National Teams Championships. In national teams competition, entries from the same nation will be seeded in different heats if possible.

In Interclub and Masters Championships, seeding is required for all rounds after the heats.

5.4.1 Seeding in heats

In National Teams Championships, seeding shall be based on the nation's performance in the specific event in previous world championships.

In Interclub and Masters Championships, seeding for heats shall be based on random draw.

Ties: When a tie occurs that qualifies for a final, if possible (in terms of the number of competitors) the tied competitors shall advance to the appropriate final. If there are insufficient places available in the final, a *repêchage* heat shall be conducted between the tied competitors to determine the finalists.

5.4.2 Seeding in semi-finals and finals

In National Teams, Interclub and Masters Championships, seeding for semi-finals and finals shall be based on the result of heats.

Based on the results of heats or semi-finals, the top 16 competitors shall be assigned places in the final of the following events: Surf Race, Surf Teams Race, Run-Swim-Run, Beach Flags, Beach Run, Surf Ski Race, Surf Ski Relay, Board Race, Board Relay, Oceanman/Oceanwoman, Oceanman/Oceanwoman Relay.

A- and B-finals shall be conducted in the following events: Rescue Tube Race, Rescue Tube Rescue, Beach Sprint, Beach Relay and Board Rescue. Based on the results of heats or semi-finals, the top eight competitors shall be assigned places in the A-final. The ninth through sixteenth top competitors shall be assigned places in the B-final.

When 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.

When one or more competitors withdraw from a B-final, competitors shall not be called forward from the heats. The B-final shall not be re-seeded.

5.4.3 Draws for position

The initial draw for heats and beach positions may be conducted by ILS and supplied to teams.

Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.

The method used for the draws, including draws for initial heats and seeding of competitors, shall be approved by the referee.

5.4.4 Beach positions

For swimming, ski, board, multi-discipline and boat events, starting positions and lanes shall be consecutively numbered from the left (facing the water) starting with the number 1. For beach events, the number 1 position shall be nearest the water.

5.4.5 Competitor limits

The referee shall decide whether events shall be conducted in heats, semi-finals, or finals. The maximum number of competitors in a heat or final race shall not exceed the numbers in the following chart. Only the referee may alter the maximum number of competitors going at one time (following chart) taking into account safety and the conditions:

5.4.5 Competitor limits *(cont'd)*

Event	Max. no. of competitors/race
Surf Race	32 competitors
Rescue Tube Race	9 competitors
Run-Swim-Run	32 competitors
Beach Flags	16 competitors
Beach Sprint	10 competitors
Beach Run – 2 km and 1 km	40 competitors
Surf Ski	16 competitors
Board Race	16 competitors
Oceanman/Oceanwoman	16 competitors
Surf Teams Race	10 teams of 3 competitors
Rescue Tube Rescue	9 teams of 4 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski Relay	16 teams of 3 competitors
Board Relay	16 teams of 3 competitors
Board Rescue	9 teams of 2 competitors
Oceanman/Oceanwoman Relay	16 teams of 4 competitors

See Section 9 for conduct of events for Masters competition.

5.5 SURF RACE

5.5.1 Event description

With a running start into the surf from the start line on the beach, competitors swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

To facilitate the recording of placing after the finish, competitors may be positioned either:

- On a straight line drawn at approximately a 30-degree angle from the finishing line and up the beach.
- On a series of lines 10 m behind and at right angles to the finishing line and 5 m apart.

5.5.2 The course

As shown in the following diagram, the U-shaped course shall be approximately 400 m from start to finish. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The start line – a brightly coloured cord stretched between two poles approximately 40 m apart – shall be situated 5 m from the water's edge, centred on buoy number 1.

The finish line – between two flags positioned 5 m apart – shall be situated approximately 15 m from the water's edge, centred on buoy number 9.

The swimming course shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 170 m beyond knee-deep water. Water distances may vary depending upon sea conditions.

5.5.3 Judging

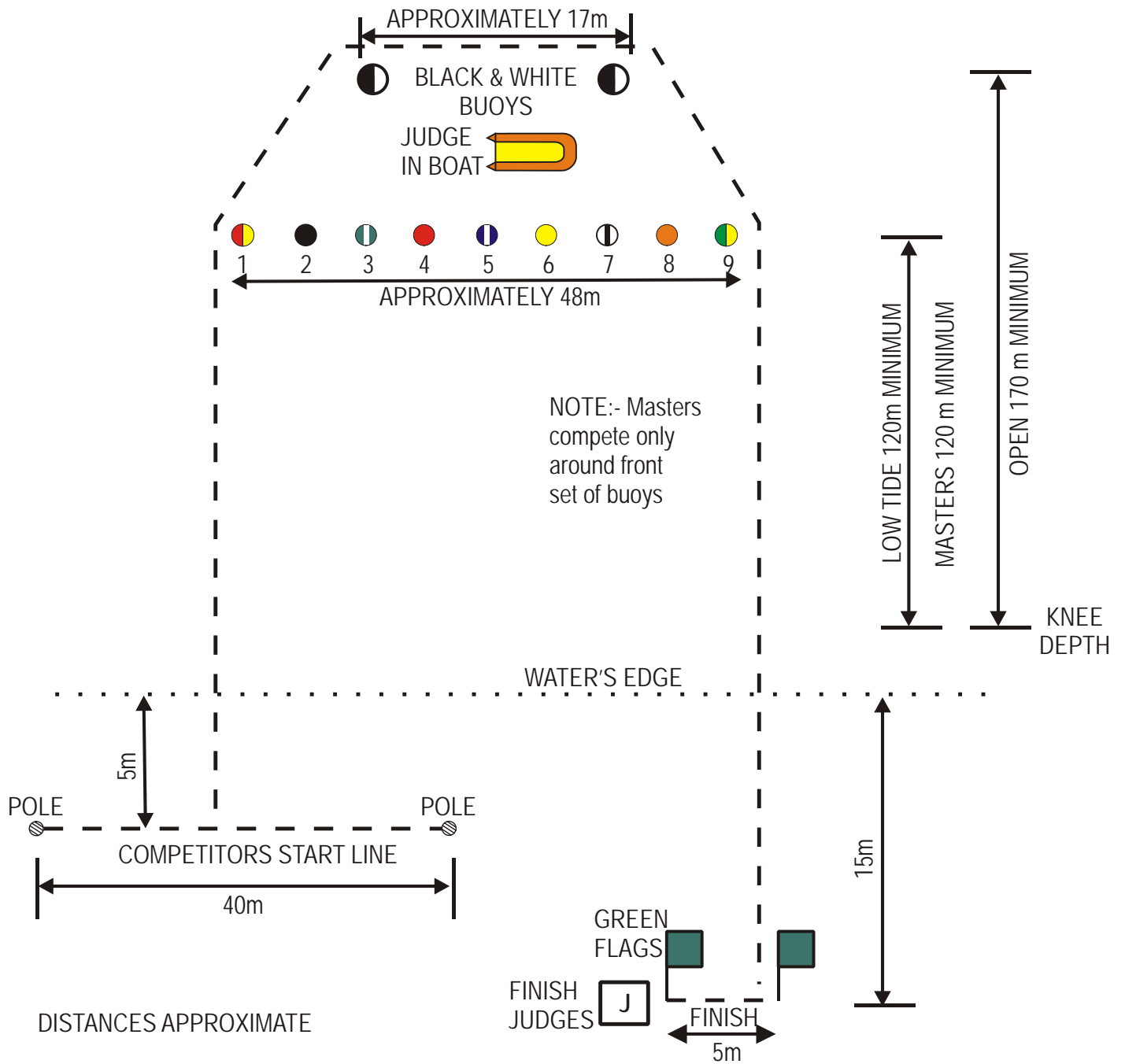
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

5.5.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



SURF RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170 m to furthest buoy
Masters	120 m to furthest buoy

5.6 SURF TEAMS RACE

5.6.1 Event description

With a running start into the surf from the start line on the beach, all three members of each team swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

Marshalling: The three members of each team shall be marshalled behind each other facing the water's edge in their drawn positions. The next team shall be lined up beside the first team and so on.

When all teams are assembled, a direction shall be given to face the competition area. On the direction of an official the line nearest the water's edge shall file onto the competition area, followed by the second, third and fourth lines. (This procedure spreads competitors from each team over the starting line.)

Points: Points are allotted as follows: one for first, two for second, three for third, four for fourth, etc. The team scoring the least number of points will be declared the winner. Should two or more teams be allotted equal points, the team whose full complement of members first completes the course shall be awarded the higher placing.

All competitors who finish shall be recorded as they are placed and the points will be calculated. If any teams are disqualified, places shall be reallocated and points then calculated.

If Surf and Surf Teams races are combined, swimmers not in teams shall be eliminated from the points allotment for the purpose of determining the teams race result.

5.6.2 The course

The Surf Teams Race is conducted over the course provided for the Surf Race as shown in the following diagram. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

5.6.3 Judging

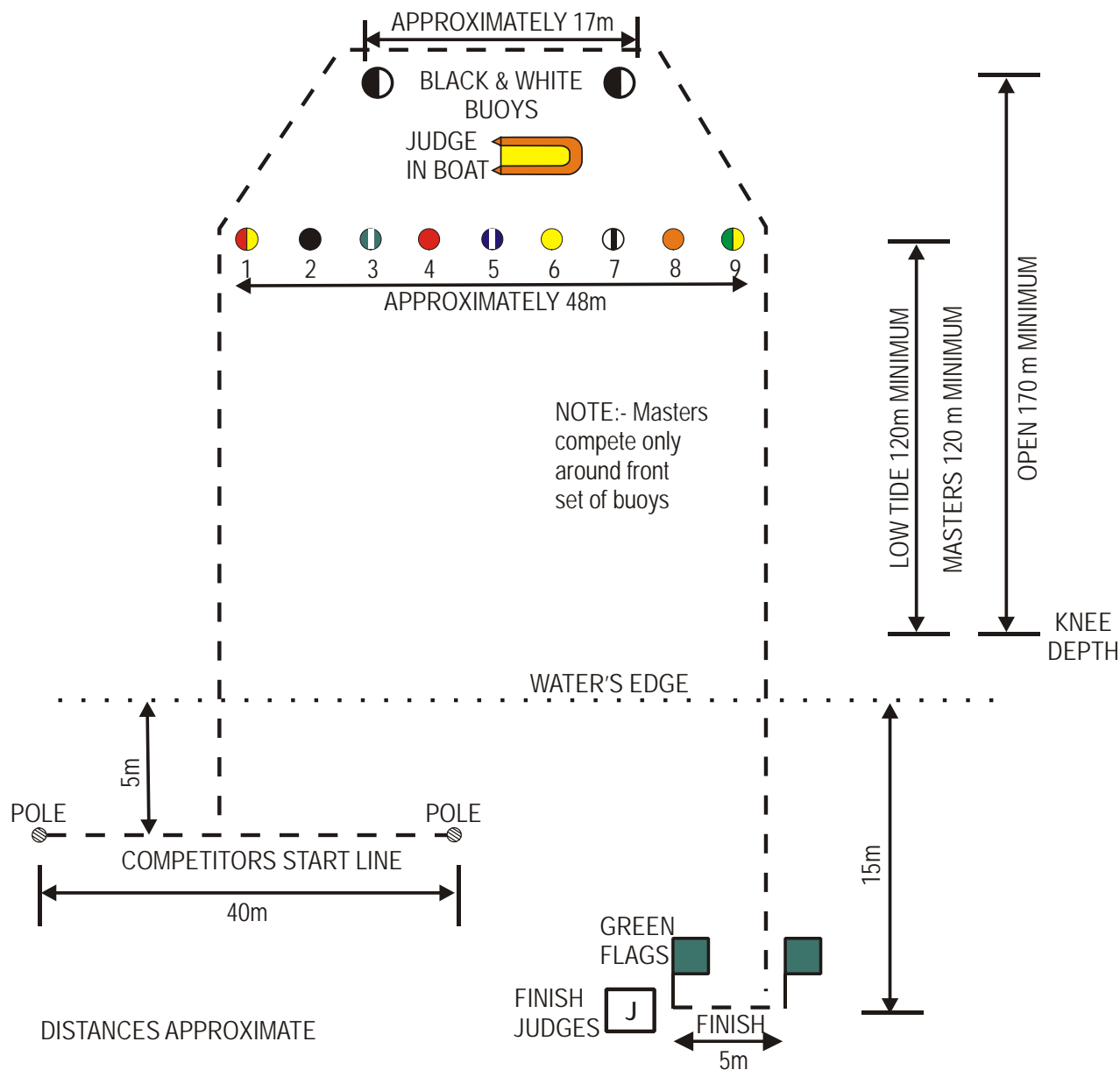
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

5.6.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



SURF TEAMS RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170 m to furthest buoy
Masters	120 m to furthest buoy

5.7 RESCUE TUBE RESCUE

5.7.1 Event description

Four competitors from each team participate in this event: a “victim,” one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.

