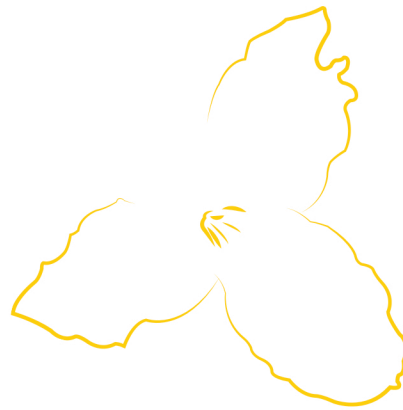


2026 edition

Ontario Competition Manual

Rules, Standards and Procedures for Ontario Championships





LIFESAVING SOCIETY

The Lifeguarding Experts

ONTARIO COMPETITION MANUAL

Rules, Standards and Procedures for Ontario Championships

Published by the Lifesaving Society, 400 Consumers Road, Toronto,
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Fifth Edition, January 2026

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport.

Annually, over 1.2 million Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

LIFESAVING SOCIETY

ONTARIO COMPETITION MANUAL

Rules, Standards and Procedures for Ontario Championships



LIFESAVING SOCIETY

The Lifeguarding Experts

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INTRODUCTION

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races. Emergency response competitions test the everyday skills of Lifeguards in Ontario.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Lifesaving Society seeks to engage and inspire individuals in our drowning prevention mission.

In Ontario, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970, the Society organized the first Ontario Lifeguard Championship hosted by the City of Mississauga. The first Canadian Lifeguard Championship followed in 1977 in Winnipeg.

Today, Canadians compete and officiate internationally in world and commonwealth championships, nationally in separate pool, surf and emergency response championships, and provincially in the following Ontario championships:

- Ontario Junior Lifesaving Championships – Pool
- Ontario Junior Lifesaving Championships – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

In addition, the Society annually organizes the Junior Lifeguard TeleGames.

Competition packages for individual Ontario championships and TeleGames are posted under “Lifesaving Sport” at lifesavingsociety.com.

PREFACE TO THE FIFTH EDITION

The *Ontario Competition Manual* does not reproduce the event descriptions, rules and procedures outlined clearly in the *ILS Competition Rule Book*, *ILS Technical Bulletins* and the *Canadian Lifesaving Sport Competition Rulebook (CLSCR)*. However, the *Ontario Competition Manual* does present information specific to Ontario championships.

In addition to updating events to reflect the 2025 edition of the *ILS Competition Rule Book*, the Ontario Lifesaving Sport Council draws your attention to the following significant changes:

Section 1 – Ontario Championships

- Updated reference manuals.
- Added definition and guidance on mixed events for Ontario championships.
- Edited name of award from “Top point getter” to “Individual Overall.”
- Clarified caps requirements at Ontario championships.
- Defined standards and use of High visibility vests for Ontario competitions.
- Attire at Awards ceremonies and Lifeguard Events defined.

Section 2 – Ontario Junior Lifesaving Championships – Pool

- Athlete eligibility updated.
- Disqualification code tables edited
- Clarification of competitors required to exit the pool at the completion of their leg of the event

Section 3 – Ontario Lifesaving Championships – Pool

- Athlete Eligibility updated.
- Event descriptions updated.
- Clarification of competitors required to exit the water at the completion of their leg of the event.
- Disqualification codes edited.

Section 4 – Ontario Lifeguard Championships

- Athlete Eligibility updated.
- Event descriptions updated.
- Addition of “Simulated Emergency Response – Dry” to the menu of events.

- Addition of “General Conditions”, “Lock Up”, “Victim Assessment and Treatment”, “Protective Equipment”, and “Safety” information.
- Updated scoring.
- Disqualification codes edited.

Section 5 – Ontario Junior Lifesaving Championships – Waterfront

- Athlete eligibility updated.

Section 6 – Ontario Lifesaving Championships – Waterfront

- Athlete Eligibility updated

CONTENTS

Section 1	Ontario Championships	
1.1	The Ontario Championships	2
1.2	Management Committee	2
	Officials	3
1.3	Gender Identity.....	3
1.4	Eligibility and Right to Participate.....	4
1.5	Menu of Events	5
1.6	Program of Events	5
1.7	Awards	6
	Ontario Junior Lifesaving Championships	6
	Ontario Senior Lifesaving Championships.....	6
	Ontario Masters Lifesaving Championships	6
	Ontario Lifesaving Pool Champions.....	6
	Ontario Lifesaving Waterfront Champions	7
	Ontario Lifesaving Club Champions	7
	Ontario Lifeguard Championships	7
1.8	Results and Records.....	7
	Ontario championships records	8
1.9	Language Interpretation	8
1.10	Competition Attire.....	8
	Caps	8
	Open water events.....	8
	Lifeguard events	9
	Awards Ceremony	9
1.11	Protests	9
Section 2	Ontario Junior Lifesaving Championships – Pool	
2.1	Eligibility and Right to Participate.....	11
	Divisions	11
	Club composition	12
2.2	Menu of Events	12
2.3	Uniforms and Equipment.....	13
	Fins	13
	Age group swim fins	13
2.4	Scoring	13
	Finals	13
	Point allocation	13
2.5	Time Penalty/Disqualification	13
	Ties	13
2.6	Lifesaving Medley (100 m).....	14

	Event description	14
	Time penalty/Disqualification	14
2.7	Line Throw Release	14
	Event description	14
	Equipment.....	15
	Disqualification.....	15
2.8	Throwing Accuracy.....	16
	Event description	16
	Equipment.....	16
	Time penalty/Disqualification	17
2.9	Manikin Carry (50 m).....	17
	Event description	17
	Equipment.....	17
	Time penalty/Disqualification	18
2.10	Object Carry (50 m).....	18
	Event description	18
	Equipment.....	18
	Positioning the object.....	19
	Surfacing with the object.....	19
	Carrying the object.....	19
	Time penalty/Disqualification	19
2.11	Manikin Tow with Fins (50 m & 100 m)	20
	Event description – 50 m	20
	Event description – 100 m	20
	Equipment.....	20
	Time penalty/Disqualification	21
2.12	Obstacle Swim (50 m & 100 m)	22
	Event description – 50 m	22
	Event description – 100 m	22
	Equipment.....	22
	Time penalty/Disqualification	23
2.13	Swim and Don Fins (100 m).....	23
	Event description	23
	Equipment.....	23
	Disqualification.....	23
2.14	Swim with Fins (50 m).....	24
	Event description	24
	Equipment.....	24
	Time penalty/Disqualification	24
2.15	Junior Medley Relay (4 x 25 m & 4 x 50 m)	24
	Relay age group 44 years or less	24
	Relay age group 64 years or less	25

	Shallow-water starts.....	25
	Exiting the water	25
	Time penalty/Disqualification	25
2.16	Lifesaving Medley Relay (4 x 25 m & 4 x 50 m).....	26
	Relay age group 44 years or less	26
	Relay age group 64 years or less	26
	Shallow water starts.....	27
	Time penalty/Disqualification	27
2.17	Manikin Relay (4 x 25 m)	27
	Event description	27
	Equipment.....	29
	Time penalty/Disqualification	29
2.18	Obstacle Relay (4 x 25 m & 4 x 50 m)	29
	Relay age group 44 years or less	30
	Relay age group 64 years or less	30
	Equipment.....	30
	Time penalty/Disqualification	30
2.19	Swim with Fins Relay (4 x 25 m & 4 x 50 m).....	31
	Relay age group 44 years or less	31
	Relay age group 64 years or less	31
	Equipment.....	31
	Time penalty/Disqualification	32
2.20	Ontario Short Course DQ Codes – Junior Pool	33
2.21	Ontario Junior Lifesaving Sport Stroke Standards	34

Section 3

Ontario Lifesaving Championships – Pool

3.1	Eligibility and Right to Participate.....	36
	Divisions	36
3.2	Menu of Events	37
	Team events	37
	Masters	38
3.3	Uniforms and Equipment.....	38
	Fins	38
3.4	Seeding	38
3.5	Scoring	38
	Finals	38
	Point allocation	38
	Club points	39
	Ties	39
3.6	Starts.....	39
3.7	Manikin Carry (50 m).....	39
	Equipment.....	39

3.8	Manikin Carry with Fins (50 m & 100 m)	39
	Event description – 50 m	39
	Event description – 100 m	39
3.9	Manikin Tow with Fins (100 m)	40
	Event description	40
	Disqualification	40
3.10	Obstacle Swim (100 m & 200 m)	40
	Equipment	40
3.11	Manikin Lifesaver Medley (100 m)	40
	Event description	40
	Equipment	41
3.12	Super Lifesaver (200 m)	41
	Event description	41
	Equipment	41
	Disqualification	42
3.13	Line Throw	42
	Event description	42
	Equipment	42
3.14	Manikin Relay (4 x 25 m & 2 x 25 m)	42
	Event description	42
	Disqualification	44
3.15	Medley Relay (4 x 50 m & 2 x 50 m)	44
	Event description	44
3.16	Obstacle Relay (4 x 50 m)	44
	Event description	44
	Equipment	44
3.17	Swim with Fins Relay (4 x 50 m)	45
	Event description	45
	Disqualification	45
3.18	Lifeguard Skills Relay	46
	Event description	46
	Carrying the competitor	46
	Equipment	47
	Disqualification	47
3.19	Line Throw Relay	48
	Event description	48
	Disqualification	50
3.20	Ontario Short Course DQ Codes – Pool	51

Section 4	Ontario Lifeguard Championships	
4.1	Eligibility and Right to Participate	53
4.2	Equipment	54
4.3	Menu of Events	54
4.4	Heats and Finals	54
4.5	Scoring	54
	Score sheets	54
	Point allocation in lifeguard team events	55
4.6	Events	55
	General Conditions	55
	Lock-up	55
	Victim assessment and treatment	56
	Protective equipment	56
	Safety – simulated treatment	56
	Communication with officials during simulation.....	56
4.7	First Aid Event.....	57
	Event description	57
	Team equipment.....	57
	Disqualification.....	57
4.8	Simulated Emergency Response Event.....	57
	Event description	57
	Disqualification.....	57
4.9	Water Rescue Event	58
	Event description	58
	Team equipment.....	58
	Disqualification.....	58
Section 5	Ontario Junior Lifesaving Championships – Waterfront	
5.1	Eligibility and Right to Participate.....	60
	Divisions	60
	Club composition	61
5.2	Menu of Events	61
5.3	Seeding	61
	Seeding in finals	61
5.4	Scoring	62
	Finals	62
	Point allocation	62
	Placing penalty/Disqualification	62
	Ties	62
5.5	Beach Flags	62
	Event description	62
	Draw for positions	63

	The course	63
5.6	Beach Run	63
	Event description – 500 m	63
	Event description – 1000 m	63
	Event description – 1500 m	63
5.7	Beach Sprint.....	64
	Event description	64
	The course	64
5.8	Board Race	64
	The course	64
5.9	Junior Iron Guard	65
	Event description	65
	The course	65
	Equipment.....	66
	Control of craft	66
5.10	Surf Race	67
	Event description	67
	The course	67
5.11	Beach Relay.....	67
	Event description	67
5.12	Board Relay	67
	Event description	67
	The course	67
5.13	Junior Iron Guard Relay	68
	Event description	68
	Relay age group 44 years or less	68
	Relay age group 64 years or less	69
	Equipment.....	69
5.14	Ontario DQ Codes – Junior Waterfront	70

Section 6

Ontario Lifesaving Championships – Waterfront

6.1	Eligibility and Right to Participate.....	72
	Divisions	72
6.2	Menu of Events	73
	Team events	73
	Masters	74
6.3	Uniforms and Equipment.....	74
	Fins	74
6.4	Seeding	74
	Seeding in finals	74
6.5	Scoring	74
	Finals	74

	Point allocation	75
	Club points	75
	Ties	75
6.6	Beach Flags	75
	Draw for positions	75
6.7	Beach Run	75
	Event description	75
6.8	Beach Sprint.....	76
	Event description	76
	The course	76
6.9	Board Race	76
	The course	76
6.10	Canadian Iron Guard.....	76
	Event description	76
	The course	77
	Equipment.....	77
	Control of craft	77
	Disqualification.....	77
6.11	Oceanman/Oceanwoman	78
	Event description	78
6.12	Surf Race	78
	Event description	78
6.13	Surf Ski Race	79
	The course	79
6.14	Beach Relay.....	79
	Event description	79
6.15	Board Relay	79
6.16	Board Rescue	79
6.17	Ocean Relay	79
6.18	Rescue Tube Rescue.....	79
6.19	Surf Ski Relay	79
6.20	Surf Team Race	79
	Event description	79
6.21	Rescue Tube Race	80
6.22	Ontario DQ Codes – Waterfront.....	80

SECTION 1 – ONTARIO COMPETITION MANUAL

ONTARIO CHAMPIONSHIPS



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 1 **ONTARIO CHAMPIONSHIPS**

1.1 THE ONTARIO CHAMPIONSHIPS

Authority and Championships

The Lifesaving Society shall authorize the following Ontario championships:

- Ontario Junior Lifesaving Championships – Pool
- Ontario Junior Lifesaving Championships – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

All Ontario championships occur under the auspices of the Lifesaving Society Ontario, which awards the championships to a Lifesaving Society Affiliate or Club.

The Lifesaving Sport Council shall have full control and authority over all aspects of competition for Ontario Championships.

Management Committee

The Management Committee for each Ontario championship shall consist of:

- Lifesaving Society Senior Business Development Officer (or designate)
- Chair of the host organizing committee (or the Chair's appointee)
- Championship Meet Manager (appointed by Lifesaving Sport Council)
- Championship Chief Referee (appointed by Lifesaving Sport Council)
- Championship Safety Officer (appointed by Meet Manager and/host)
- The Lifesaving Sport Council has the authority to appoint others to the Management Committee as desired.

Officials

In addition to the members of the championship management committee, the Lifesaving Sport Council shall appoint the following officials for Ontario championships:

- Deputy Referee(s)
- Event Director (Pool)
- Sectional Referee (Waterfront)
- Equipment Crew Chief
- Situation Designer (Lifeguard)

The Meet Manager shall appoint all other officials for Ontario championships.

Championships venue inspection: The Lifesaving Society Sport Council shall appoint a representative to inspect a prospective host venue for Ontario championships prior to awarding the championships. The Lifesaving Sport Council may waive this requirement if the venue was previously inspected.

Responsibility for equipment: The Lifesaving Society, in cooperation with the host organizing committee, shall be responsible for the provision of all equipment and material required to establish and maintain courses and arenas for all championship events including:

- course markers for pool and surf events
- obstacles for pool events

The Lifesaving Society, in cooperation with the host organizing committee, shall also be responsible for the provision of the following equipment, which ***must be used by competitors:***

- batons for Beach Relay and Beach Flags events
- rescue manikins, obstacles, throw lines, targets, lifejackets and weights for pool events
- rescue tubes for pool and open water events

There is no pool of equipment provided at Ontario championships.

1.2 GENDER IDENTITY

Gender identity is a protected class under the Canadian Human Rights Act. The Lifesaving Society Canada affirms that, within lifesaving sport, gender self-identification is an individual's right.

The National Sport Commission and Lifesaving Society Ontario Sport Council affirm that all participants (e.g., athletes, coaches and officials) shall have the absolute right to participate in lifesaving sport following their expressed gender identity.

Due to the binary nature of lifesaving sport competitions, all gender-diverse athletes shall declare their seeding preference (to compete with the men or the women) at the time of registration for competition. All participants are encouraged to participate in the way that best represents them.

This policy applies to all Ontario Championships and sanctioned competitions. The full Lifesaving Canada “Lifesaving Sport Gender Inclusivity Position Statement” can be accessed on the Lifesaving Society Canada website (lifesaving.ca).

1.3 ELIGIBILITY AND RIGHT TO PARTICIPATE

Ontario championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

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

Employers, club management personnel and coaches are the key to preventing such unethical practices and must emphasize “play within the rules” behaviour. The personal conduct of managers and coaches is measured by the ILS Code of Conduct.

The eligibility rules contained in this manual govern participation in Ontario Championships – other rulebooks and competition manuals do not apply. Championship-specific eligibility requirements are outlined in their respective sections that follow.

of participants under the age of 18 years, must complete and submit annual attestation as outlined in the [Lifesaving Society’s Concussion Policy](#) to confirm their annual review of [Rowan’s Law: Concussion Awareness Resources](#).

Proof of certification must be identified using *Find a Member* (at lifesavingsociety.com or findamember.ca) or by a temporary card.

Competitors from other Canadian provinces/territories may compete in Ontario championships if endorsed (in writing) to do so by their provincial organization. These competitors represent their provincial club. They may become champions in individual, team award, or team events, but they

are not eligible for Ontario championships club titles. Clubs composed of any non-Ontario members are deemed to be a national club and ineligible for Ontario championships club titles.

Competitors from other countries may compete in Ontario championships if endorsed (in writing) to do so by their national lifesaving organization. These competitors represent their international club. They may become champions in individual, team award, or team events, but they are not eligible for Ontario championships club titles. Clubs composed of any non-Canadian members are deemed to be an international club and are ineligible for Ontario championships club titles.

Competitors may compete for only one club or Affiliate at a time.

1.4 MENU OF EVENTS

The menu of events is the list of authorized events as found in the current rulebooks. All Ontario sanctioned lifesaving sport competitions (championship or otherwise) will choose from the menu of events to create the program of events for their competition. All team events in the pool and open water can be conducted as mixed gender relays. Mixed relays are composed of equal numbers of registered male competitors and registered female competitors in the event.

1.5 PROGRAM OF EVENTS

The program of events for all Ontario championships shall be established by the Lifesaving Society Sport Council and published not less than 90 days prior to the championship.

Events for Ontario championships and sanctioned competitions are drawn from events outlined in the *Ontario Competition Manual*, the *ILS Competition Rule Book*, the Royal Life Saving Society *Commonwealth Competition Handbook*, and the *Canadian Lifesaving Sport Competition Rulebook*. Events not included in the above publications must be approved by the Lifesaving Sport Council at least 90 days prior to the first day of the competition or championship concerned.

Ontario Lifeguard Championships feature events not included in the *ILS Competition Rule Book* or *Canadian Lifesaving Sport Competition Rulebook*. The Ontario Junior Lifesaving Championships feature events based on international events.

1.6 AWARDS

Ontario Junior Lifesaving Championships

The Ontario club with the highest overall point score shall be declared Ontario Junior Lifesaving Champions and be presented with an award.

Event winners: Medals shall be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons are awarded to those in 4th through 6th place, male and female in each age group. Event winners are recognized as Ontario Champions.

Individual overall: Medals shall be presented to the top three female competitors and to the top three male competitors with the highest overall individual point scores in each age category. Competitors need not enter all events to qualify.

Ontario Senior Lifesaving Championships

The Ontario club with the highest overall point score in the combined 14–15 years, 16–19 years and Open categories shall be declared Ontario Senior Lifesaving Champions and be presented with an award.

Event winners: Individual awards shall be presented to the first three placing male and female event winners in the 14–15 years, 16–19 years and Open age categories. Event winners shall be recognized as Ontario Champions.

Individual Overall: shall be presented to the top three female competitors and to the top three male competitors with the highest overall individual point scores. This award shall be presented in the 14–15 years, 16–19 years and Open age categories. Competitors need not enter all events to qualify.

Ontario Masters Lifesaving Championships

The Ontario club with the highest overall point score shall be declared Ontario Masters Lifesaving Champions and be presented with an award.

Within each Masters age category (30–39 years, 40–49 years, 50–59 years, 60 plus years), individual awards shall be presented to the first three placing male and female event winners. Event winners shall be recognized as Ontario Champions.

Ontario Lifesaving Pool Champions

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Pool Champions and presented with an award. Scoring will be weighted 40% Junior, 50% Senior/Open, and

10% Masters where the top three results per club, per gender, per event will score for their designated clubs at all Pool Lifesaving Championships during the same year. This award will be announced following the final pool championship of the year.

Ontario Lifesaving Waterfront Champions

The Ontario club with the highest overall point score shall be declared Ontario Lifesaving Waterfront Champions and presented with an award. Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Masters where the top three results per club, per gender, per event will score for their designated clubs at all Waterfront Lifesaving Championships during the same year. This award will be announced following the final waterfront championship of the year.

Ontario Lifesaving Club Champions

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Club Champions and presented with an award. This award will be determined annually by accumulating all of the earned points of competitors and teams for their designated clubs at all six “Ontario Lifesaving Championships” listed in section 1.1 during the same year. It does not include the Ontario Lifeguard Championships. The Ontario Lifesaving Club Championships award will be announced following the final championship of the year.

Note: All six lifesaving championships must be run in order to declare the Ontario lifesaving club champions.

Ontario Lifeguard Championships

Awards shall be presented to the first, second and third place teams in each event. Event winners shall be recognized as Ontario Champions.

The Ontario four-person team and the Ontario two-person team with the highest overall point score shall be declared Ontario Lifeguard Champions and presented with an award.

No overall club award is presented at these championships.

1.7 RESULTS AND RECORDS

The Lifesaving Society publishes electronically the official results of all Ontario championships at lifesavingsociety.com as soon as possible following the conclusion of the competition.

Ontario championships records

The Lifesaving Society shall recognize men's and women's individual and team Ontario championships records in pool race events. The Ontario championships include:

- Ontario Senior Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Pool
- Ontario Junior Lifesaving Championships – Pool

All Ontario championships records established during Ontario championships shall be automatically approved. Ontario championships records cannot be established at any other competitions.

The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

1.8 LANGUAGE INTERPRETATION

French/English language interpreters shall not be provided at Ontario championships.

1.9 COMPETITION ATTIRE

Competitors shall wear costumes, clothing or dress as described in Section 2 and Section 8 of the *ILS Competition Rule Book*. A competitor shall not be permitted to take part in any competition if, in the opinion of the Chief Referee, the competitor is not properly attired.

Should there be a need for a competitor to wear swimwear that does not comply with the ILS swimsuit standard (e.g., religious, cultural) the competitor's Manager or designate will identify this to the Lifesaving Society prior to the first day of competition for consideration by the Chief Referee.

Caps

All references to caps in the *ILS Competition Rule Book* (team caps, club caps, etc.) refer to the caps worn by competitors as a means of identification. Unless specifically referenced, these caps must match among members of a relay team. Handlers must wear a team cap.

Open water events

High visibility vests: It is mandatory that all competitors of open water events wear a high visibility Lycra vest for safety purposes during training

and competition. Athletes and handlers entering the water over ankle deep must be in an approved high visibility Lycra vest and team cap. The following colours are permissible: (high visibility only) orange, pink, green, or yellow. It will be the responsibility of the competition host to determine the best colour suited for the body of water where the competition will be held.

Lifeguard events

First Aid: Team identifying attire (e.g., team cap, shirt or singlet) and footwear appropriate for the environment (e.g., public facility) are required.

Simulated Emergency Response – Wet and Dry: Reference ILS Competition Rule Book, Section 5, except: Team identifying attire (i.e., team cap, shirt or singlet) must be worn. Team attire cannot be used as an aid in the event.

Water Rescue: Team identifying attire (i.e., team cap, shirt or singlet) must be worn. Footwear may be worn during the event.

Awards Ceremony

All medal and/or award recipients are encouraged to have, at minimum, a team shirt.

1.10 PROTESTS

Protests and appeals

Protests and appeals shall follow the ILS protests and appeals process outlined in Section 2 of the *ILS Competition Rule Book* with the exceptions of:

- Videotapes may not be used to protest/appeal a judge's ruling or score.
- Protests and appeals must be filed by the team manager or coach.

SECTION 2 – ONTARIO COMPETITION MANUAL

ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 2

ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL

With the exceptions specified below, Ontario Junior Lifesaving Championships – Pool events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Lifesaving Sport Competition Rulebook*. View or download the manuals at lifesavingsociety.com.

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifesaving Championships is a competition focused on personal best challenges for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifesaving Championships, competitors shall:

- Hold a Lifesaving Society award *or* be a member of a lifesaving club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim to Survive® standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least seven years of age but less than 17 years of age as of the first day of the competition.
- Parents or guardians complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#).