- i) **The start:** All four competitors assemble at their team’s allotted position at the start line. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start/finish line. The rescue tube swimmer may hold or wear the rescue tube, and may hold the swim fins in his or her hands. Fins may not be worn prior to crossing the start line.

On the starting signal, the victim enters the water, swims to touch the allotted buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

- ii) **Rescue tube swimmer:** On the victim’s arrival signal, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy. The rescuer secures the rescue tube correctly around the victim’s body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube. With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the beach.
- iii) **Rescuers:** After the rescue tube swimmer has started to tow the victim to the beach, the two rescuers, at their discretion, may cross the start line to enter the water and assist the rescue tube swimmer to bring the victim to the beach.

The victim must be dragged or carried to the finish.

- iv) **The finish** is judged on the chest of the first team member crossing the finish line on his or her feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

5.7.2 Notes

- i) Rescue tube swimmers and the two rescuers, who have previously crossed over the start line (for whatever reason), must return to the shoreward side of the start line prior to beginning their leg of the relay.
- ii) At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start/finish line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be worn.
- iii) Rescue tubes must be worn with the loop across or over one shoulder.
- iv) The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.
- v) Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring.
- vi) The victim must not be towed on the stomach.
- vii) During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.
- viii) At no time, may the victim assist by walking or running.
- ix) Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

5.7.3 The course

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

- i) **The start/finish line:** a brightly coloured cord stretched between two poles carrying flags, approximately 48 m apart shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. The start line will also be the finish line. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.
- ii) **The swimming buoys** shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

5.7.4 Equipment

Rescue tube, swim fins: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use rescue tubes provided by organisers.

5.7.5 Judging

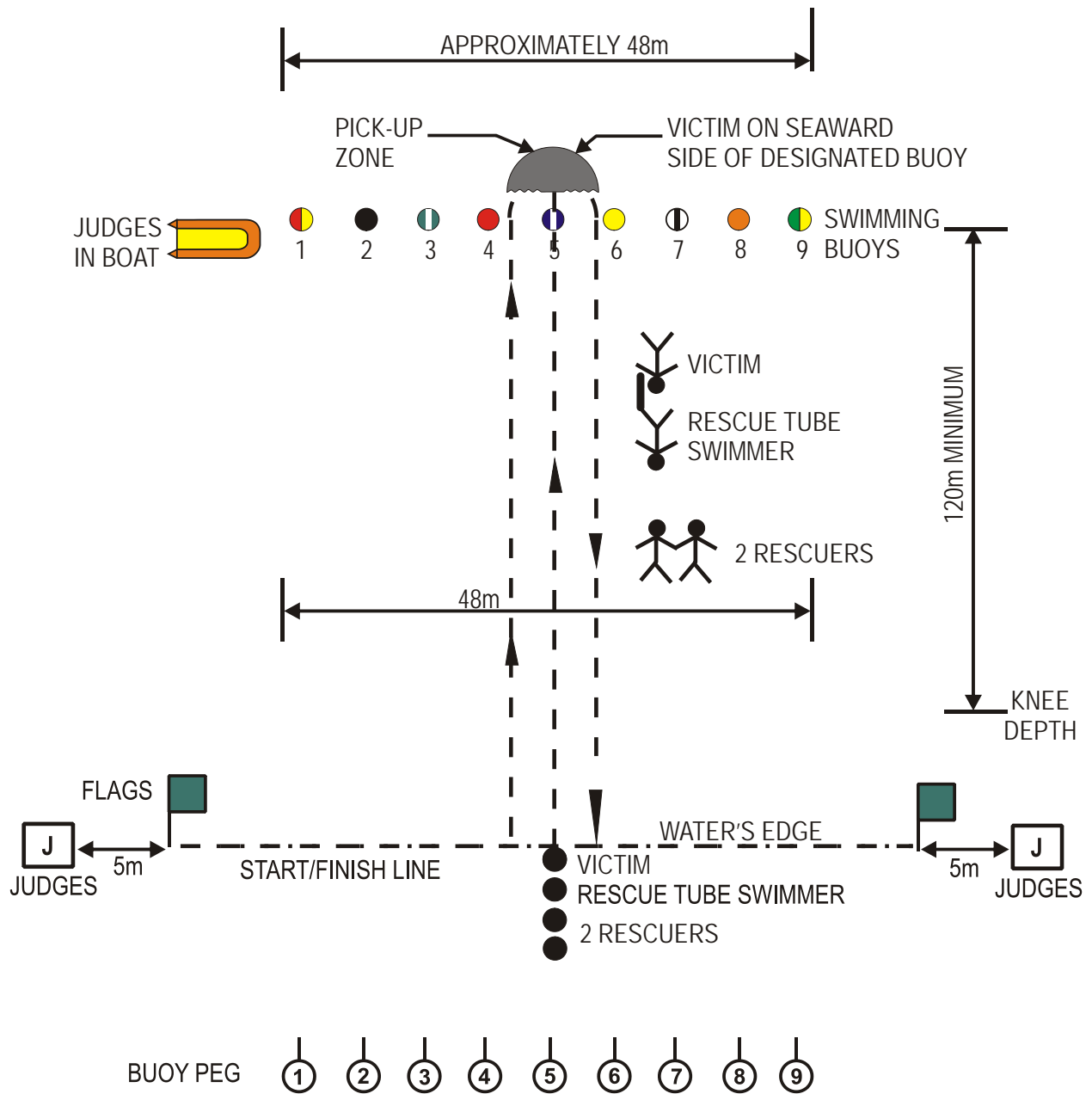
Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole. An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. An in-boat judge observing an infringement shall report to the referee as soon as practical and prior to the race result being declared.

5.7.6 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

RESCUE TUBE RESCUE

5.8 RESCUE TUBE RACE

5.8.1 Event description

Rescue tubes and fins are placed on the beach, approximately 15 m from the water's edge in line with the competitor's designated buoy peg.

Competitors take their positions on the starting line approximately 5 m from the water's edge. On the acoustic starting signal, competitors race up the beach to obtain their rescue tubes and fins, and donning the equipment at their discretion, enter the water and swim toward and around (the left side, viewed from the beach) their designated buoy to return to the beach and cross the finish line.

The finish is judged on the chest of the competitor crossing the finish line in an upright position in possession of both fins and with the rescue tube strap over the shoulder.

Notes:

- At the start, the rescue tube and fins may be positioned at competitors' discretion behind the pick-up line.
- Rescue tubes must be worn with the shoulder loop across or over one shoulder.

5.8.2 The course

The Rescue Tube Race shall be conducted under the general rules of the Rescue Tube Rescue. The course shall be the same as the Rescue Tube Rescue as shown in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

5.8.3 Judging

An in-boat judge shall be positioned in line with the buoys as shown in the diagram. Finish judges shall be positioned at each end of the finish line at least 5 m from the flag pole and in line with each flag pole.

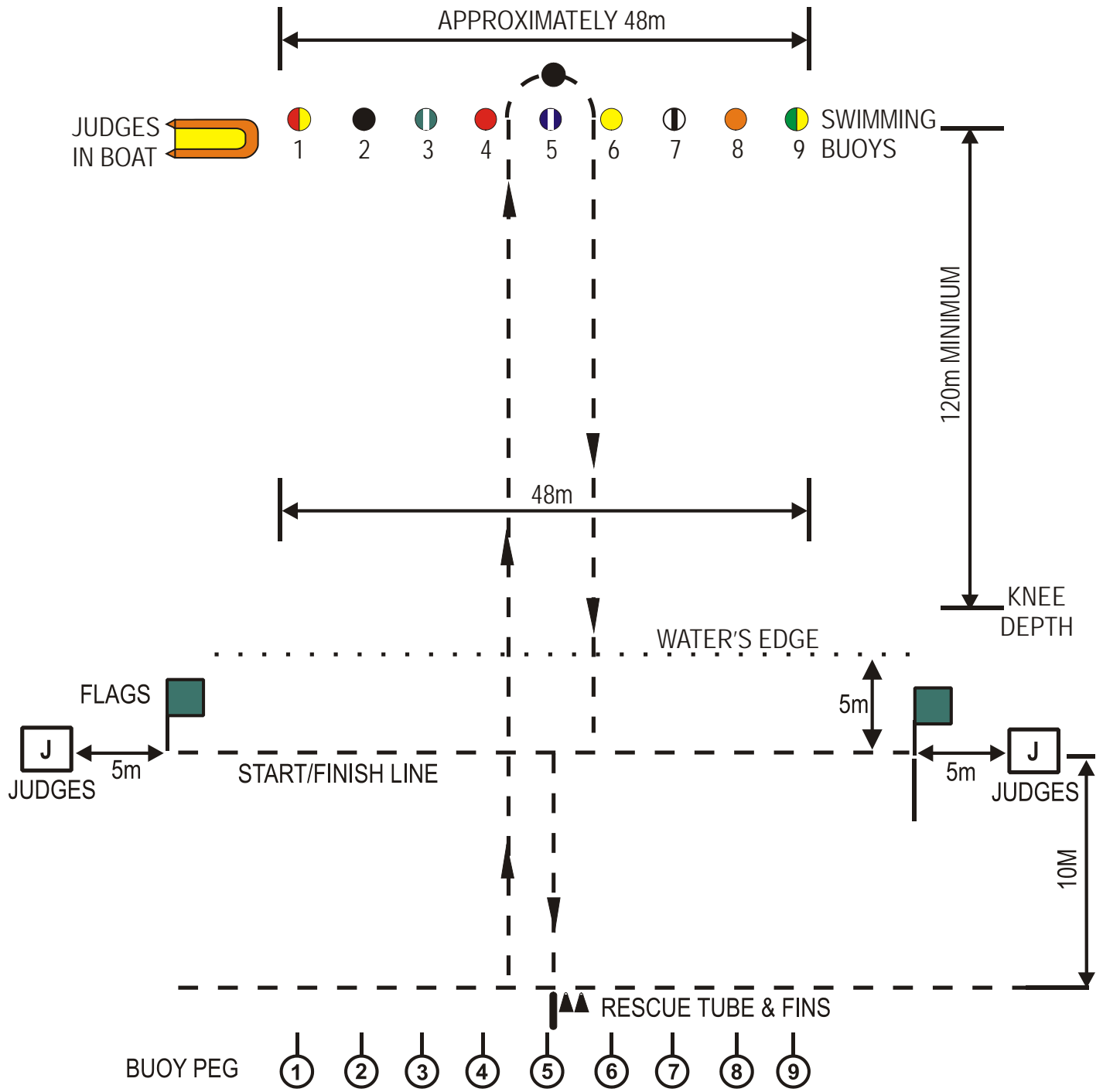
5.8.4 Equipment

Rescue tube: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use rescue tubes supplied by organisers.

5.8.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

RESCUE TUBE RACE

5.9 RUN – SWIM – RUN

5.9.1 Event description

From the start line, competitors run to pass around the turning flag and enter the water to swim out to and around the buoys. Competitors swim back to the beach to again run round the turning flag before running to the finish line.

5.9.2 The course

As shown in the following diagram, the course shall be laid out so that competitors run approximately 200 m, swim approximately 300 m, and run approximately 200 m to finish.

5.9.3 Judging

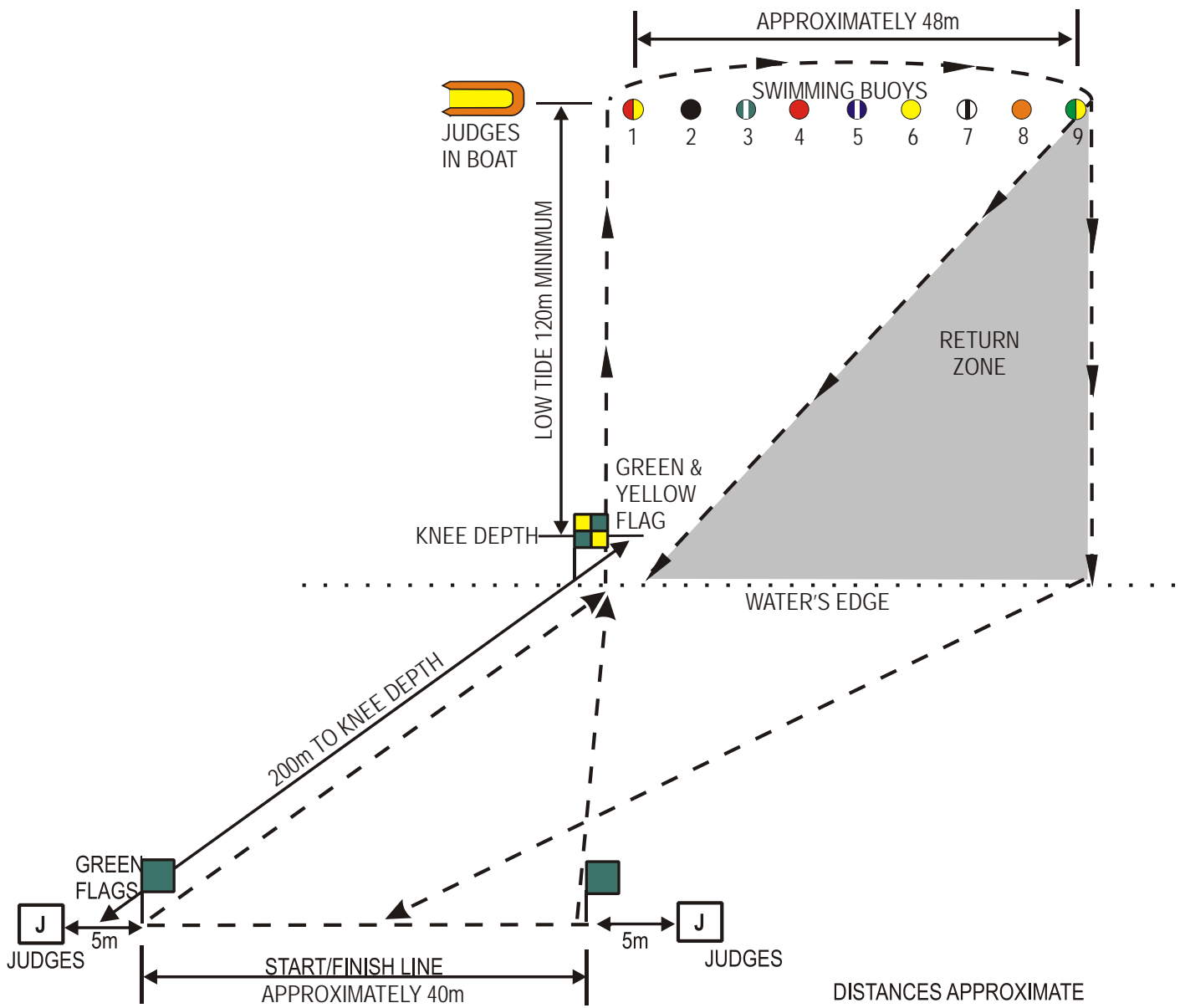
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

5.9.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



RUN – SWIM – RUN

5.10 BEACH FLAGS

5.10.1 Event description

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Competitors take their allotted positions, a minimum of 1.5 m apart at the start line.

Competitors lie face down with their toes on the start line with heels together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be 90 degrees to the body's midline and hips and stomach must be in contact with the sand. The body's midline should be 90 degrees to the start line. Competitors may level, flatten, and compress their starting area but no scooping of the sand or digging, or digging in of the feet is permitted.

5.10.2 Start procedure

Beach Flags start procedure is different from the procedure described in 5.2 *The Start*. For Beach Flags, the start is as follows:

Prior to the start, a marshall shall:

- i) Place competitors in the order as drawn for the run-through.
- ii) Accompany competitors to the starting area to ensure they are positioned in proper order.

The referee shall:

- i) Check that all officials, judges and equipment are in position.
- ii) Signal the official start of each race with a long whistle indicating that the competitors should take their positions on the start line.
- iii) Signal the starter that the competitors are under the starter's control.

The starter shall be positioned out of view of the competitors.

5.10.3 The start

On the starter's "Competitors **Ready**" command, competitors shall assume the starting position as described. On the starter's "Heads **Down**" command, competitors – at once and without delay – shall place their chins on their hands.

- i) After a deliberate pause and when all competitors are stationary, the starter shall signal the start with a whistle blast.
- ii) At the start signal, competitors shall rise to their feet and race to obtain a baton.

5.10.4 Starting infringements

The following behaviours are starting infringements in Beach Flags:

- i) Failure to comply with the starter's commands within a reasonable time.
- ii) Lifting any part of the body from the sand, or commencing any starting motion after the starter's "Heads down" command and prior to the start signal.

If a competitor is disqualified or eliminated, the remaining competitors and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected.

5.10.5 Draw for positions

There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals when contestants have been reduced to eight, there shall be a draw for positions after each run-through.

5.10.6 Number of competitors eliminated

The referee shall determine the number of competitors to be eliminated in each run-through of each heat and in semi-finals. No more than two competitors may be eliminated in any one run-through. In finals, no more than one competitor can be eliminated in any run-through.

5.10.7 Run-offs

A run-off between the competitors involved shall be called if two or more competitors hold the same baton, and judges cannot determine which competitor's hand grasped the baton first – regardless of the hand position on the baton. Likewise, a run-off between the competitors involved shall be called if a baton is "lost" in the sand. If it is apparent that a flag has been "lost" in the sand, the finish judge shall signal (by whistle or verbally) that the flag is "lost" and that the run-through is finished.

5.10.8 The course

As shown in the following diagram, the course shall be approximately 20 m from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5 m between each of 16 competitors.

The start line shall be designated at each end by poles, 2 m high.

Batons shall be positioned in line parallel to the start line, and so that a "perpendicular line" between any two adjacent competitors shall pass approximately through the base of the baton. In other words, batons are aligned on the baton line equidistant between adjacent competitors.

5.10.9 Equipment and apparel

Beach flags (batons): See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

5.10.10 Judging

The referee or referee's appointee shall be positioned to maintain overall supervision.

The starter and start judges shall be placed at either end of the starting line to observe any starting infringements. Course judges shall be placed on either side of the course to observe run-throughs and participation infringements.

Finish judges shall be positioned a few metres behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for the next run-through.

5.10.11 Elimination and disqualification

Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a competitor in a subsequent segment.

A competitor who commits a starting infringement or who impedes the progress of another competitor shall be eliminated (not disqualified).

A competitor *eliminated* from the event shall retain the point score and/or placing as at the time in the event. However, a competitor *disqualified* from the event shall lose all standing from the event.

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the event as described and defined.
- ii) Picking up or blocking more than one baton.

Impedance: Impedance is defined as “the use of hands, arms, feet or legs to impede another competitor's progress”.

A competitor may otherwise use his or her body to improve his or her position in obtaining a flag. A competitor may negotiate the shoulder and or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position.

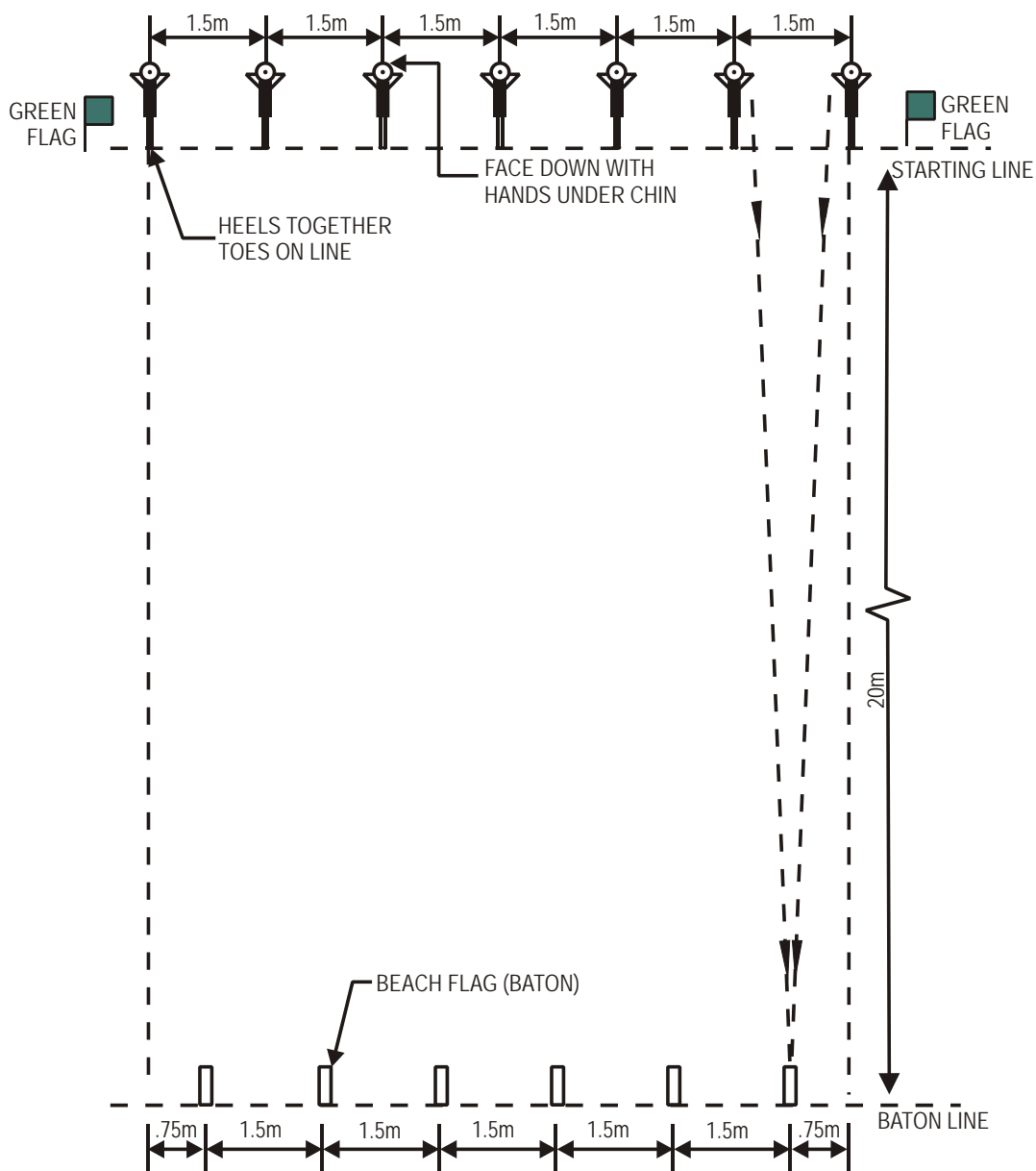
If a competitor legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.