Competitors must enter the championships as members of an affiliated club or Lifesaving Society Affiliate.

Competitors may compete for only one club or Affiliate at a time.

Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	7–9 years

Club composition

A club may consist of a minimum of one competitor and one coach or manager. There is no maximum number of competitors per club.

Clubs must identify a coach or manager, who is not a competitor, that will attend all required meetings and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

2.2 MENU OF EVENTS

Individual Events	7–9 yr.	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m
Line Throw Release	NA	NA	7 m	7 m	10 m
Manikin Carry	50 m Empty Manikin	50 m Empty Manikin	50 m Half-full Manikin	50 m Half-full Manikin	50 m Half-full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	100 m Half-full Manikin	100 m Half-full Manikin
Object Carry	50 m 5 lb. weight	50 m 5 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Swim and don Fins	NA	NA	100 m	100 m	100 m
Swim with Fins	50 m	50 m	50 m	50 m	50 m
Throwing Accuracy	4 m	4 m	7 m	7 m	10 m

Team Events	44 yr. or less	64 yr. or less
Junior Medley Relay	100 m	200 m
Lifesaving Medley Relay	100 m	200 m
Manikin Relay	100 m	100 m
Obstacle Relay	100 m	200 m
Swim with Fins Relay	100 m	200 m

2.3 UNIFORMS AND EQUIPMENT

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins are not permitted. Swim fins used in competition shall comply with the following dimensions.

Age group swim fins:

Length: maximum 60 cm including “shoe” or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

2.4 SCORING

Finals

Finals shall not be conducted in the Ontario Junior Lifesaving Championships – Pool. Events will be scored as time-finals.

Clubs are allowed unlimited entries in events.

Point allocation

Competitors in the Ontario Junior Lifesaving Championships – Pool shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

2.5 TIME PENALTY/DISQUALIFICATION

11 years and under: Rule infractions will be allocated a five-second time penalty. There may be more than one infraction by a competitor in an event. The time penalty/penalties will be recorded on the DQ sheet. The final posted time will recognize any time penalties.

12–16 years: Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

Ties

Ties in overall point scores for individuals shall not be broken.

2.6 LIFESAVING MEDLEY (100 m)

Reference: *ILS Competition Rule Book*, 3, except:

Event description – 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 m each of front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

Competitors must swim the four legs of the individual medley in the order of strokes specified.

Competitors must swim front crawl, breaststroke, and back crawl as defined in Section 2.21 – Ontario Junior Sport Stroke Minimum Standards.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the turn wall/edge during the turn .
14	Failure to touch the finish wall/edge.
JQ	Touching the pool bottom or pulling on the lane divider.
JR	Incorrect stroke(s).
JS	Not surfacing within 12.5 m after the start and each turn.

2.7 LINE THROW RELEASE

Reference: *ILS Competition Rule Book*, 3.14, except:

Event description

In this timed event, the thrower throws an unweighted line to a victim located in the water on the near side of a rigid crossbar two times within a two-minute time limit.

Note: This is an individual event. The victim can be any competitor, 12 years of age or older, registered for the competition. Throwers can only throw once; victims can be victims multiple times.

(14.1.D) On an acoustic starting signal: The thrower shall retrieve the line and throw it back to the victim who grasps it. The event is finished when the victim grasps the thrower's line for the second time or the chief timer signals completion of the event. The victim remains in the water and the thrower remains in the throw zone until the referee signals the completion of the race.

(14.1.J) Time limit: Throwers must make a fair throw and victims must grasp the rope twice within the time limit. 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 two-minute limit. Throwers who fail to have the victim grasp the rope twice before the two-minute completion signal shall be designated as "Did Not Finish" (DNF).

Equipment

Throw line: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*:

12–15 years: shall use a line between 9 m and 10 m in length.

16 years: shall use a line 16.5 m and 17.5 m in length.

Competitors must use the throw lines supplied by organizers.

The rigid crossbar is positioned on the surface across each lane 7 m (for competitors 12–15 years) or 10 m (for competitors 16 years) from the starting end of the pool.

Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play .
48	Victim grasping the throw line outside the lane.
52	Line Thrower executing practice throw(s).
JC	Victim exiting the water before the acoustic completion signal.
JT	Victim not keeping a grasp on the crossbar with their hand when using any part of their body to gather or to grasp the line/rope.
JW	Line/Rope Thrower who, after the start signal and before the Chief Timer signals the end of time, exits their allocated throw zone.

2.8 THROWING ACCURACY

Reference: *ILS Competition Rule Book*, 3.14, except:

Event description

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

(14.1.D) On an acoustic starting signal: Competitors throw and retrieve the line. The event is finished when the competitor's line hits the target for the third time or the chief timer signals completion of the event. The competitor remains in the throw zone until the referee signals the completion of the race.

(14.1.E) Fair throw: The lane marker is not "within the lane."

(14.1.J) Time limit: Competitors must hit the target three times within two minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the two-minute limit. Competitors who fail to hit the target three times within the time limit shall be designated as "Did Not Finish" (DNF).

Equipment

Throw line: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

11 years and under: shall use a line between 6 m and 7 m in length.

12–15 years: shall use a line between 9 m and 10 m in length.

16 years: shall use a line 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organizers.

Target: The target shall be a rope, rigid crossbar or obstacle fixed in a straight line across all lanes.

11 years and under: The target is positioned 4 m from the starting end of the pool.

12–15 years: The target is positioned 7 m from the starting end of the pool.

16 years: The target is positioned 10 m from the starting end of the pool.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
JW	Line/Rope Thrower who, after the start signal and before the end of time signal, exits their allocated throw zone.
52	Line Thrower executing practice throw(s).

2.9 MANIKIN CARRY (50 m) – Short course

Reference: *ILS Competition Rule Book*, 3.10, except:

Event description

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle. After touching the turn wall and within the 5 m pick-up zone, the competitor recovers a floating manikin at the surface and then carries the manikin to touch the finish wall of the pool.

The competitor must remain on their back or side while carrying the manikin.

Equipment

11 years and under: The manikin is empty and sealed for the event.

12–16 years: The manikin is filled with water so that it floats with the top of its transverse line at the surface.

Positioning the manikin: Before the start and during the race, the manikin handler positions the manikin within the allotted lane. The manikin is positioned floating on its back, with its head in the direction of the finish.

Carrying 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.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario, Section 3 Canada.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the turn wall/edge during the turn.
14	Failure to touch the finish wall/edge.
18	Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line .
19	Using an incorrect carrying technique as described in Section 3 Manikins .
21	Releasing the manikin before touching the finish wall/edge .
26	Manikin handler releasing the manikin before the competitor touches the turning wall/edge).
JB	The competitor not touching the pool wall/turn edge before intentionally touching the manikin .
JV	Competitor not remaining on their back or side while carrying the manikin or object.
JY	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) unless specifically specified as being permitted.

2.10 OBJECT CARRY (50 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.10, except:

Event description

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover an object to the surface within 5 m of the turn wall. The competitor then carries the object to touch the finish wall of the pool. Competitors may retrieve objects dropped during the carry. Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

Competitors need not touch the turn wall of the pool. Competitors may push off the bottom when surfacing with the object.

Equipment

11 years and under: 5 lb. object.

12–16 years: 10 lb. object.

Positioning the object

The object is located at a maximum depth of 2 m. In water deeper than 2 m, the object shall be placed on a platform (or other support) to position it at the required depth.

The object is positioned in contact with the pool bottom touching the pool wall. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the object must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

Surfacing with the object

Competitors may only push off the bottom when surfacing with the object. Walking along the bottom when surfacing with the object is not permitted.

Competitors must have the object in the correct carrying position before the top of the competitor's head passes the 5 m line.

Carrying the object

Competitors must carry (not push) the object with at least one hand. The object when being carried may not be forward of the competitors head.

Competitors must carry the object while on their back or side.

Competitors may not carry the object while on their front.

“Carrying the Object” judging criteria apply only when the competitor's head passes the 5 m line.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
14	Failure to touch the finish wall/edge.
JH	Not surfacing before diving to the object.
JI	Walking along the bottom when surfacing the object .
JJ	Not having the object in the correct carrying position before the top of the competitor's head passes the 5 m line
JK	Using an incorrect carrying technique.
JL	Releasing the object before touching the finish wall/edge or the turning wall/edge.

JV	Competitor not remaining on their back or side when carrying the object.
JX	Taking assistance from any pool fitting (i.e., lane rope, steps, underwater hockey fittings, etc.) when surfacing the object – not including the bottom of the pool.

2.11 MANIKIN TOW WITH FINS (50 m & 100 m) – Short course

Reference: *ILS Competition Rule Book*, 3.11, except:

Event description – 50 m

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turning wall/edge, and within the 10 m changeover zone, the competitor fixes the rescue tube correctly to a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall/edge of the pool.

Event description – 100 m

With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube. The competitor must surface before each turn wall/edge. After touching the turning wall/edge, and within the 10 m changeover 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/edge of the pool.

Equipment

(11.2.A) Manikin, fins, rescue tube: See *ILS Competition Rule Book*, Section 8 and Section 2.1 of this Ontario Competition Manual. The manikin is filled with water so that it floats with the top of its transverse line at the surface.

11 years and under: The manikin is empty and fitted with a lifejacket. Competitors must use the manikins and rescue tubes supplied by organizers.

(11.2.B) Positioning the manikin: Before the start and during the race.

11 years and under: The manikin handler positions the manikin within the allotted lane. The manikin is positioned floating on its back, with its head in the direction of the finish and its bottom flush against the turn wall.

12–16 years: The manikin handler positions the manikin – vertically and facing the turn wall at its natural buoyancy position – anywhere within the allotted lane.

(11.2.E) Securing the manikin: After first touching the turn wall, the competitor then secures the manikin correctly.

11 years and under: Secure the manikin correctly by clipping the loop on the lifejacket within the 10 m pick-up zone.

12–16 years: Secure the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 10 m pick-up zone.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the event description or general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
14	Failure to touch the finish wall/edge
20	Towing the manikin with the face below the surface
24	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin except where the minimum pool depth allows the competitor to stand/walk while securing the rescue tube around the manikin provided the top of the manikin's head has not passed the 10m line.
JB	The competitor not touching the pool wall/turn edge before intentionally touching the manikin.
26	Manikin handler releasing the manikin before the competitor touches the turning wall/edge.
27	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
28	Competitor clipping the rescue tube into the ring or PFD before touching the turning wall/edge
29	Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring).
JE	11 yr. and under – incorrect securing of the rescue tube on the loop of the lifejacket.
30	Not securing the rescue tube around the manikin within the 10 m pick-up zone, judged at the top of the manikin's head.
JF	11 yr. and under – not securing of the rescue tube on the loop of the lifejacket within the 10 m pick-up zone, judged at the top of the manikin's head.
31	Pushing or carrying, instead of towing, the manikin.
32	The line/rope of the rescue tube being intentionally shortened by a competitor prior to the commencement of a race for the purpose of towing the manikin.
33	The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.

JG	The rescue tube and manikin become separated after the rescue tube has been secured correctly to the loop of the lifejacket.
34	Touching the finish wall/edge without the rescue tube and manikin in place.

2.12 OBSTACLE SWIM (50 m & 100 m) – Short course

Reference: *ILS Competition Rule Book*, 3.7, except:

Event description – 50 m

With a dive or in-water start on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacles to touch the finish wall/edge of the pool.

Event description – 100 m

With a dive or in-water start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall/edge of the pool.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. One obstacle is located 12.5 m from the starting edge.

Obstacles have a height of 35 cm.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
11	Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it
12	Failure to surface after the dive entry or after a turn before passing under an obstacle
13	Failure to touch the wall/edge during the turn
14	Failure to touch the finish wall/edge
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing – not including the bottom of the pool

2.13 SWIM AND DON FINS (100 m) – Short course

Event description – 100 m

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle to touch the turn wall. In the water, the competitor dons fins and swims 50 m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after donning fins and before the turn, and after the turn before the finish.

Equipment

See *ILS competition Rule Book*, Section 8 and Section 2.1 of this *Ontario Competition Manual* for fin specification requirements.