A competitor may cross over in front of a slower competitor.

5.10.11 Elimination and Disqualification (cont'd)

If two or more competitors are guilty of impedance, the competitor who first used hands, arms, feet or legs may be eliminated.

Notwithstanding the impedance clauses, if it is deemed that the competitor has breached the ILS Code of Conduct and or competed unfairly (See 3.5 Misconduct), the competitors involved may be disqualified.



BEACH FLAGS

AGE GROUP	DISTANCE
Open	20 m
Masters	15 m

5.11 BEACH SPRINT

5.11.1 Event description

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m course to the finish line. The finish is judged on the competitor's chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

5.11.2 The start

No artificial starting blocks are permitted, but competitors may create holes and/or hillocks in and of sand to aid their start. Competitors are not permitted to use any material other than sand to aid the start. Competitors are permitted to flatten or level the sand in their lane.

5.11.3 The course

As shown in the following diagram, the beach sprint course shall be 90 m (70 m for Masters) from the start line to the finish line. A run-off area of at least 20 m is provided at each end.

The course shall be rectangular and “squared” to ensure that all competitors run the same distance, and it shall be designated by four distinctly coloured poles, 2 m high.

Running lanes separated by coloured ropes shall be laid on the beach to assist runners in keeping a straight course. The lanes shall be laid 1.8 m in width where possible with a minimum width of 1.5 m.

Ten lanes are desirable, but a minimum of 8 lanes is required for this event.

Competitors must remain in their own lane throughout the course.

Numbered pegs identifying running lanes shall be placed before the starting mark and beyond the finishing line.

A marshalling line shall be made 5 m to the rear and parallel to the starting mark and designated by poles 2 m high.

5.11.4 Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

Competitors may be required to wear coloured bibs to assist in judging.

5.11.5 Judging

The referee shall be positioned to maintain overall supervision.

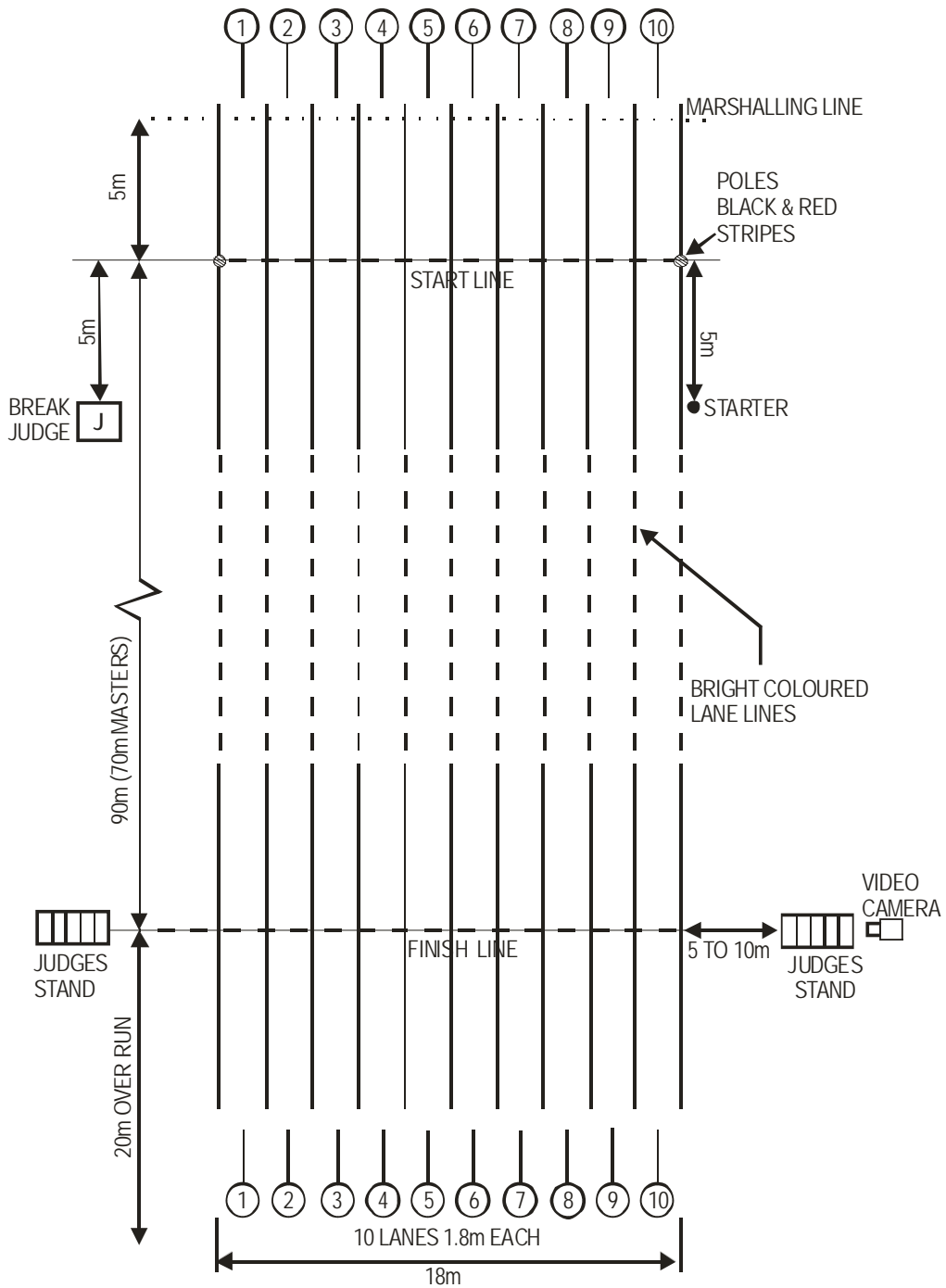
Two course judges shall be appointed to ensure the competitors run the course as described.

Finish judges shall select placings. The competitors shall be placed in the order in which any part of their chest crosses the finish line. Competitors must cross the line on their feet in an upright position.

5.11.6 Disqualification

In addition to the *General Rules* in Section 3 and *General conditions for ocean competition* in 5.1, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

BEACH SPRINT

AGE GROUP	DISTANCE
Open	90 m
Masters	70 m

5.12 BEACH RUN

5.12.1 Event description – 2 km

Competitors race 2000 m on the beach in four 500 m legs as follows:

On the starting signal, competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500 m distant, and return 500 m toward the starting pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Jostling or obstructing another competitor so as to impede his or her progress is not permitted.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

5.12.2 Event description – 1 km

Competitors race 1000 m on the beach in two 500 m legs on the course described above.

5.12.3 The course

The course shall be laid out on the beach parallel to the water's edge in two 500 m lanes. The referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a brightly coloured synthetic cord stretched between two poles. The **finish line** shall be an extension of the start line toward the water. The end of the finish line shall be marked by a third pole. The referee shall determine the length of the start and finish lines.

Running lanes: The course shall be divided into two lanes parallel to the waterline. The lane furthest from the water shall be for legs running from the start/finish lines (legs one and three). The lanes shall be divided by coloured tape, bunting, or other appropriate material.

A pole situated 500 m from the start at the end of the lane divider shall designate the turning point.

5.12.4 Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests and shoes are optional.

5.12.5 Judging

The referee shall be positioned at one side of the course to maintain overall supervision.

Break judges shall be positioned about 5 m away, in line, and on either side of the starting line. If a break occurs, the break judges shall report the competitors to the starter who shall issue a warning.

Course judges may be appointed to ensure the competitors run the course without interference to other competitors.

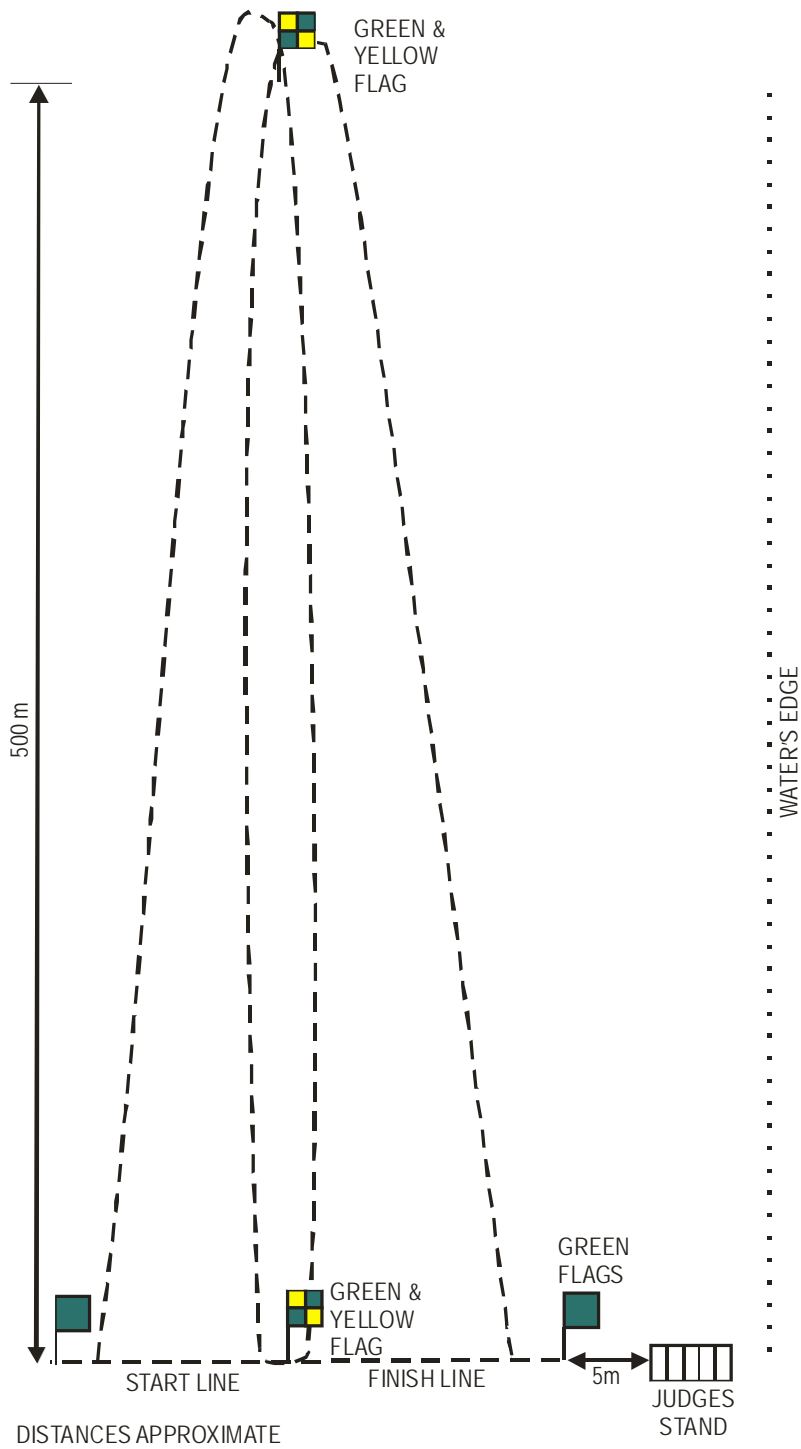
A judge shall be positioned at each turning pole to ensure no unnecessary jostling or interference occurs.