- a) **Placement of fins:** Prior to the start, competitors must place the fins on the pool deck – not the starting block/podium – within the confines of their allotted lane.
- b) **Donning fins:** After first touching the turn wall, the competitor dons fins in the water and swims 50 m freestyle.
- c) **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play
13	Failure to touch the wall/edge during the turn
14	Failure to touch the finishing edge
JD	Failure to finish the event wearing at least one fin
JM	Failure to touch the wall/edge before retrieving fins
JN	After donning fins, failure to surface before touching the turn wall/edge and touching the finish wall/edge
JO	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) – not including the bottom of the pool when donning fins

2.14 SWIM WITH FINS (50 m) – Short course

Event description – 50 m

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle wearing fins to touch the finish wall of the pool.

Competitors must surface after the start and before the turn, and after the turn before the finish.

Equipment

See *ILS competition Rule Book*, Section 8 and Section 2.1 of this *Ontario Competition Manual* for fin specification requirements.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in *the ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or S3-1 to S3-3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the wall/edge during the turn.
14	Failure to touch the finish wall/edge.
JD	Failure to finish the event wearing at least one fin.
JP	Failure to surface after the dive entry/exchange and/or before touching the finish/turn wall/edge
JQ	Touching the pool bottom or pulling on the lane divider.

2.15 JUNIOR MEDLEY RELAY (4 x 25 m and 4 x 50 m) – Short course

Reference: *ILS Competition Rule Book*, 3.17, except:

Relay age group 44 years or less

Four competitors, in turn, swim a total distance of 100 m undertaking different tasks:

(17.1.A) The first competitor: with a dive or in-water start on an acoustic signal, swims 25 m freestyle without fins.

(17.1.B) The second competitor: with a dive or in water start after the first competitor touches the turning wall/edge, swims 25 m

freestyle with fins. The second competitor must surface before touching the turning wall/edge.

(17.1.C) *The third competitor:* with a dive start after the second competitor touches the turning wall/edge, swims 25 m freestyle without fins, towing a rescue tube.

(17.1.D) *The fourth competitor:* with an in-water start after the third competitor touches the wall, dons the rescue tube harness worn by the third competitor and swims 25 m freestyle with fins towing a rescue tube to the finish.

Relay age group 64 years or less

Four competitors in turn swim a total distance of 100 m undertaking different tasks:

(17.1.A) *The first competitor:* with a dive or in-water start on an acoustic signal, swims 50 m freestyle without fins.

(17.1.B) *The second competitor:* with a dive or in water start after the first competitor touches the turning wall/edge, swims 50 m freestyle with fins. The second competitor must surface before touching the turning wall/edge.

(17.1.C) *The third competitor:* with a dive start after the second competitor touches the turning wall/edge, swims 50 m freestyle without fins, towing a rescue tube.

(17.1.D) *The fourth competitor:* with an in water start after the third competitor touches the wall, dons the rescue tube harness worn by the third competitor and swims 50 m freestyle with fins towing a rescue tube to the finish.

Shallow water starts

Competitors starting in the shallow end or into shallow water must use an in-water start.

Exiting the water

The first, second, and third competitors must exit the water after the completion of their leg of the race and the exchange.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the turn wall/edge during the turn.
14	Failure to touch the finish wall/edge.
16	Competitor not surfacing after the dive entry and before touching the turning wall/edge.
36	One competitor completing two or more legs of the event.
37	Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall/edge.
40	The competitor clipping the rescue tube into the O-ring.
44	A competitor re-entering the water after completing their leg of the relay.
JA	Failure to exit the water after completion of their leg of the race.

2.16 LIFESAVING MEDLEY RELAY – Short course

Relay age group 44 years or less – 4 x 25 m

With a dive or in-water start on an acoustic signal, the first competitor swims the 25 m front crawl portion of the relay. After the first competitor touches the turn wall, the second competitor swims the 25 m breaststroke portion of the relay. After the second competitor touches the turn wall, the third competitor swims the 25 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall, the fourth competitor swims the 25 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall.

Relay age group 64 years or less – 4 x 50 m

With a dive or in-water start on an acoustic signal, the first competitor swims the 50 m front crawl portion of the relay. After the first competitor touches the turn wall, the second competitor swims the 50 m breaststroke portion of the relay. After the second competitor touches the turn wall, the third competitor swims the 50 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall, the fourth competitor swims the 50 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall.

The first, second and third competitors must exit 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.

Competitors must swim front crawl, breaststroke and back crawl as defined in Section 2.21 – *Ontario Junior Sport Stroke Minimum Standards*.

Shallow-water starts

Competitors starting in the shallow end or into shallow water must use an in-water start.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the turn wall/edge during the turn
14	Failure to touch the finish wall/edge
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing – not including the bottom of the pool.
36	One competitor completing two or more legs of the event
37	Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall/edge
JA	Failure to exit the water after the completion of their leg of the relay
JQ	Touching the pool bottom or pulling on the lane divider
JR	Using incorrect strokes
JS	Not surfacing within 12.5 m after the start and each turn

2.17 MANIKIN RELAY (4 x 25 m) – Short course

Reference: *ILS Competition Rule Book*, 3.15, except:

Event description

(15.1.A) On the first long whistle, the first and second competitors enter the water.

(15.1.B) **The first competitor:** is holding a manikin with one hand and the start wall/edge or starting block with the other hand.

The second competitor: is in the water at the 25 m turning wall/edge.

(15.1.E) **The first competitor:** on an acoustic signal, carries the manikin to touch the turning wall/edge and passes the manikin

to the second competitor who is in contact with the turning wall/edge with at least one hand.

(15.1.F) *The second competitor:* may touch or grasp the manikin with one hand before the first competitor touches the turning wall/edge, but must not release contact with the turning wall/edge until the first competitor has touched the turning wall/edge. The second competitor carries the manikin to touch the turning wall/edge and passes the manikin to the third competitor who is in contact with the turning wall/edge or starting block with at least one hand.

(15.1.G) *The third competitor:* may enter the water once the first competitor has passed the 5 m start zone. The third competitor may touch or grasp the manikin with one hand before the second competitor touches the turning wall/edge or starting block, but must not release contact with the turning wall/edge or starting block until the second competitor has touched the turning wall/edge. The third competitor carries the manikin to touch the turning wall/edge and passes the manikin to the fourth competitor who is in contact with the turning wall/edge with at least one hand.

(15.1.H) *The fourth competitor:* may enter the water once the second competitor has passed the 5 m changeover zone. The fourth competitor may touch or grasp the manikin with one hand before the third competitor touches the turning wall/edge, but must not release contact with the turning wall/edge until the third competitor has touched the turning wall/edge. The fourth competitor completes the event by carrying the manikin to touch the finish wall/edge with any part of the competitor's body.

(15.1.O) Once the first, second, and third competitors have completed their leg of the race and the exchange, they must exit the water.

(15.1.P) The first, second, and third competitors may exit the water after all the second, third and fourth competitors have the manikin and are clear of the 5 m changeover zone or a team has withdrawn from an event. All competitors should exit the water by crossing to the nearest side of the pool and without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

Equipment

Manikin Relay age group 44 years or less: The manikin is empty and sealed for the event.

Manikin Relay age group 64 years or less: The manikin is empty and sealed for the event.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the wall/edge during the turn.
14	Failure to touch the finish wall/edge.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
18	Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
19	Using an incorrect carrying technique as described in Section 3.3 (ILS) Manikins.
21	Releasing the manikin before touching the turn wall/edge or finish wall/edge.
35	Assistance from a third competitor during the exchange between the incoming and outgoing competitors.
36	One competitor completing two or more legs of the event.
37	Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall/edge.
38	The manikin changing hands before or beyond the designated changeover zone.
39	Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).
44	Competitor re-entering the water after completion of their leg of the relay.
JA	Failure to exit the water after the completion of their leg of the relay.
JV	Competitor not remaining on their back or side while carrying the manikin or object.

2.18 OBSTACLE RELAY (4 x 25 and 4 x 50 m) – Short course

Reference: *ILS Competition Rule Book*, 3.16, except:

Relay age group 44 years or less – 4 x 25 m

Four competitors in turn swim a distance of 25 m under obstacles.

(16.1.A) With a dive or in-water start on an acoustic signal, the first competitor swims 25 m passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn.

Note: Competitors starting in the shallow end or in shallow water must use an in-water start.

The first and second competitors must exit the water after the completion of their leg of the race and exchange.

Relay age group 64 years or less – 4 x 50 m

Four competitors in turn swim a distance of 50 m under obstacles.

(16.1.A) With a dive or in-water start on an acoustic signal, the first competitor swims 50 m passing under the obstacle twice. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn.

Note: Competitors starting in the shallow end or into shallow water must use an in-water start.

The first, second, and third competitors must exit the water after the completion of their leg of the race and exchange

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. One obstacle is located 12.5 m from the starting edge.

Obstacles have a height of 35 cm.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the *ILS Competition Rule Book* shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
11	Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it.
12	Failure to surface after the dive entry or before and after passing under an obstacle.
13	Failure to touch the turn wall/edge during the turn.
14	Failure to touch the finish wall/edge.

17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
18	Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.
19	Using incorrect manikin carry technique as described in Section 3.3 (ILS) Manikins.
21	Releasing the manikin before touching the turning wall/edge or finish wall/edge.
36	One competitor completing two or more legs of the event.
37	Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall/edge.
44	A competitor re-entering the water after completing their leg of the relay.
JA	Failure to exit the water after the completion of their leg of the relay.

2.19 SWIM WITH FINS RELAY (4 x 25 m and 4 x 50 m) – Short course

Reference: *ILS Competition Rule Book*, 3, except:

Relay age group 44 years or less – 4 x 25 m

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m freestyle wearing fins. Competitors must surface after the start and before the exchange wall. After the first competitor touches the wall, the second, third and fourth competitors repeat the procedure in turn.

Note: The first and second competitors must exit the water after the completion of their leg of the race and exchange.

Relay age group 64 years or less – 4 x 50 m

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle wearing fins. Competitors must surface after the start and before the turn, and after the turn before the finish of their leg of the relay. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn.

Note: Competitors starting in the shallow end or in shallow water must use an in-water start.

The first, second, and third competitors must exit the water after the completion of their leg of the race and exchange.

Equipment

See *ILS competition Rule Book*, Section 8 and Section 2.1 of this *Ontario Competition Manual* for fin specification requirements.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Time penalty/Disqualification

Behaviours described in Section 2 and Section 3 in the ILS Competition Rule Book shall result in time penalty/disqualification:

Code	Description
1	Not completing the event in accordance with the general rules or event description in Section 2 or Section 3 (ILS), Section 2 Ontario.
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly as described in the code of fair play.
13	Failure to touch the turn wall/edge during the turn.
14	Failure to touch the finish wall/edge.
37	Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall/edge.
44	A competitor re-entering the water after completing their leg of the relay.
JA	Failure to exit the water after completion of their leg of the relay.
JD	Failure to finish the event wearing at least one fin
JP	Failure to surface after the dive entry/exchange and/or before touching the finish/turn wall/edge.
JQ	Touching the pool bottom or pulling ton the lane divider.

2.20 ONTARIO SHORT COURSE DISQUALIFICATION CODES – JUNIOR POOL

Code	Description	Events
JA	Failure to exit the water after the completion of their leg of the relay.	All relays
JB	The competitor not touching the pool wall/turn edge before intentionally touching the manikin.	Manikin Tow with Fins Manikin Carry
JC	Victim exiting the water before the acoustic completion signal.	Line Throw Release
JD	Failure to finish the event wearing at least one fin.	Swim with Fins Swim with Fins Relay Swim and Don Fins
JE	Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring). 11 yr. and under – incorrect securing of the rescue tube on the loop of the lifejacket.	Manikin Tow with Fins
JF	Not securing the rescue tube around the manikin within the 10 m pick-up zone, judged at the top of the manikin's head 11 yr. and under – not securing of the rescue tube on the loop of the lifejacket within the 10 m pick-up zone, judged at the top of the manikin's head	Manikin Tow with Fins
JG	The rescue tube and manikin become separated after the rescue tube has been secured correctly to the loop of the lifejacket.	Manikin Tow with Fins
JH	Not surfacing before diving to the object.	Object Carry
JI	Walking along the bottom when surfacing the object.	Object Carry
JJ	Not having the object in the correct carrying position before the top of the competitor's head passes the 5 m line.	Object Carry
JK	Using an incorrect carry technique.	Object Carry
JL	Releasing the object before touching the finish wall.	Object Carry
JM	Failure to touch the wall before retrieving fins.	Swim and Don Fins
JN	After donning fins, failure to surface before touching the turn wall/edge and touching the finish wall/edge.	Swim and Don Fins
JO	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) – not including the bottom of the pool when donning fins.	Swim and Don Fins
JP	Failure to surface before touching the turn wall/edge and touching the finish wall/edge.	Swim with Fins Swim with Fins Relay
JQ	Touching the pool bottom or pulling on the lane divider.	Swim with Fins Swim with Fins Relay Lifesaving Medley
JR	Using incorrect strokes.	Lifesaving Medley Lifesaving Medley Relay
JS	Not surfacing within 12.5 m after the start and each turn.	Lifesaving Medley Lifesaving Medley Relay
JT	Victim not grasping the crossbar with their hand when using any part of their body to grasp the rope.	Line Throw Release
JV	Competitor not remaining on their back or side while carrying the manikin or object.	Manikin Carry Manikin Relay Object Carry

JW	Line/Rope Thrower who, after the signal and before the Chief Timer signals the end of time, exits their allotted throw zone.	Line Throw Release
JX	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when surfacing with the object – not including the bottom of the pool.	Object Carry
JY	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) unless specifically specified as being permitted.	All events unless specified

2.21 ONTARIO JUNIOR LIFESAVING SPORT STROKE STANDARDS

Stroke	Body position	Arms	Legs
Front Crawl	On front	Alternating arm action	Propulsive, rhythmic flutter kick with alternating drive
Breaststroke	On front	Symmetrical arm pull towards chest; elbows higher than hands; symmetrical arm recovery beyond head	Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart, feet wider than knees
Lifesaving Kick – Whip Kick	On back	May not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall	Kick is simultaneous and symmetrical; heels recover towards buttocks Legs drive with knees apart; feet wider than knees
Lifesaving Kick - Eggbeater	On back	May not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall	Semi-circular leg drive towards mid-line of body; alternate drive and recovery Drive with knees apart; feet wider than knees
Lifesaving Kick – Scissor Kick	On side	May not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall	Both legs kick at same time and recover at the same time One leg extends forward, and the other leg extends back to begin drive Legs squeeze together in scissor-like action for drive phase
Back Crawl	On back	Alternating arm action	Propulsive, rhythmic flutter kick with alternating drive near the surface

SECTION 3 – ONTARIO COMPETITION MANUAL

ONTARIO LIFESAVING CHAMPIONSHIPS – POOL



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 3

ONTARIO LIFESAVING CHAMPIONSHIPS – POOL

With the exceptions specified below, Ontario Lifesaving Championships – Pool events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Lifesaving Sport Competition Rulebook*. View or download the manuals at lifesavingsociety.com.

3.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifesaving Championships – Pool, competitors shall:

- Be a [registered athlete](#).
- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or higher.
- Meet their division's age criteria on the first day of the Ontario Championships.
- Complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#). Parents or guardians of athletes under 18 years must also complete and submit an annual attestation.
- Enter each event only once

To be eligible to compete in Masters Competitions, competitors shall:

- Be at least 30 years of age as of the first day of the championships
- Hold a Lifesaving Society Bronze Medallion or higher (need not be current)
- Not be required to be a registered athlete.
- Complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#).

Divisions

14–15 years: Competitors must be a minimum of 14 years of age and a maximum of 15 years as of the first day of the Ontario Lifesaving Championships.

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years as of the first day of the Ontario Lifesaving Championships.

Open: Competitors must be a minimum of 14 years of age as of the first day of the Ontario Lifesaving Championships.

Masters: Competitors must be a minimum of 30 years of age as of the first day of the Championships. Masters age groups will be in increments of 10 years (e.g., 30-39, 40-49). Masters competitors must hold a Lifesaving Society award (need not be current) and are not required to be a Registered Athlete.

3.2 MENU OF EVENTS

Individual Events	14–15 years	16–19 years	Open	Masters
Manikin Carry	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	100 m	100 m	100 m
Manikin Tow with Fins	100 m	100 m	100 m	100 m
Obstacle Swim	100 m	100 m	200 m	100 m
Manikin Lifesaver Medley	100 m	100 m	100 m	100 m
Super Lifesaver	N/A	N/A	200 m	N/A

Team Events (2-person)	14–15 years	16–19 years	Open	Masters
Line Throw	10 m	12.5 m	12.5 m	12.5 m

Team Events (4-person)	14–15 years	16–19 years	Open	Masters
Manikin Relay	100 m (4 x 25)	100 m (4 x 25)	100 m (4 x 25)	100 m (4 x 25)
Medley Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)
Obstacle Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)
Swim with Fins Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)

Team Events

Competitors in the 14–15 years division are eligible to compete as a member of a team in the 16–19 years or open division. Competitors in the 16–19 years division are eligible to compete as a member of a team in the open division. Competitors in the 16–19 division are not eligible to compete as a member of a team in the 14–15 years division. Competitors in the open division are not eligible to compete as a member of a team in the 14–15 years or 16–19 years divisions. Competitors may only swim a team event once.

Masters

Only Masters competitors are eligible to compete as a member of a Masters team. Pool individual events and Line Throw are conducted in age groups. In Line Throw, the two-person team shall compete in the age group of the younger competitor. Pool four-person team events will be conducted in one category with no age groups.

3.3 UNIFORMS AND EQUIPMENT

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins or other similar material is not permitted for 14–15 years competitors in individual and team events. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm including “shoe” or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

3.4 SEEDING

All competitors shall be seeded together for each event based on entry times submitted with registration.

3.5 SCORING

Finals

Finals shall not be conducted in the Ontario Lifesaving Championships – Pool. Events will be scored as time-finals.

Point allocation

Competitors in the Ontario Lifesaving Championships – Pool shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Club points

Clubs are allowed multiple entries in events.

Ties

Ties in overall point scores for individuals shall not be broken.

3.6 STARTS

In-water starts

For all events with dive starts, athletes can elect to use an in-water start instead.

3.7 MANIKIN CARRY (50 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.8, except:

Equipment

(8.2.C) 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.

3.8 MANIKIN CARRY WITH FINS (50 m and 100 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.10, except:

Event description – 50 m

With a dive start on an acoustic signal, the competitor swims 25 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turning wall. The competitor carries the manikin to touch the finish wall/edge of the pool.

Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turning wall. The competitor carries the manikin to touch the finish wall/edge of the pool.

3.9 MANIKIN TOW WITH FINS (100 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.11, except:

Event description

With a dive start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube.

Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

(11.3.G) At 75 m, not touching the pool wall before intentionally touching the manikin. (DQU)

3.10 OBSTACLE SWIM (100 m & 200 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.7, except:

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The only obstacle is located 12.5 m from the starting edge.

3.11 MANIKIN LIFESAVER MEDLEY (100 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.13; except:

Event description

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor must break the surface of the water after the dive entry and before recovering the first manikin. The competitor does not need to touch the turn wall/edge before touching the manikin.

The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turning wall/edge of the pool. The competitor may push off the pool bottom when surfacing the manikin.

After touching the turn wall/edge, the competitor releases the recovered manikin. In the water, the competitor dons fins and rescue tube then swims 25 m freestyle to touch the turn wall/edge of the pool.

After touching the turn wall/edge and within the 10 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.

Equipment

(13.2.B) Placement of fins and rescue tubes: Prior to the start, the competitor must place the fins and rescue tube on the pool deck at the 50 m turning edge within the confines of their competitor's allotted lane.

(13.2.C) Positioning the manikin for the carry: 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.

(13.2.G) Second manikin: After first touching the turning wall/edge and discarding the first manikin, the competitor dons their fins and rescue tube, and then swims 25 m to grasp the second manikin.

Note: Unintentionally touching the second manikin before touching the turning wall/edge is not a disqualification

3.12 SUPER LIFESAVER (200 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.12, except:

Event description

Second paragraph: In the water, the competitor dons fins and rescue tube and swims 75 m freestyle.

Equipment

(12.2.C) Positioning the manikin for the carry: 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.

(12.2.E) Donning tube and fins: In the water, the competitor dons fins and rescue tube and swims 75 m freestyle.

Disqualification

In addition to the General Rules in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

(12.3.J) At 175 m, not touching the pool wall/edge before intentionally touching the manikin. (ref *ILS* DQ25)

3.13 LINE THROW

Reference: *ILS Competition Rule Book*, 3.14, except:

Event description

In this 60-second event, the competitor throws an unweighted line/rope from a throw zone on the edge of the pool to a fellow team member located in the water on the near side of a crossbar located 12.5m distant (10 m distant for 14-15 years). The competitor pulls this “victim” back to the finish wall/edge of the pool.

(14.1.E): Note: Victims may push off the bottom (depending on water depth).

Equipment

(14.2.A): Crossbar is positioned on the surface across each lane at 10 m for 14–15 years and 12.5 m for other divisions from the starting end of the pool.

3.14 MANIKIN RELAY (2 x 25 or 4 x 25 m) Short Course

Reference: *ILS Competition Rule Book*, 3.15, except:

Event description

(15.1.A) On the first long whistle, the first and second competitors enter the water.

(15.1.B) The first competitor: is holding a manikin with one hand and the start wall/edge or starting block with the other hand.

The second competitor: is in the water at the 25 m turning wall/edge.

(15.1.E) The first competitor: on an acoustic signal, carries the manikin to touch the turning wall/edge and passes the manikin

to the second competitor who is in contact with the turning wall/edge with at least one hand.

(15.1.F) *The second competitor:* may touch or grasp the manikin with one hand before the first competitor touches the turning wall/edge but must not release contact with the turning wall/edge until the first competitor has touched the turning wall/edge. The second competitor carries the manikin to touch the turning wall/edge and passes the manikin to the third competitor who is in contact with the turning wall/edge or starting block with at least one hand.

(15.1.G) *The third competitor:* may enter the water once the first competitor has passed the 5 m start zone. The third competitor may touch or grasp the manikin with one hand before the second competitor touches the turning wall/edge or starting block, but must not release contact with the turning wall/edge or starting block until the second competitor has touched the turning wall/edge. The third competitor carries the manikin to touch the turning wall/edge and passes the manikin to the fourth competitor who is in contact with the turning wall/edge with at least one hand.

(15.1.H) *The fourth competitor:* may enter the water once the second competitor has passed the 5 m changeover zone. The fourth competitor may touch or grasp the manikin with one hand before the third competitor touches the turning wall/edge but must not release contact with the turning wall/edge until the third competitor has touched the turning wall/edge. The fourth competitor completes the event by carrying the manikin to touch the finish wall/edge with any part of the competitor's body.

(15.1.I) Once the first and second competitors have completed their leg of the race and the exchange, they must exit the water.

Note: In a two-person relay, there is only a first and second competitor.

(15.1.O) Once the first, second, and third competitors have completed their leg of the race and the exchange, they must exit the water

(15.1.P) The first, second, and third competitors may exit the water after all the second, third and fourth competitors have the manikin and are clear of the 5m changeover zone or a team has withdrawn from an event. All competitors should exit the

water by crossing to the nearest side of the pool and without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- (15.3.C)** The outgoing competitor releasing contact with the turning wall/edge/starting block before the incoming competitor has touched the wall/edge. (DQV)
- (15.3.J)** The fourth competitor exiting the water after completing their leg of the relay and before the all-clear signal is given. (DQX)
- (15.3.L)** A competitor re-entering the water after completing their leg of the relay. (DQB)
- (15.3.M)** Failure to exit the water after a competitor completes their leg of the relay. (DQC)

Note: In a two-person relay, there is only a first and second competitor.

3.15 MEDLEY RELAY (2 x 50 m, 4 x 50 m) – Short Course

Reference: *ILS Competition Rule Book*, 3. 17

Event Description

In the two-person variant of the relay, only the third and fourth legs of the four-person relay are completed.

3.16 OBSTACLE RELAY (4 x 50 m) – Short Course

Reference: *ILS Competition Rule Book*, 3.16, except:

Event description

- (16.1.A)** With a dive start on an acoustic signal, the first competitor swims 50 m freestyle passing under the obstacle twice.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The only obstacle is located 12.5 m from the starting wall.