Finish judges shall select placings.

5.12.6 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



BEACH RUN

DISTANCE	COURSE
1 km	Two 500 m legs
2 km	Four 500 m legs

5.13 BEACH RELAY

5.13.1 Event description

Teams of four individuals (three in Masters) compete in baton relay fashion over a 90 m course. To start, two (one and two members in Masters) competitors take positions in their allotted lane at each end of the course.

After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner. All competitors shall finish their leg of the event on their feet and in an upright position.

Competitors are not permitted to interfere with the progress of other competitors.

5.13.2 The start

The start shall be as for the beach sprint with the first competitor taking the mark.

5.13.3 Baton changeovers

The baton shall be exchanged in the following manner:

- i) The competitor coming in to exchange the baton must carry the baton to the front line. (The baton may not be thrown to the next competitor.)
- ii) Competitors receiving the baton on the first, second, and third exchange can be moving while taking the baton, but will be disqualified if any part of the body or hands cross the front line before taking possession of the baton.
- iii) If a baton is dropped during the exchange, the receiver may recover the baton (ensuring that there is no interference to other competitors) and continue the race.
- iv) If a baton is dropped at any other stage, the competitor may recover the baton (providing that there is no interference to other competitors) and continue the race.

5.13.4 The course

The course shall be as for the Beach Sprint shown in the following diagram.

5.13.5 Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

Baton: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*.

5.13.6 Judging/changeovers

In general, judging shall be as for the beach sprint with the referee, course judge, and the finish judges assuming similar duties in regards to the start and finish.

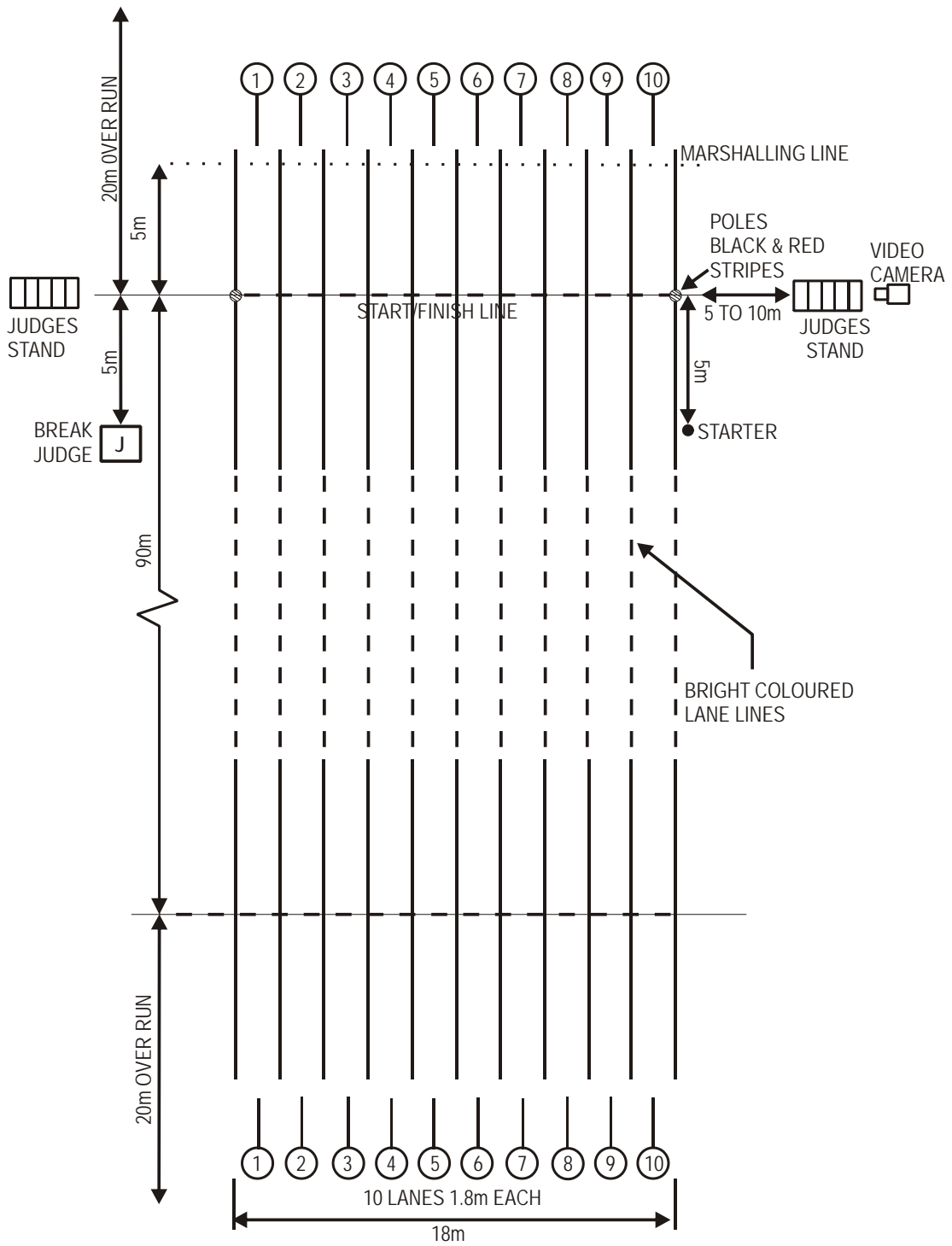
Course judges shall be appointed to check the changeover lines for infringements at each end during the changeovers.

Any infringements observed by the course judges shall be reported to the referee in the case of the changeovers.

5.13.7 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

BEACH RELAY

AGE GROUP	DISTANCE
Open	90 m
Masters	70 m

5.14 SURF SKI RACE

5.14.1 Event description

Competitors steady their skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start.

On the starting signal, competitors paddle their skis around the course marked by buoys and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

- i) Competitors may lose contact with or control of their ski without necessarily being disqualified. To complete the race, competitors must have (or have regained) their ski and paddle and cross the in-water finish line from the seaward side while maintaining contact with the ski and paddle.
- ii) Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

Dry start and finish: If conditions are such that the starter cannot provide a fair start, a dry start and/or dry finish shall be used. See below.

5.14.2 The course

The course layout shall be as detailed in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoys: Three buoys equal in size to a 50 litre drum shall be used: two “turning buoys” shall be placed approximately 75 m apart, and a minimum of 300 m (250 m for Masters) paddling distance from knee depth water at low tide mark. The third “apex” buoy shall be placed midway and approximately 16 m seaward of the turning buoys thus forming an arc with them.

The start line need not necessarily be identified, but if required it shall be marked by two poles and positioned so that the centre of the start line is aligned with the first turning buoy.

The finish line shall be between two flags mounted on stands or poles or other suitable markers in a position where the craft will finish afloat. The centre of the finish line is aligned with the third turning buoy (allowing for prevailing surf conditions).

5.14.3 Dry finish

The dry finish line shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same colour(s) as the course buoys.

- i) Competitors must paddle their skis around the last course buoy and shall not be disqualified if they lose contact with or control of their craft or paddle after the last course buoy on the return.
- ii) Competitors need not finish with craft or paddle.
- iii) The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.
- iv) A member of the competitor's team assists with the removal of the competitor's craft and paddle from the course. With the referee's approval, a non-team member may act as handler provided he or she is a member of an ILS Full Member organisation, and is registered to participate at the championships in some capacity.
- v) Handlers shall:
 - wear a cap identical to that of the competitor.
 - make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

5.14.4 Equipment

Surf skis: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Replacement skis or paddles for a competitor are permitted and may be brought to the water's edge by other club members providing such replacement does not cause any interference to other competitors in the race and further provided that the competitor shall recommence the race from the original starting area.

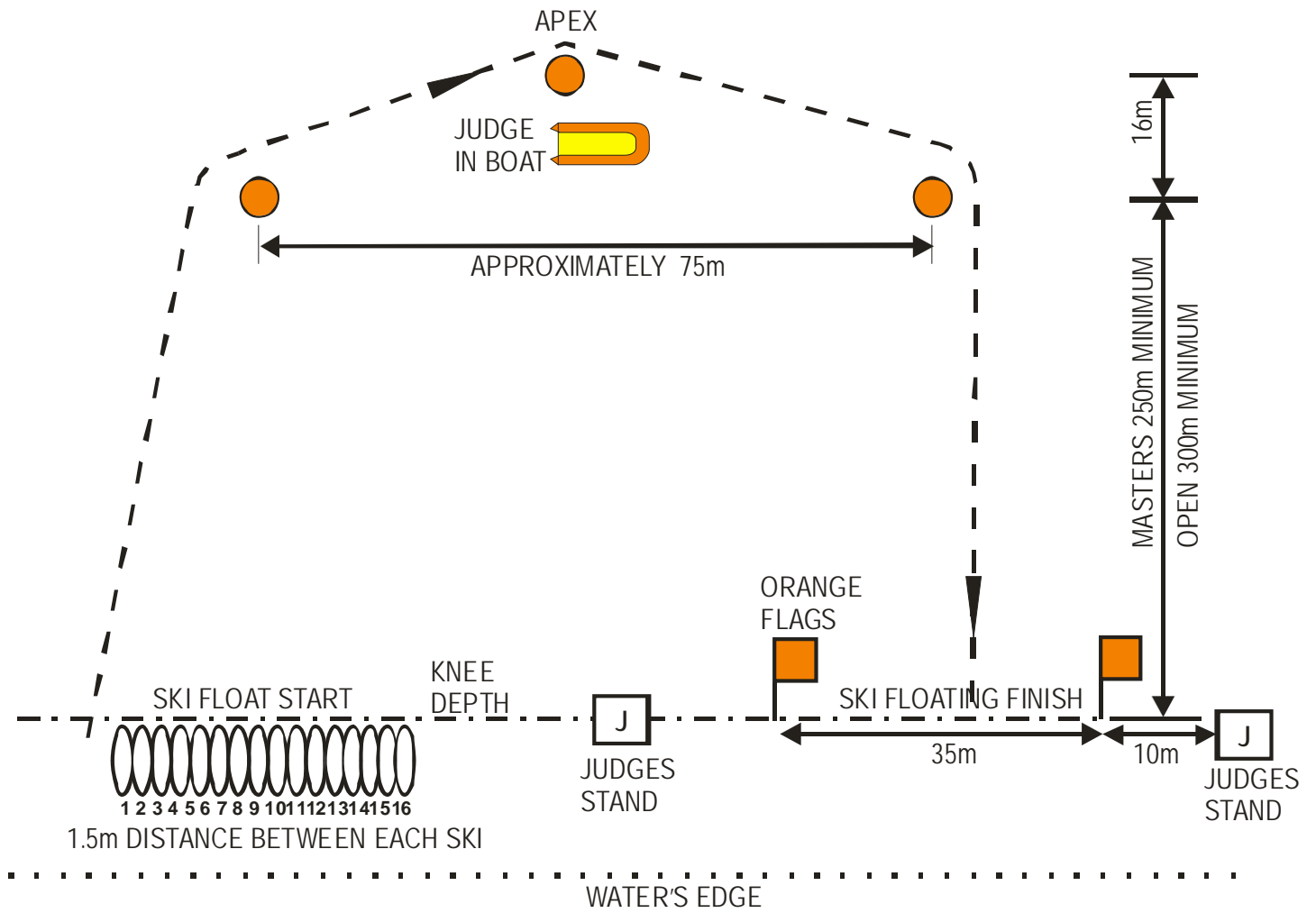
5.14.5 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

5.14.6 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

SURF SKI RACE

5.15 SURF SKI RELAY

5.15.1 Event description

The ski relay race shall be conducted under the general rules of the ski race. Teams shall consist of three competitors, who may use the same craft.