Note: In a two-person relay, there is only a first and second competitor.

3.17 SWIM WITH FINS RELAY (4 x 50 m) – Short Course

Event description

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle wearing fins. Competitors must surface after the start and before the turn, and after the turn before the finish of their leg of the relay. After the first competitor touches the turning wall/edge, the second, third and fourth competitors repeat the procedure in turn. The first, second, and third competitors must exit the water after the completion of their leg of the race and exchange.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- (DQ13)** Failure to touch the wall/edge during the turn.
- (DQ14)** Failure to touch the finish wall/edge.
- (DQ36)** One competitor repeating two or more legs of the event.
- (DQ37)** Leaving the start before the previous competitor has touched the wall.
- (DQ44)** A competitor re-entering the water after completing their leg of the relay.
- (DQA)** Failure to exit the water after completion of their leg of the relay.
- (DQD)** Failure to finish the event wearing at least one fin.
- (DQE)** Failure to surface before touching the turning wall/edge and touching the finish wall/edge.

3.18 LIFEGUARD SKILLS RELAY (2 x 50 m, 4 x 50 m)

Event description

With an in-water start on an acoustic signal, the first competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. After passing under the obstacle, the competitor immediately surfaces and swims to the turn wall and back to the obstacle. After passing under the obstacle for the second time, the first competitor swims to the second competitor who is located past the 5 m mark from the starting wall, treading water. The first competitor carries the second competitor back to the starting wall using any carry that maintains the second competitor's head out of the water.

The competitor to be carried may enter the water after the previous competitor has passed the 5 m mark in the start zone.

Once the first competitor touches the wall, the second competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor exits the water and the third competitor enters the water to get into position past the 5 m mark from the starting wall.

This process is repeated with the third competitor carrying the fourth competitor, and the race is finished with the fourth competitor carrying the first competitor.

In a two-person relay, once the first competitor touches the wall, the second competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor gets into position past the 5 m mark from the starting wall. The race is finished with the second competitor carrying the first competitor.

Competitors must surface after passing under the obstacle and after a turn prior to passing under an obstacle.

Carrying the competitor

Where a competitor is carried, the competitor (as victim) is presumed to be breathing. Competitors must carry the victim while maintaining their head out of the water. The victim's head must be in an upright position and the jawline and back of head is out of the water.

In judging, officials should focus on the head of the victim. The head must be maintained above the water.

Victims must be in position before the competitor has passed under the obstacle for the second time.

The victim is to be carried in water deep enough that the competitor is not touching the pool bottom.

At no time during the carry, may the victim assist by kicking and/or sculling.

Equipment

Obstacles: are fixed at right angles on lane ropes in a straight line across all lanes. The obstacle is positioned 15 m from the starting wall (10 m from the turning wall).

Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- (DQJ)** Surfacing between the starting wall and the obstacle.
- (DQM)** Failure to surface immediately after passing underneath the obstacle and before the turn wall.
- (DQN)** Failure to touch the wall during the turn.
- (DQO)** Failure to surface after the turn wall and before the obstacle.
- (DQQ)** Failure to surface after the obstacle and before the victim.
- (DQS)** Failure of the victim to remain at least 5 m away from the starting wall during the competitors approach.
- (DQT)** Failure to maintain the victim's head out of the water for the duration of the carry.
- (DQD)** Releasing the victim before touching the wall.
- (DQE)** The victim assisting the rescuer during the carry and in maintaining their head out of the water.
- (DQC)** Leaving the start before the previous competitor has touched the wall.
- (DQB)** One competitor completing two or more legs of the event.

Note: ILS Pool Events Disqualifications 12, 13 and 14 apply to this event.

3.19 LINE THROW RELAY (4 x 10 m)

Reference: *ILS Competition Rule Book*, 3.14.

Event description

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

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

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

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

The start: On the first whistle, the first competitor steps into the throw zone. The first competitor “thrower” holds only one end of the throw line in one hand. The second competitor “victim” takes the line and enters the water. No throws are permitted prior to the start. The third and fourth competitors position themselves in the water on the far side of the crossbar.

At the second whistle, competitors take their positions for the start without undue delay. When the first competitor “thrower” and second competitor “victim” have assumed their starting positions, the Starter shall give the command “Take your marks.” When the first and second competitors are stationary, the Starter gives the acoustic starting signal.

Starting position: The first competitor “thrower” stands in the throw zone facing the second competitor “victim,” motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand.

The second competitor “victim” is located on the near side of the rigid crossbar in allotted lane. The second competitor “victim” has contact with the throw line and grasps the crossbar with one or two hands. The third and fourth competitors position themselves in the water on the far side of the crossbar.

On an acoustic starting signal: The first competitor “thrower” shall retrieve the line, throw it back to the second competitor “victim” (who grasps it), and pulls them through the water until the second competitor “victim” touches the finish wall.

When the second competitor “victim” releases the rigid crossbar the third competitor “victim” will hold the near side of the rigid crossbar with one hand.

When the second competitor “victim” touches the finish wall, the first competitor releases the throw line and enters the water, in their allotted lane, to wait on the far side of the crossbar to act as a “victim” for the fourth competitor.

When the second competitor “victim” touches the finish wall, they will exit the water within their allotted lane and assume the role of the thrower.

The second competitor “thrower” shall retrieve the line, throw it back to the third competitor “victim” (who grasps it), and pulls them through the water until the third competitor “victim” touches the finish wall.

When the third competitor “victim” releases the rigid crossbar the fourth competitor “victim” will hold the near side of the rigid crossbar with one hand.

When the third competitor “victim” touches the finish wall, the second competitor releases the throw line and may leave throw zone.

When the third competitor “victim” touches the finish wall, they will exit the water within their allotted lane and assume the role of the thrower.

The third competitor “thrower” shall retrieve the line, throw it back to the fourth competitor “victim” (who grasps it), and pulls them through the water until the fourth competitor “victim” touches the finish wall.

When the fourth competitor “victim” releases the rigid crossbar the first competitor “victim” will hold the near side of the rigid crossbar with one hand.

When the fourth competitor “victim” touches the finish wall, the third competitor releases the throw line and may leave throw zone.

When the fourth competitor “victim” touches the finish wall, they will exit the water within their allotted lane and assume the role of the thrower.

The fourth competitor “thrower” shall retrieve the line, throw it back to the first competitor “victim” (who grasps it), and pulls them through the water until the first competitor “victim” touches the finish wall.

The first competitor “victim” remains in the water and the fourth competitor “thrower” remains in the throw zone until the referee signals the completion of the event.

Victims may push off the bottom (depending on water depth).

Time limit: Throwers must make a fair throw and pull the victim to the finish wall within 90 seconds for two-person and within three minutes for four-person. 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 time limit. Throwers who fail to get the victim to the finish wall before the 90-second (two-person) / three-minute (four-person) acoustic completion signal shall be designated as “Did Not Finish” (DNF).

Disqualification

In addition to the *General Rules* in Section 2 and Section 3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- (DQF)** Fourth competitor when performing the role of the “thrower” exiting the throw zone before the three-minute acoustic completion signal.
- (DQG)** First competitor when performing the role of “victim” exiting the water before the 90-second (two-person) / three-minute (four-person) completion signal.
- (DQE)** One competitor completing two or more legs of the event.

3.20 ONTARIO SHORT COUSE DISQUALIFICATION CODES – POOL

Code	Description	Events
A	Failure to exit the water after the completion of their leg of the relay	All events
B	Line Thrower exiting the throw zone. Fourth competitor when performing the role of the “thrower” exiting the throw zone before the three-minute acoustic completion signal	Line Throw Relay
C	Victim exiting the water before the acoustic completion signal	Line Throw Relay
D	Failure to finish the event wearing at least one fin	Swim with Fins and relay
E	Failure to surface before touching the turn wall/edge and touching the finish wall/edge	Lifeguard Skills Relay Swim with Fins Relay
F	Surfacing between the starting wall/edge and the obstacle	Lifeguard Skills Relay
G	Failure to maintain the victim’s head out of the water during the duration of the carry	Lifeguard Skills Relay
H	Releasing the victim before touching the turn wall/edge	Lifeguard Skills Relay
I	The victim assisting the rescuer during the carry and in maintaining their head out of the water	Lifeguard Skills Relay
J	Failure to surface after the obstacle and before the victim	Lifeguard Skills Relay
K	Failure of the victim to remain at least 5 m away from the starting wall during the competitor’s approach	Lifeguard Skills Relay

SECTION 4 – ONTARIO COMPETITION MANUAL

ONTARIO LIFEGUARD CHAMPIONSHIPS



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4

ONTARIO LIFEGUARD CHAMPIONSHIPS

With the exceptions specified below, Ontario Lifeguard Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book*. View or download the manual at lifesavingsociety.com.

4.1 ELIGIBILITY AND RIGHT TO PARTICIPATE**Eligibility**

To be eligible to compete in the Ontario Lifeguard Championships, the competitors on each team shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Cross or National Lifeguard certification (see *Composition of a team* below).
- Be a minimum of 15 years of age as of the first day of the Ontario Lifeguard Championships.
- Complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#). Parents or guardians of athletes under 18 years must also complete and submit an annual attestation.

Competitors are allowed to enter each event only once. Competitors may compete on four-person or two-person teams.

Composition of a team: Competitors enter the Ontario Lifeguard Championships events only as members of a team, not as individuals.

The team composition for the Ontario Lifeguard Championships must include a minimum of two competitors with current National Lifeguard certification for a four-person team.

The team composition for the Ontario Lifeguard Championships must include a minimum of one competitor with current National Lifeguard certification for a two-person team.

For Lifeguard team events

Four-person: A team must consist of three or four competitors. Teams may not increase the number of competitors beyond four. A team with fewer than three competitors will not be eligible to compete in heats or finals of any event. Team composition must remain the same for the duration of the championship.

Two-person: A team must consist of two competitors. Teams may not increase the number of competitors beyond two. A team with fewer than two competitors will not be eligible to compete in heats or finals of any event. Team composition must remain the same for the duration of the championships.

4.2 EQUIPMENT

No equipment pool is provided. Any items shared with other teams/clubs can be placed in an equipment pool provided the teams/clubs do not mind other teams/clubs using their equipment. This equipment must be provided to event organizers at least 30 minutes prior to lock up to allow teams to inspect available equipment.

Any equipment required for the event scenario will be provided by the organizing committee.

4.3 MENU OF EVENTS

Lifeguard team events
First Aid
Simulated Emergency Response – Wet
Water Rescue
Simulated Emergency Response – Dry

4.4 HEATS AND FINALS

Lifeguard team events may be conducted as heats and finals, or may only be conducted as finals.

4.5 SCORING

Score sheets

The Ontario Lifeguard Championships score sheets are available upon request by email at sport@lifeguarding.com and shall be used for scoring and judging the First Aid and Water Rescue events.

The current *ILS Competition Rule Book* posted at ilsf.org shall be used for scoring and judging the Simulated Emergency Response events.

Teams do not need to verify scores, as event officials will manage all verification to ensure accuracy.

Point allocation in lifeguard team events

Competitors in the Ontario Lifeguard Championships shall be allocated points (see following chart) in the following events: First Aid, Simulated Emergency Response and Water Rescue.

Place	Points	Place	Points	Place	Points	Place	Points
1 st	80	5 th	52	9 th	32	13 th	16
2 nd	72	6 th	48	10 th	28	14 th	12
3 rd	64	7 th	44	11 th	24	15 th	8
4 th	56	8 th	40	12 th	20	16 th	4

4.6 EVENTS

Lifeguard team events test the judgment, knowledge, skills and teamwork of lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

General Conditions

Team management and competitors are responsible for being familiar with the competition rules and procedures governing the Lifeguard Team events.

The competition order shall be determined by random draw.

A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock-up is closed, shall be disqualified from any events affected by that lock-up and receive a score of zero. The team may compete in the remaining events.

An acoustic signal from the referee, or delegate, will indicate the start and end of the event. The team will have an allotted time to deal with the situation.

Competitors may use all material and equipment available within the defined competition arena, unless otherwise specified.

Competitors shall clearly show their intentions and actions to the judges.

Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal. Neither goggles (including prescriptive goggles) nor masks are permitted.

Lock-up

Before the start and throughout the competition, teams are isolated in a secure “lock-up” area out of sight and sound of the Competition Arena. The scenario, actors, and any equipment shall be secret until competitors

are locked up. After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or communicate with anyone who is not also in lock-up.

Coaches and assisting personnel cannot access lock up once it has been secured. Coaches and assisting personnel may leave lock-up at any time, they will not be permitted re-entry into lock-up.

Victim assessment and treatment

Teams are to assume all conditions, victim simulations and signs and symptoms are as they find them. Should no changes in victim condition be required the judge may indicate “as you find it.” If the judge is silent, competitors should assume that all conditions are “as they find it.”

Protective equipment

The use of protective equipment will be evaluated on score sheets. If competitors can reasonably assume that they may come in contact with bodily fluids, the use of protective equipment is required.

Safety – simulated treatment

Competitors shall simulate ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors will be expected to fully demonstrate ventilations and compressions as required for their victim. Victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. A quality simulation with a verbal explanation will suffice to replace these techniques. Extreme care is to be taken when moving victims.

Judges are instructed to intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

Communication with officials during simulation

Judges will observe competitors as they recognize and respond to incidents. Depending on the event, competitors will be evaluated on how they react to simulated emergencies and incidents. In emergency response events, competitors are responsible for making their actions and intentions clear to the judges.

4.7 FIRST AID EVENT

Event description

The simulated emergency will consist of multiple victims within a designated competition area. Teams will provide assessments, treatments, scene management and call for the required assistance within a specified time limit.

Team equipment

Teams are responsible for providing their own first aid supplies and equipment beyond that available in the equipment pool.

Disqualification

Reference: *ILS Competition Rule Book*, Section 4 except disqualification #8.

4.8 SIMULATED EMERGENCY RESPONSE EVENTS

Reference: *ILS Competition Rule Book*, Section 5, except:

1. General Conditions For Simulated Emergency Response Competition

1.C - Does not apply to Ontario Championships

1. D - Does not apply to Ontario Championships

1. E - Does not apply to Ontario Championships

1. J - Does not apply to Ontario Championships

1. K - In the Wet SERC event team members from the same team shall wear their Official team swim cap; Ocean event caps, or rubber or silicone caps may be worn. In DRY SERC events Team members from the same team shall either wear their Official team swim cap, shirt or singlet.

1.3 Competition Arena: Aquatic Environment (Wet SERC)

The following statement does not apply to Ontario Championships, "Unless otherwise advised all Lifesaving World Championship SERC events shall be conducted as wet events."

Disqualification

Reference: *ILS Competition Rule Book*, Section 5.4 Disqualification Codes for SERC except disqualification #8.

4.9 WATER RESCUE EVENT

Event description

The simulated emergency at a pool will consist of multiple victims within a designated competition area. Competitors will act as a team of lifeguards to provide assessments, treatments, scene management and call for the required assistance within a specified time limit.

From the first long whistle, teams will have no more than 60 seconds to set up on the pool deck. Teams will be provided the exact set up time prior to entering the competition area. No situations will occur during this set-up time.

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents. Teams are not responsible for recognizing what they cannot see from the pool deck. Teams will be alerted to off-deck emergencies.

The “public” will not actually be cleared from the pool or pool area during simulated emergency response events. Teams may not clear the pool to prevent a simulated emergency.

Team equipment

Teams are responsible for providing their own first aid supplies and equipment beyond that available in the equipment pool.

Disqualification

Reference: *ILS Competition Rule Book*, Section 5.4 Disqualification Codes for SERC except disqualification #8.

SECTION 5 – ONTARIO COMPETITION MANUAL

ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 5

ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT

With the exceptions specified below, Ontario Junior Lifesaving Championships – Waterfront Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Lifesaving Sport Competition Rulebook*. View or download the manuals at lifesavingsociety.com.

5.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifesaving Championships is a competition focused on personal best challenges for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifesaving Championships, competitors shall:

- Hold a Lifesaving Society award *or* be a member of a lifesaving club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim to Survive® standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least seven years of age but less than 17 years of age as of the first day of the competition.
- Have parents or guardians complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#).

Competitors must enter the championships as members of an affiliated club or Lifesaving Society Affiliate.

Competitors may compete for only one club or affiliate at a time.

Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	7–9 years

Club composition

A club may consist of a minimum of one individual, and one coach or manager. There is no maximum number of competitors per club.

Clubs must identify a coach or manager, who is not a competitor, to attend all required meetings and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

5.2 MENU OF EVENTS

Individual Events	7–9 yr.	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Beach Flags	15 m	15 m	20 m	20 m	20 m
Beach Run	500 m	500 m	1000 m	1500 m	1500 m
Beach Sprint	50 m	50 m	70 m	70 m	70 m
Board Race	200 m	200 m	300 m	400 m	400 m
Junior Iron Guard	100/400/200	100/400/200	200/600/300	200/800/400	200/800/400
Surf Race	100 m	100 m	200 m	200 m	200 m

Team Events	44 years or less	64 years or less
Beach Relay	4 x 50 m	4 x 70 m
Junior Iron Guard Relay	100/400/200/50	200/800/400/50

Team Events	33 years or less	48 years or less
Board Relay x3	200 m	400 m

5.3 SEEDING

Seeding in finals

The top 16 competitors or teams shall be assigned places in the final of the following events: Beach Flags, Beach Run, Board Race, Junior Iron Guard, Surf Race, Junior Iron Guard Relay, Board Relay.

A and B finals shall be conducted in the following events: Beach Sprint, Beach Relay.

5.4 SCORING

Finals

Finals need not be conducted for Ontario championships. Final placing will be determined by the results in heats.

Clubs are allowed unlimited entries in events.

Point allocation

Competitors in the Ontario Junior Lifesaving Championships shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Placing penalty/Disqualification

11 years and under: Rule infractions will be allocated a placing penalty. For each infraction, a place penalty may be applied. A placement penalty is defined as increasing the competitor's placement at the finish of the event by three (i.e., a competitor who finishes first, but is given one placing penalty, will finish fourth). There may be more than one infraction by a competitor in an event. The placing penalty/penalties will be recorded. The final posting will recognize any placing penalties. Placing penalties do not apply in beach flags where the competitor is eliminated.

12–16 years: Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

Ties

Ties in overall point scores for individuals shall not be broken.

5.5 BEACH FLAGS

Reference: *ILS Competition Rule Book*, 4.10, except:

Event description

(10.1) From a prone starting position on the beach, competitors rise, turn and race approximately 20 m (15 m for 11 years of age and under) to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing.

Draw for positions

- (10.5) There shall be a preliminary draw for positions and further draws after each round. During finals, when competitors have been reduced to 16, there shall be a draw for positions after each run through.

The course

- (10.8) As shown in the diagram found in *ILS Competition Rule Book*, Section 4.10, the course shall be approximately 20 m (15 m for 11 years of age and under) 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

5.6 BEACH RUN

Reference: ILS Competition Rule Book, 4.13, except:

Event description – 500 m

- (13.1) **Competitors 11 years of age:** race 500 m on the beach 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, and then race back to cross the finish line.

Event description – 1000 m

- (13.1) **Competitors 12–13 years:** race 1000 m on the beach 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, and return toward the start/turn 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.

Event description – 1500 m

- (13.1) **Competitors 14–16 years:** race 1500 m on the beach 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, and return toward the start/turn 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.

Note: The leg distances may vary due to environmental conditions.

5.7 BEACH SPRINT

Reference: *ILS Competition Rule Book*, 4.11, except:

Event description

(11.1) At the starting signal, competitors race the 70 m (50 m for 11 years of age and under) course to the finish line.

The course

(11.3) The beach sprint course shall be 70 m (50 m for 11 years of age and under) from the start line to the finish line.

5.8 BOARD RACE

Reference: *ILS Competition Rule Book*, 4.17, except:

The course

(17.2) **11 years of age and under:** The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 75 m distance 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.

12–13 years of age: The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance 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.

14–16 years of age: The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third “apex” buoy (1 or 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

5.9 JUNIOR IRON GUARD

Reference: *ILS Competition Rule Book*, 4.20, except:

Event description

11 years of age or under: Competitors cover a course of approximately 700 m that includes a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

12–13 years of age: Competitors cover a course of approximately 1100 m that includes a 200 m swim leg, a 600 m beach run, a 300 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

14–16 years of age: Competitors cover a course of approximately 1400 m that includes a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

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

Starting positions: Competitors must commence swim and board legs from the correct allotted beach positions. The starting positions are reversed for the swim and board legs.

The course

Buoys shall be laid out for the swim, run and board legs.

Buoy distances: Swimming buoys shall be positioned at a minimum of 75 m (25 m for 11 years of age and under) from knee-depth water.

11 years of age and under: The board leg buoys shall be positioned approximately 75 m from knee-depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

12–13 years of age: The board leg buoys shall be positioned approximately 120 m from knee-depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

14–16 years of age: The board leg buoys shall be positioned approximately 120 m from knee-depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 50 m beyond that.

Flag layout: Four flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #2. Flag #2 shall be positioned in line with the swim

buoy #8. Flag # 3 shall be positioned 5 m to the right of Flag #2.

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag #2.

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

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag # 2 and Flag #3.

Beach run course: From Flag # 2 and #3, competitors run along the left side of the lane to round (clockwise) the turning pole and run to round Flag #1 before heading for the start/changeover line.

Board course: From the start/changeover line, competitors paddle their boards around the board course buoys (while also passing on the outside of the swim course buoys), return to the beach between Flag #2 and Flag #3.

Sprint/Finish: Competitors round Flag #2 and race to finish between the two finish flags.

Equipment

Boards: See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*.

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

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

Control of craft

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

5.10 SURF RACE

Reference: *ILS Competition Rule Book*, 4.5, except:

Event description

- (5.1)** With a running start into the water from the start line on the beach, competitors swim around the 200 m (100 m for 11 years and under) course designated by buoys, returning to shore to finish between the finish flags on the beach.

The course

- (5.2)** The course shall be approximately 200 m (100 m for 11 years and under) from start to finish.

The swimming course: shall be marked by buoys the furthest situated approximately 25 m beyond knee-deep water for competitors 11 years and under, and approximately 75 m beyond knee-deep water for competitors 12–16 years of age.

5.11 BEACH RELAY

Reference: *ILS Competition Rule Book*, 4.12, except:

Event description

Teams of four individuals compete in baton relay fashion over a 70 m (50 m for 11 years and under) course.

5.12 BOARD RELAY

Reference: *ILS Competition Rule Book*, 4.18

Event description

- (18.1)** All competitors in each team commence from the team's drawn starting position.

The course

- (18.2)** ***11 years of age and under:*** The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 75 m distance 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.

12–13 years of age: The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance 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.

14–16 years of age: The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third “apex” buoy (1 or 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

5.13 JUNIOR IRON GUARD RELAY

Reference: *ILS Competition Rule Book*, 4.23, except:

Event description

Teams of four competitors (one swimmer, one runner, one board paddler, and one sprinter) cover the course in the following sequence of swim-run-board-sprint.

Conditions of racing of each leg are as generally required for the individual conditions of that disciplines: surf race, beach run, board race, beach sprints.

Swim leg: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run up the beach to a set of flags to tag the runners who are waiting at the changeover line.

Run leg: After being tagged, runners will complete the beach run course and return to the start line to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start line.

Board leg: After being tagged, board paddlers enter the water with their boards, paddle around the board course buoys (while also passing on the outside of the swim course buoys), and return to the beach to tag the sprinter.

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/changeover line.

Sprint leg: After being tagged, sprinters then round one turning flag and continue to finish between the two finish flags.

Relay age group 44 years or less

Competitors cover a course of approximately 700 m that includes a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m

beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Relay age group 64 years or less

Competitors cover a course of approximately 1400 m that includes a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Equipment

Paddleboard: Reference *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Each team shall provide at least one board.

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.