Competitors must obey the starter's or check starter's directions concerning ski alignment at the start.

First competitor. Competitors for the first leg of the relay shall be started as in the ski race and paddle around the buoys. Having completed the course, the first competitor may leave his or her craft (and paddle), round the two turning flags to tag the second competitor on the designated ski changeover line.

Second competitor. The second competitor completes the same course, rounds the two turning flags, and tags the third competitor on the designated ski changeover line.

Third competitor. The third competitor completes the same course, rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

Competitors in the surf ski relay events must commence their leg of the event from the correct allotted position.

The first and third competitor in each team commence from the team's drawn starting position. However, the drawn starting position is reversed for the second competitor in each team. For example, in a 16-competitor race in which a team has drawn position 1: the first competitor commences from position 1; the second competitor commences from position 16; the third competitor commences from position 1.

1 st & 3 rd competitor's starting position	1	2	3	4	5	6	7	8	...16
2 nd competitor's starting position	16	15	14	13	12	11	10	9	...1

Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

5.15.2 The course

The course layout shall be as detailed in the following diagram.

In the ski relay, the start/changeover line is located in the water. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

5.15.3 Equipment and apparel

Surf skis, paddles: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*.

- i) Members of the team or other members authorised by the referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. The craft shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.
- ii) Each team shall wear the same coloured tops with each member identified by numbers 1, 2, or 3 on each top front and back. If a club enters more than one team, each team must wear a different coloured top.

5.15.4 Judging

Judges shall be placed to observe the conduct of the event and determine competitors' place at the finish.

- i) Competitors must cross the finish line on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

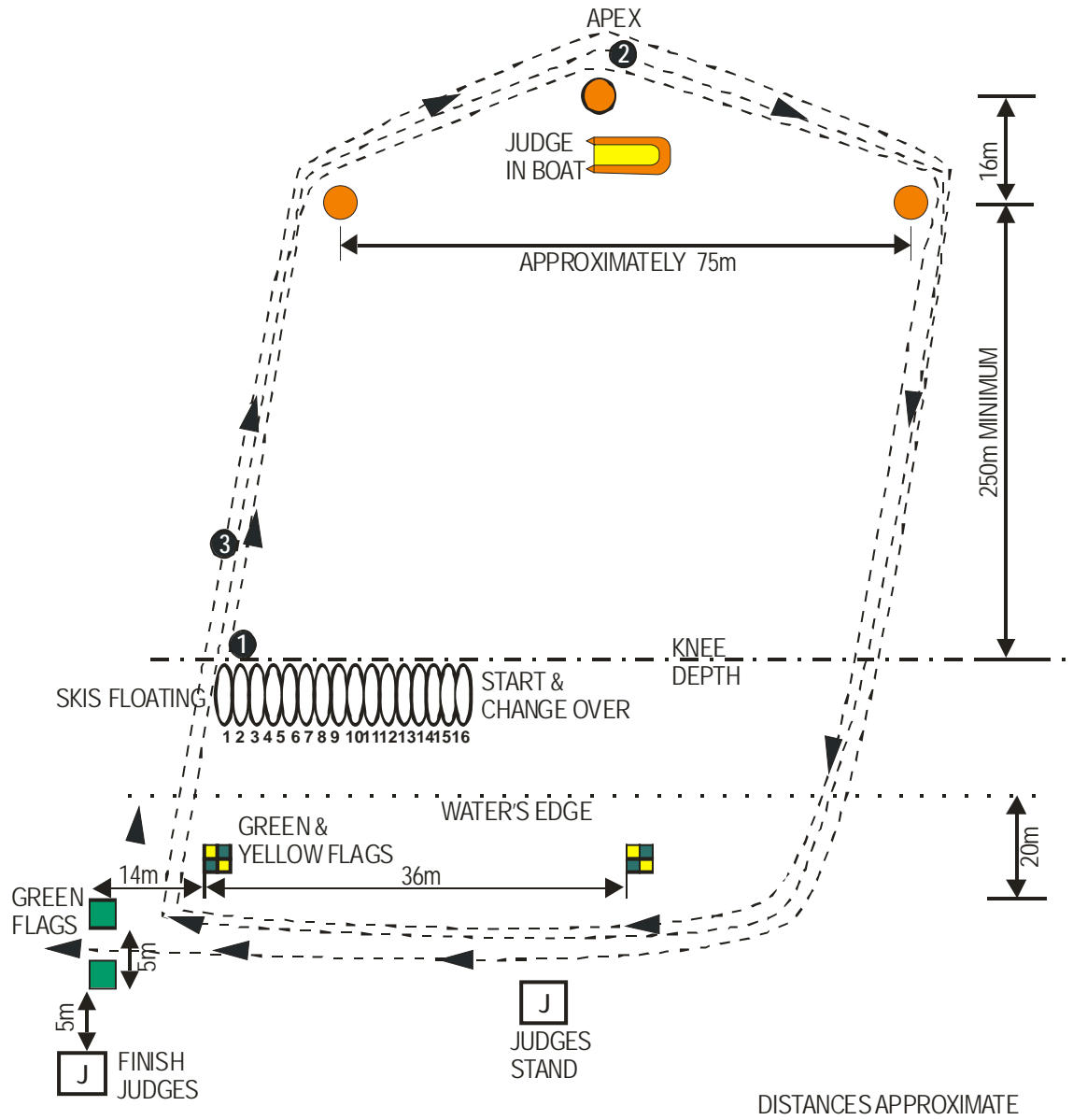
5.15.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

5.15.6 Control of craft

- i) Competitors may lose control of or contact with the ski or paddle on the way out, provided they regain the ski (and paddle) and round the last course buoy in contact with the craft and complete the course.
- ii) Competitors must paddle their skis around the last course buoy and shall not be disqualified if they lose control of or contact with their craft (or paddle) after the last course buoy on the return.



SURF SKI RELAY

5.16 BOARD RACE

5.16.1 Event description

Competitors stand on or behind the start line on the beach with their boards 1.5 m apart.

At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

5.16.2 The course

The course layout shall be as detailed in the following Board Race diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoys: Three buoys of the same colour(s) and equal in size to a 50-litre drum shall be used: two “turning buoys” shall be placed approximately 75 m apart, and a minimum 250 m distance (same for Masters) from knee-depth water at low tide mark. The third “apex” buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

The start line, depicted by a bright coloured cord, shall be situated on the beach approximately 5 m from the water's edge. It shall be 30 m in length and marked by two poles at either end. The middle of the start line should be aligned with the first turning buoy, but may be altered at the discretion of the referee depending on the prevailing conditions to allow all competitors a fair passage around the first buoy.

The finish line shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same colour(s) as the course buoys.

The middle of the finish line should be aligned with the third turning buoy, but this may be altered by the referee depending on the prevailing sea conditions.

5.16.3 Equipment

Boards: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

5.16.4 Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position while in control of the board.

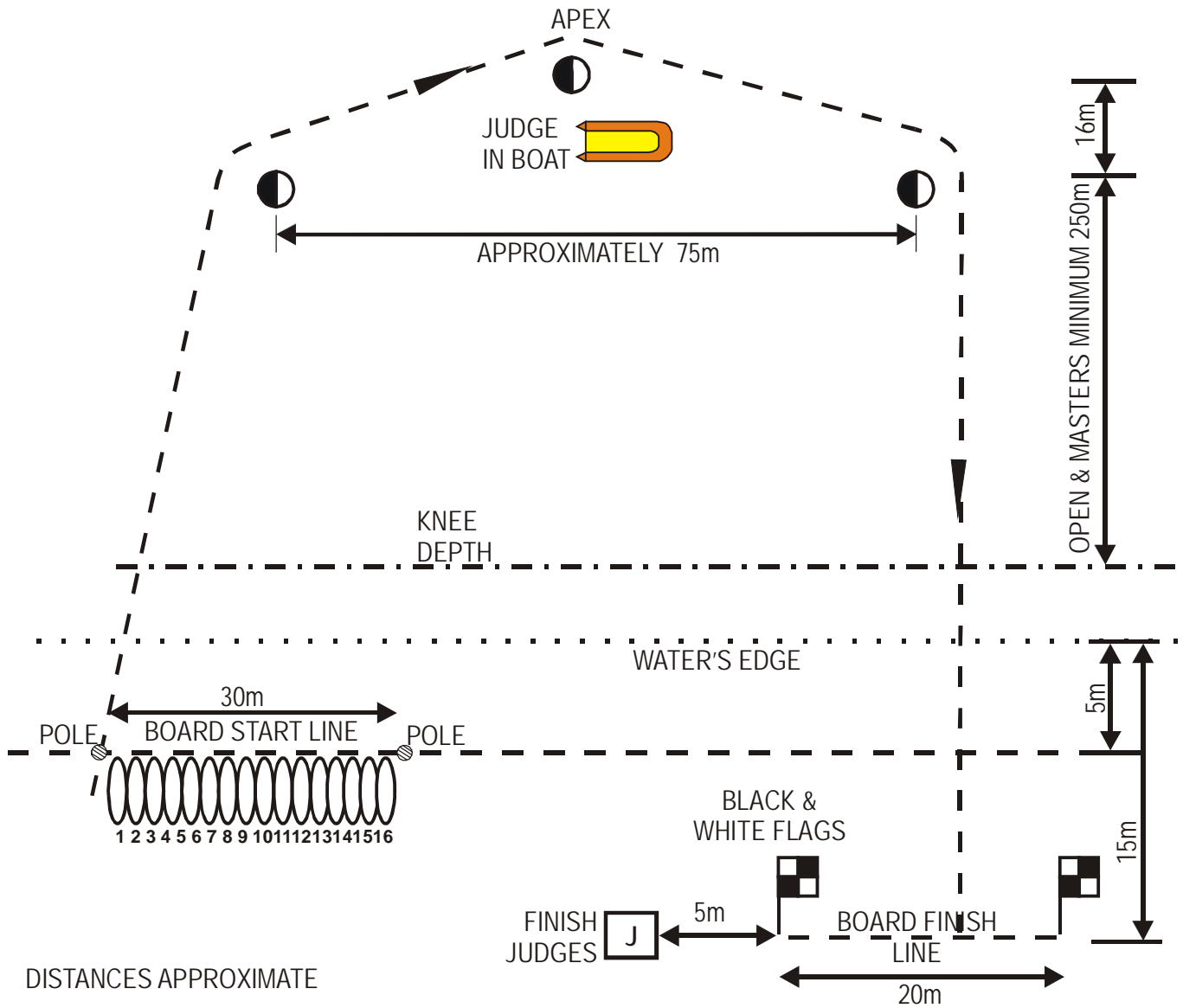
5.16.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

5.16.6 Control of craft

Competitors may lose contact with or control of their board without necessarily being disqualified. To complete the race, competitors must have (or have regained) their board and cross the finish line from the seaward side while maintaining contact with their craft.



BOARD RACE

5.17 BOARD RELAY

5.17.1 Event description

The Board Relay event shall be conducted under the general rules of the Board Race event. Teams shall consist of three competitors, who may use the same craft.

First competitor. The first competitors shall be started as in the Board Race and complete the course marked by the buoys. Competitors may then leave their board (anywhere after rounding the buoys), round the two flags, to tag the second competitor on the designated board changeover line.

The second competitor. The second competitor completes the same course, rounds the two turning flags, to tag the third competitor on the designated board changeover line.

The third competitor. The third competitor completes the same course, rounds one turning flag, passes the other on the shoreward side, to finish between the two finish flags.

The second and third competitors in the board relay event shall be positioned with their feet on, or shoreward of, the changeover line.

Competitors in the board relay events must commence their leg of the event from the correct allotted position.

The first and third competitor in each team commence from the team's drawn starting position. However, the drawn starting position is reversed for the second competitor in each team. For example, in a 16-team race in which a team has drawn position 1: the first competitor commences from position 1; the second competitor commences from position 16; the third competitor commences from position 1.

1 st and 3 rd competitor's starting position	1	2	3	4	5	6	7	8	...16
2 nd competitor's starting position	16	15	14	13	12	11	10	9	...1

Competitors are not permitted hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

5.17.2 The course

The course layout shall be as detailed for the Board Relay Race and shown in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

5.17.3 Equipment

Boards: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*.

- i) The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.
- ii) Members of the team or other members authorised by the referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. Boards shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.
- iii) Each team shall wear the same coloured tops with each member identified by numbers 1, 2, or 3 on each top front and back. If a club enters more than one team, each team must wear a different coloured top.

5.17.4 Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

5.17.5 Disqualification

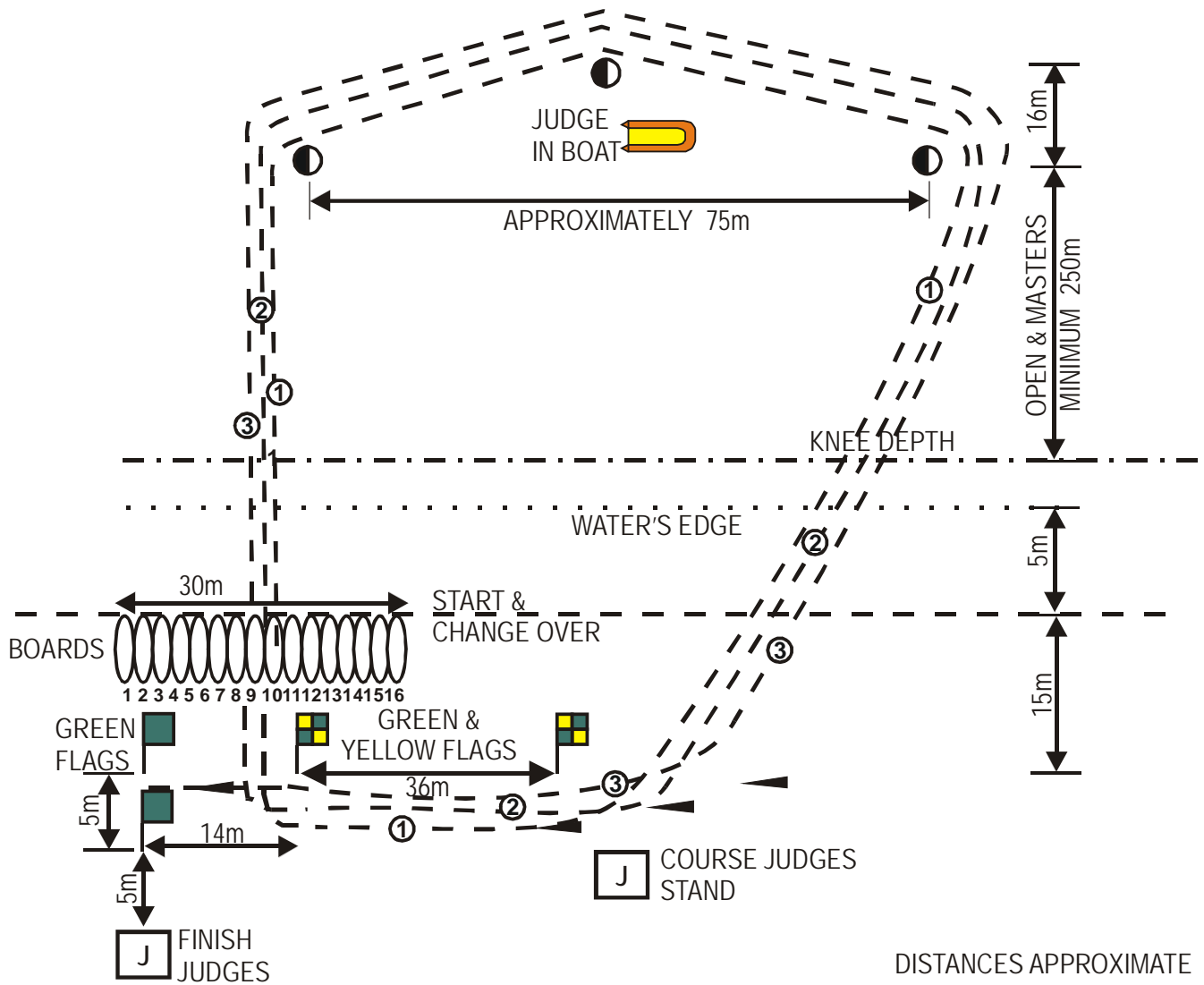
In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

5.17.6 Control of craft

Competitors may lose contact with or control of the board on the way out, provided they regain the board and round the last course buoy in contact with the board and complete the course.

Competitors must paddle their board around the last course buoy and shall not be disqualified if they lose contact with or control of their board after the last course buoy on the return.



BOARD RELAY RACE

5.18 BOARD RESCUE

5.18.1 Event description

In this event, one member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

- i) Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.
- ii) **First competitor.** From the allotted position on the start line on the beach, and on the start signal, the victim enters the water, swims to touch the allotted swimming buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.
- iii) The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.
- iv) **Second competitor.** On the victim's arrival signal, the board rescuer crosses the start line, enters the water and paddles to the victim on the seaward side of the allotted buoy. The victim must make contact with the board on the seaward side of the buoy. The board must round the buoy clockwise (right hand in) before proceeding to shore with the victim.
- v) Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.
- vi) The finish is judged on the chest of the first competitor of each team to cross the finish line on his or her feet in an upright position, with both rescuer and victim in contact with the board.
- vii) The board rescuer may not start before the victim signals arrival.
- viii) Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

5.18.2 The course

The course layout shall be as detailed in the following diagram.

The boards must be paddled around the allotted buoys clockwise (right side in) unless otherwise advised by the referee prior to the event.

5.18.3 Equipment

Boards: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*.

5.18.4 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

5.18.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

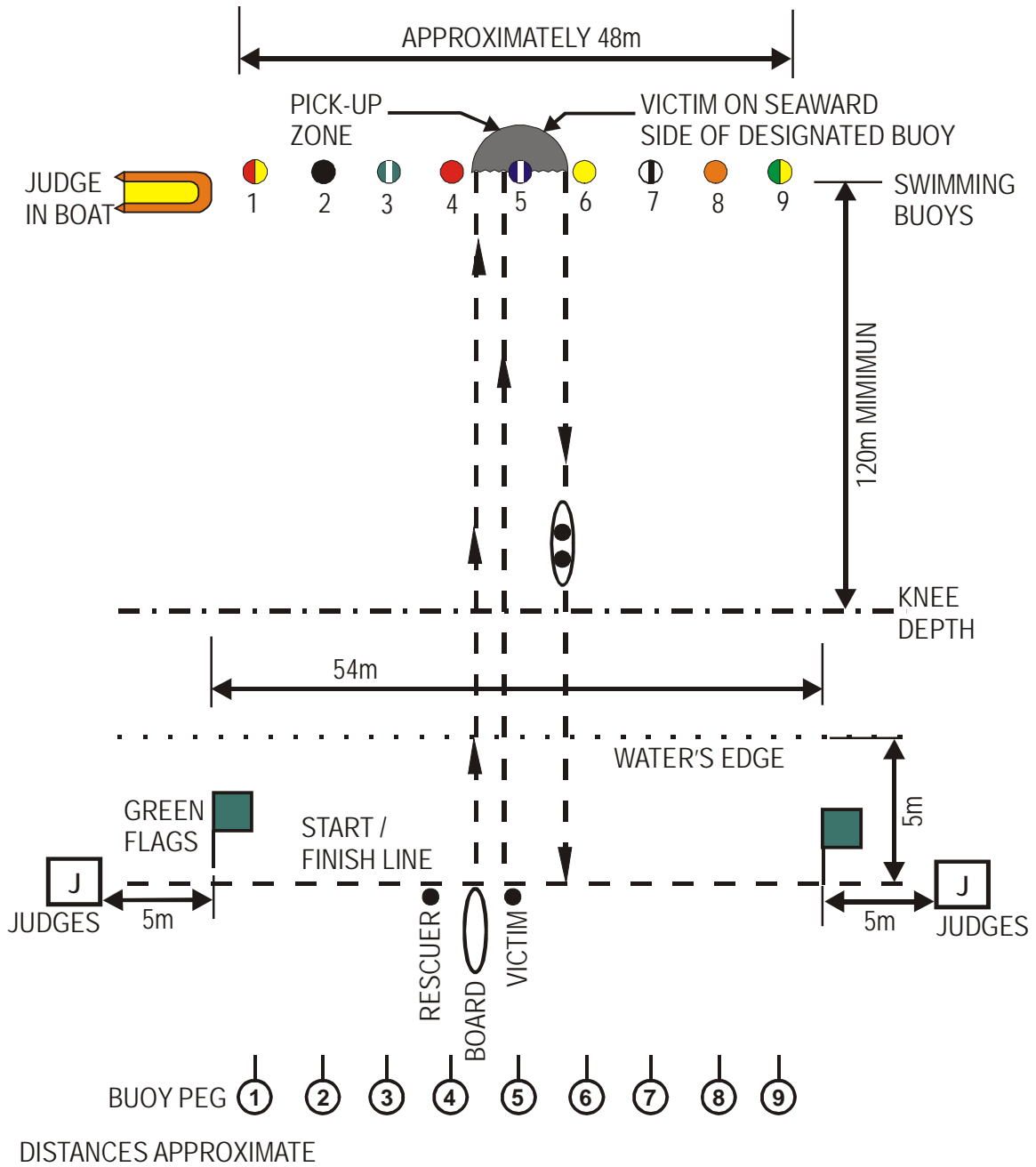
- i) Failure to complete the course as defined and described.

5.18.6 Control of victim or board

Rescuers and victims may lose contact with the board on the return journey, but both must be in contact with the board when crossing the finish line.

5.18.7 Victim pick-up

While it is not required that the entire board be on the seaward side of the allotted buoy, the victim must make contact with the board on the seaward side.



BOARD RESCUE

5.19 OCEANMAN/OCEANWOMAN

5.19.1 Event description

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Oceanman/Oceanwoman Relay.

If the surf ski leg is first, competitors will start with a typical in-water start.

Starting positions: Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and ski legs. For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1 but commences the other craft leg from position 16.

Competitor's 1 st craft leg starting position	1	2	3	4	5	6	7	8	...16
Competitor's 2 nd craft leg starting position	16	15	14	13	12	11	10	9	...1

Handler: A member of the competitor's team assists the competitor. With the referee's approval, a non-team member may act as handler provided he or she is a member of an ILS Full Member organisation and is registered to participate at the championships in some capacity.

Handlers shall hold the ski in a floating position as per the diagram or as directed by officials; and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

5.19.2 The course

Buoys shall be laid out for the swim, board, and ski legs as indicated in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark.

The board leg buoys and ski leg buoys shall be positioned approximately 50 m and 100 m respectively behind the swimming buoys. The board leg buoys should be approximately 17 m apart and the ski buoys approximately 50 m apart, with the ski “apex” buoy a further 10 m to sea.

Flag layout: Two flags located approximately 20 m from the water’s edge designate beach turning marks. One shall be positioned in line with swim buoy number 2, the other in line with the swim buoy number 8.