5.14 ONTARIO DISQUALIFICATION CODES – JUNIOR WATERFRONT

Code	Disqualification Description
1	Not completing the event in accordance with the rules in Section 4 or S4-1 to S4-7 (ILS) Ref:
12	Failure to complete the event and/or course as defined and described Describe:
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly
2A	Committing a doping or doping-related infraction
2B	Impersonating another competitor
2C	Attempting to defeat the ballot or draw for events or positions
2D	Competing twice in the same individual event
2E	Competing twice in the same event in different teams
2F	Purposely interfering with the course to gain advantage
2G	Jostling or obstructing another competitor or handler so as to impede their progress
2H	Receiving physical or material outside assistance (other than verbal or other direction)
2I	Participating contrary to the spirit of the competition (as described in the code of fair play)
2J	Other (Describe):
3	Competitors may not be permitted to start in an event if they are late reporting to the marshalling area. This may be noted as a “did not start” (DNS) or similar on result sheets
4	A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final. This may be noted as a “did not start” (DNS) or similar on result sheets
5	Activities that result in willful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition
6	Abuse of officials may result in disqualification from the competition
7	The first competitor or team to start (i.e., commence a starting motion) before the starting signal has been given shall be disqualified – except for Beach Flags in which the competitor(s) shall be eliminated
8	Failing to comply with the starter’s commands within a reasonable time
9	A competitor who, after the starter’s first command, disturbs others in the race through sound or otherwise may be disqualified (or eliminated in Beach Flags)
10	Starting from a position other than the allotted position or lane
11	Picking up or blocking more than one baton – e.g., lying on a baton or covering a baton from sight

SECTION 6 – ONTARIO COMPETITION MANUAL

ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 6

ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT

With the exceptions specified below, Ontario Lifesaving Championships – Waterfront events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Lifesaving Sport Competition Rulebook*. View or download the manuals at lifesavingsociety.com.

6.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifesaving Championships – Waterfront, competitors shall:

- Be a [registered athlete](#).
- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or higher.
- Meet their division's age criteria on the first day of the Ontario Championships.
- Complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#). Parents or guardians of athletes under 18 years must also complete and submit an annual attestation.
- Enter each event only once.

To be eligible to compete in Masters Competitions, competitors shall:

- Be at least 30 years of age as of the first day of the championships.
- Hold a Lifesaving Society Bronze Medallion or higher (need not be current).
- Not be required to be a registered athlete.
- Complete and submit annual attestation to an affiliated club confirming review of [Rowan's Law: Concussion Awareness Resources](#).

Divisions

14–15 years: Competitors must be a minimum of 14 years of age and a maximum of 15 years as of the first day of the Ontario Lifesaving Championships.

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years as of the first day of the Ontario Lifesaving Championships.

Open: Competitors must be a minimum of 14 years of age as of the first day of the Ontario Lifesaving Championships.

Masters: Competitors must be a minimum of 30 years of age as of the first day of the Championships. Masters age groups will be in increments of 10 years (e.g., 30-39, 40-49). Master competitors must hold a Lifesaving Society award (need not be current) and are not required to be a Registered Athlete.

6.2 MENU OF EVENTS

Individual Events	14–15 years	16–19 years	Open	Masters
Beach Flags	20 m	20 m	20 m	15 m
Beach Run	1500 m	2000 m	2000 m	1000 m
Beach Sprint	70 m	90 m	90 m	70 m
Board Race	400 m	600 m	600 m	600 m
Canadian Iron Guard	200/800/400	300/1000/600	300/1000/600	N/A
Oceanman/woman	200Sw/300B/400Sk	300Sw/400B/600Sk	300Sw/400B/600Sk	300Sw/400B/600Sk
Surf Race	300 m	400 m	400 m	300 m
Surf Ski Race	400 m	700 m	700 m	600 m
Rescue Tube Race	240 m	240 m	240 m	240 m

Team Events	14–15 years	16–19 years	Open	Masters
Beach Relay	4 x 70 m	4 x 90 m	4 x 90 m	3 x 70 m
Board Relay x3	400 m	600 m	600 m	600 m
Board Rescue	120 m	120 m	120 m	120 m
Ocean Relay	200Sw/300B/400Sk (x4)	300Sw/400B/600Sk (x4)	300Sw/400B/600Sk (x4)	300Sw/400B/600Sk (x3)
Rescue Tube Rescue	120 m	120 m	120 m	NA
Surf Ski Relay	2 x 400 m	3 x 600 m	3 x 600 m	3 x 600 m
Surf Team Race	3 x 300 m	3 x 400 m	3 x 400 m	3 x 300 m

Team Events

Competitors in the 14–15 years division are eligible to compete as a member of a team in the 16–19 years or open division. Competitors in the

16–19 years division are eligible to compete as a member of a team in the open division. Competitors in the 16–19 division are not eligible to compete as a member of a team in the 14–15 years division. Competitors in the open division are not eligible to compete as a member of a team in the 14–15 years or 16–19 years divisions. Competitors may only swim a team event once.

Masters

Only Masters competitors are eligible to compete as a member of a Masters team. Waterfront individual events and Board Rescue are conducted in age groups. In Board Rescue, the two-person team shall compete in the age group of the younger competitor. Waterfront three-person team events will be conducted in one category with no age groups.

6.3 UNIFORMS AND EQUIPMENT

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins or other similar material is not permitted for 14–15 years competitors in team events. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including “shoe” or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

6.4 SEEDING

Seeding in finals

The top 16 competitors or teams shall be assigned places in the final of the following events: Beach Flags, Beach Run, Board Race, Canadian Iron Guard, Oceanman/woman, Surf Race, Surf Ski Race, Board Relay, Ocean Relay, Surf Ski Relay, Surf Team Race.

A and B finals shall be conducted in the following events: Beach Sprint, Beach Relay, Board Rescue, Rescue Tube Rescue, Rescue Tube Race.

6.5 SCORING

Finals

Finals shall not be conducted in the Ontario Masters Lifesaving Championships. Final placing will be determined by the results in heats.

Point allocation

Competitors in the Ontario Lifesaving Championships – Waterfront shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Club points

Clubs are allowed multiple entries in events.

Ties

Ties in overall point scores for individuals shall not be broken.

6.6 BEACH FLAGS

Reference: *ILS Competition Rule Book*, 4.10, except:

Draw for positions:

(10.5) There shall be a preliminary draw for positions and further draws after each round. During finals, when competitors have been reduced to 16, there shall be a draw for positions after each run through.

6.7 BEACH RUN

Reference: *ILS Competition Rule Book*, 4.13, except:

Event description – 1500 m

(13.1) 14–15 years of age: Race 1500 m on the beach 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, and return toward the start/turn 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.

Note: The leg distances may vary due to environmental conditions.

6.8 BEACH SPRINT

Reference: *ILS Competition Rule Book*, 4.11, except:

Event description

- (11.1)** At the starting signal, competitors race the 90 m (70 m for 14–15 years and Masters) course to the finish line.

The course

- (11.3)** The beach sprint course shall be 90 m (70 m for 14–15 years and Masters) from the start line to the finish line.

6.9 BOARD RACE

Reference: *ILS Competition Rule Book*, 4.17, except:

The course

- (17.2)** **14–15 years of age:** The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third “apex” buoy (1 or 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

6.10 CANADIAN IRON GUARD

Reference: *ILS Competition Rule Book*, 4.20, except:

Event description

14–15 years of age: Competitors cover a course of approximately 1400 m that includes a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim–run–board–sprint.

16–19 years of age; Open: Competitors cover a course of approximately 2000 m that includes a 300 m swim leg, a 1000 m beach run, a 600 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim–run–board–sprint.

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

Starting positions: Competitors must commence swim and board legs from the correct allotted beach positions. The starting positions are reversed for the swim and board legs.

The course

Buoys shall be laid out for the swim, run and board legs.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m (75 m for 14–15 years of age) from knee-depth water.

14–15 years: The board leg buoys shall be positioned approximately 120 m from knee-depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy (1 or 2 buoys) 50 m beyond that.

16–19 years; Open: The board leg buoys shall be positioned approximately 250 m from knee-depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

Flag layout: Four flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #2. Flag #2 shall be positioned in line with the swim buoy #8. Flag #3 shall be positioned 5 m to the right of Flag #2.

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag #2.

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

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag #2 and Flag #3.

Beach run course: From Flag #2 and #3, competitors run along the left side of the lane to round (clockwise) the turning pole and run to round Flag #1 before heading for the start/changeover line.

Board course: From the start/changeover line, competitors paddle their boards around the board course buoys (while also passing on the outside of the swim course buoys), return to the beach between Flag #2 and Flag #3.

Sprint/Finish: Competitors round Flag #2 and race to finish between the two finish flags.

Equipment

Boards: See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*.

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

Equipment removal: To assist with the safe conduct of the event, club

members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. Club members and/or handlers 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.

Control of craft

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

Disqualification

In addition to the *General Rules* in Section 2 and Section 4 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

(DQ12) Failure to complete the course as defined and described.

6.11 OCEANMAN/OCEANWOMAN

Reference: *ILS Competition Rule Book*, 4.20, except:

Event description

(20.1) 14–15 years of age: Cover an approximately 900 m course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish.

6.12 SURF RACE

Reference: *ILS Competition Rule Book*, 4.5, except:

Event description

(5.1) 14–15 years of age; Masters: With a running start into the water from the start line on the beach, competitors swim around the 300 m (course designated by buoys, returning to shore to finish between the finish flags on the beach).

6.13 SURF SKI RACE

Reference: *ILS Competition Rule Book*, 4.15, except:

The course

- (15.2) 14–15 years of age:** The course shall be marked by a set of buoys – two “turning buoys” shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third “apex” buoy (1 or 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

6.14 BEACH RELAY

Reference: *ILS Competition Rule Book*, 4.12, except:

Event description

- (12.1) 14–15 years of age:** Teams of four individuals compete in baton relay fashion over a 70 m course.

6.15 BOARD RELAY

Reference: *ILS Competition Rule Book*, 4.18

6.16 BOARD RESCUE

Reference: *ILS Competition Rule Book*, 4.19

6.17 OCEAN RELAY

Reference: *ILS Competition Rule Book*, 4.23

6.18 RESCUE TUBE RESCUE

Reference: *ILS Competition Rule Book*, 4.7

6.19 SURF SKI RELAY

Reference: *ILS Competition Rule Book*, 4.16

6.20 SURF TEAM RACE

Reference: *ILS Competition Rule Book*, 4.6, except:

Event description

- (6.1) 14–15 years of age; Masters:** With a running start into the water from the start line on the beach, all three members of each team swim around the 300 m course designated by buoys, returning to shore to finish between the finish flags on the beach.

6.21 RESCUE TUBE RACE

Reference: *ILS Competition Rule Book*, 4.8, except:

6.22 ONTARIO DISQUALIFICATION CODES – WATERFRONT

Code	Disqualification Description
1	Not completing the event in accordance with the rules in Section 4 or S4-1 to S4-7 (ILS) Ref:
12	Failure to complete the event and/or course as defined and described Describe:
2	A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly
2A	Committing a doping or doping-related infraction
2B	Impersonating another competitor
2C	Attempting to defeat the ballot or draw for events or positions
2D	Competing twice in the same individual event
2E	Competing twice in the same event in different teams
2F	Purposely interfering with the course to gain advantage
2G	Jostling or obstructing another competitor or handler so as to impede their progress
2H	Receiving physical or material outside assistance (other than verbal or other direction)
2I	Participating contrary to the spirit of the competition (as described in the code of fair play)
2J	Other (Describe):
3	Competitors may not be permitted to start in an event if they are late reporting to the marshalling area. This may be noted as a “did not start” (DNS) or similar on result sheets
4	A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final. This may be noted as a “did not start” (DNS) or similar on result sheets
5	Activities that result in willful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition
6	Abuse of officials may result in disqualification from the competition
7	The first competitor or team to start (i.e., commence a starting motion) before the starting signal has been given shall be disqualified – except for Beach Flags in which the competitor(s) shall be eliminated
8	Failing to comply with the starter’s commands within a reasonable time
9	A competitor who, after the starter’s first command, disturbs others in the race through sound or otherwise may be disqualified (or eliminated in Beach Flags)
10	Starting from a position other than the allotted position or lane
11	Picking up or blocking more than one baton – e.g., lying on a baton or covering a baton from sight