Two flags 5 m apart mark the finish line. They are positioned at right angles to the water’s edge and approximately 60 m from the first turning flag.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centred on the swimming buoy number 1 approximately 5 m from the water’s edge, and marked by a 2 m high pole at either end.

The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg. Competitors are not required to cross the start and changeover line after the race has commenced.

Board course: The board leg is conducted from the start and changeover line to pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside; and round the two turning flags.

Ski course: The ski leg is conducted with the skis starting from the ski floating position as per the diagram, around three ski course buoys, return to the beach and around the two turning flags. Competitors must pass on the outside of all buoys. Competitors shall not cut through the swim course or board course buoys.

Swim course: The swim leg is conducted from the start and changeover line, around the swimming buoys, return to the beach and around the two turning flags.

Beach sprint course and finish: The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

Note: Competitors round the turning flags in the same direction as the buoys for each leg of the course.

Masters: If the Masters Oceanman/Oceanwoman swim course would exceed 120 m because of prevailing surf conditions, two single buoys, laid a minimum of 10 m apart at the 120 m mark may be used. In such circumstances, the standard swim course will be used for the board leg and for the first and third turning buoys of the ski leg. An apex buoy placed 10 m beyond the swim buoys will complete the ski course.

5.19.3 Equipment

Surf skis, paddles, boards: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*.

- i) **Changing of damaged craft:** A board or ski shall not be changed during a section of the race unless it is damaged or becomes unseaworthy. Team members/handler shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.
- ii) **Paddles:** A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.
- iii) **Equipment removal:** To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

5.19.4 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

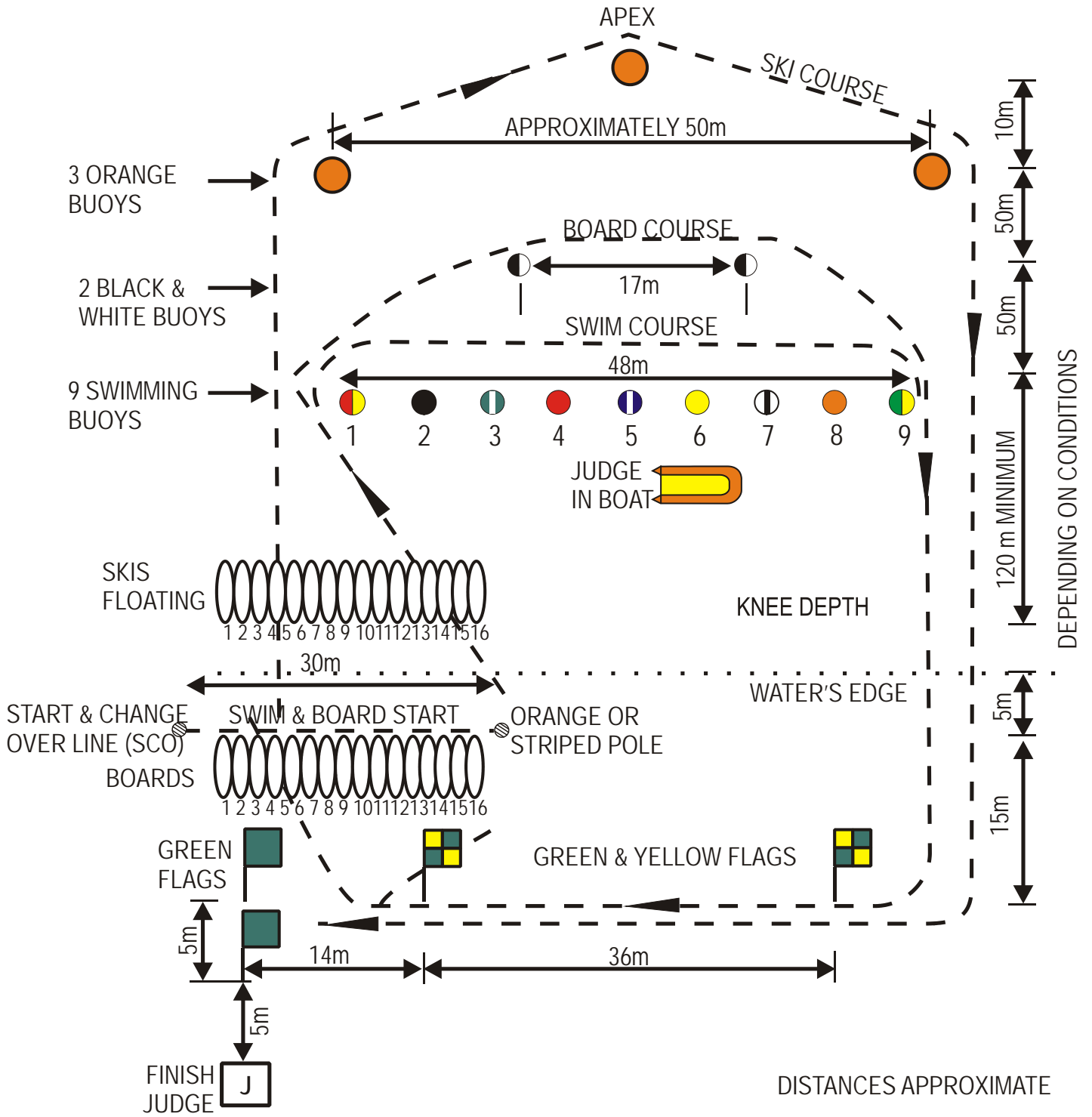
5.19.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

5.19.6 Contact with craft

Competitors must be in contact with the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose contact with the craft on the return journey from the buoys. Competitors may lose contact on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in contact with the craft and complete the course.



OCEANMAN/OCEANWOMAN

5.20 OCEANMAN/OCEANWOMAN RELAY

5.20.1 Event description

Teams of four competitors (one swimmer, one board paddler, one surf ski paddler, and one runner) cover the course in a sequence of legs determined by draw at the start of each competition.

The run leg is always the final leg. If the ski leg is first, competitors shall start with a typical in-water start.

(Masters: Teams of three competitors – one swimmer, one board paddler, one surf ski paddler. There is no running leg in Masters Oceanman/Oceanwoman Relay.)

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Competitors must commence their leg of the event from the correct allotted beach position.

The starting positions are reversed for the board and ski legs. For example, in a 16-team race in which a team has drawn position 1: the initial craft leg is commenced from position 1 but the other craft leg is commenced from position 16.

1 st craft leg starting position	1	2	3	4	5	6	7	8	...16
2 nd craft leg starting position	16	15	14	13	12	11	10	9	...1

The following event description assumes the order to be: swim – board – ski – run. The course direction is clockwise.

Swim leg: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run around the two turning flags to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start/changeover line.

Board leg: Board paddlers enter the water with their boards; pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside; round the two turning flags, and through the start/changeover line to tag the ski paddlers, who are waiting with their surf skis and paddles in approximately knee depth water.

On their return, board paddlers may leave their boards at the water's edge.

5.20.1 Event description (*cont'd*)

Ski leg: Ski paddlers paddle around the ski course buoys and return to shore to tag the runners waiting at the water's edge or in the water.

Paddlers must pass on the outside of all buoys. Paddlers shall not cut through the swim course or board course buoys.

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag.

Run leg: Runners then round one turning flag, pass the other flag on the shoreward side, and continue to the finish between the two finish flags.

5.20.2 Equipment

Surf ski, paddle, board: See Section 10 – *Facility and Equipment Standards Scrutineering Procedures*. Each team shall provide at least one board and one surf ski.

Team members shall place gear adjacent to the respective starting areas for the various craft.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

5.20.3 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

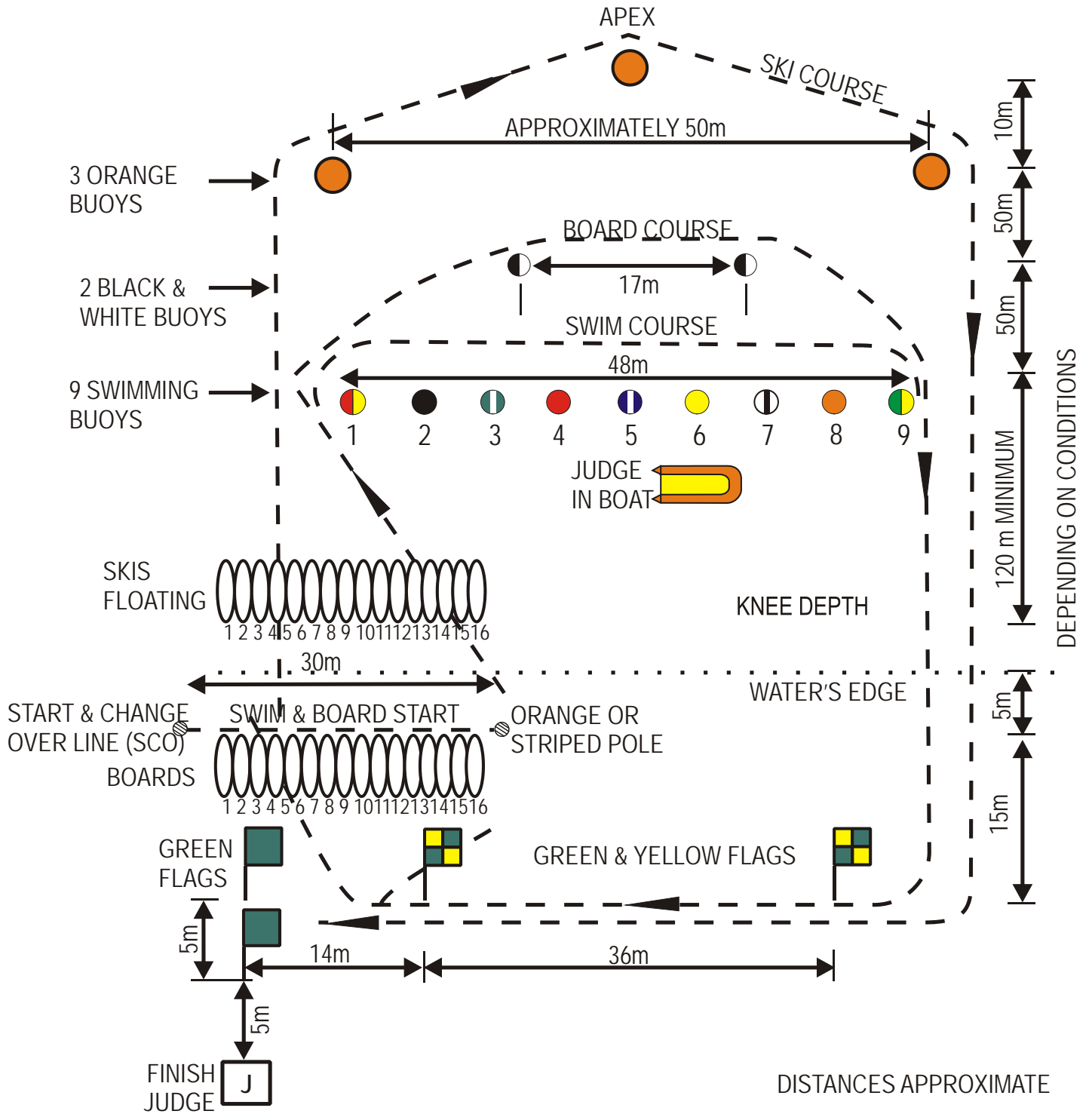
5.20.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

5.20.5 Contact with craft

Competitors must be in contact with the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose contact with the craft on the return journey from the buoys. Competitors may lose contact on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in contact with the craft and complete the course.



OCEANMAN/OCEANWOMAN RELAY