

An underwater photograph of a swimming pool. The view is from below the surface, looking down at the pool floor. The water is clear and blue. Several lane lines are visible, running parallel to each other. In the distance, several swimmers are visible, some in motion. The lighting is bright, creating a sense of depth and clarity.

**POOL COMPETITION
HANDBOOK
2008**

The Rules and Information in this document were taken from the
RLSSA National Pool Lifesaving Championships
Competition Handbook
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INTRODUCTION

Dear Team Manager

Life Saving Victoria recognises the importance of the Team Manager to the efficient running of Life Saving pool competition and has produced this handbook to assist you in this role. The **“Team Manager’s Handbook”** contains the information and contact details that you may require to assist you in your role and your club’s competitors during the winter pool carnival season.

The **“Team Manager’s Handbook”** ensures that competition information is accessible to all Team Managers and competitors.

Good luck to all competitors this coming season.

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Websites

Lifesaving Victoria
www.lifesavingvictoria.com.au
(Please refer to Aquatic Sports section)

Royal Lifesaving Society Australia
www.royallifesaving.com.au

A ENTRY REQUIREMENTS

All Members of LSV, Affiliated Clubs, Swimming Groups and their members, Members of educational institutions and approved lifesaving clubs will be permitted to enter competitors and or teams in the 2006 Pool Lifesaving Carnivals and Championships.

A1 QUALIFYING

No award qualifications are required for normal Carnivals, (but all competitors must be able to confidently swim 25m minimum) however Competitors must, at the closing date for the State Championship entries, be holders of a minimum RLSSA or SLSA Award qualification relevant to the age group/s they are competing in.

	RLSSA	SLSA
Under 8	Water Wise Level 4	Surf Awareness
Under 10	Water Wise Level 4	Surf Safety
Under 12	Junior Swim & Survive	Surf Smart
Under 14	Senior Swim & Survive	Surf Rescue Certificate
Under 16	Bronze Star or higher	Surf Rescue Certificate or Bronze Medallion
Under 19	Bronze Medallion	Bronze Medallion
Open	Bronze Medallion	Bronze Medallion
Over 30	Bronze Medallion	Bronze Medallion
Over 40	Bronze Medallion	Bronze Medallion

The competitors' highest current award is to be noted on the entry form and endorsed by a club member/ educational institution.

Competitors that subsequently are found not to hold the appropriate award/s will not be allowed to compete or will be disqualified and all medals returned on request.

Ages shall be taken from the first (1st) day of January preceeding the Championships, i.e. January 1st 2006.

All clubs/groups must register their cap with the event coordinator prior to competing.

Registered club/group caps shall be worn in all events, but if worn in the Initiative Test, should not be used as a rescue aid.

Swimming and lifesaving techniques shall be based on those used in the ILS Manual of Swimming and Lifesaving.

Under 14 competitors who wish to swim in Senior Championships, may do so in the Under 16 Category only.

A2 ENTRY FEE

The Lifesaving Victoria Pool Carnivals Panel will determine an entry fee to be paid for each competitor in the Carnivals and Championships. Each club/group must pay this Fee to State Headquarters on receipt of an invoice.

Fees for the Carnivals will be a fixed price of \$12 per competitor

A3 LATE ENTRY

Late Entries comply only for State Championships. Entries received after the closing date for State Championships may be permitted with consideration to the reason for late entry by the pool panel.

A4 GENERAL REQUIREMENTS

Competitors may only swim with one club/group. For team events; clubs/groups may only form composite teams if each individual competitor is wearing their own club/group cap.

Composite teams may not compete in the Junior Championships without the prior approval of the

referee.

Qualifying times for National Lifesaving Championships will be recorded and accepted at Senior State Lifesaving Championships and selection trial programs, and at no other time will times be accepted.

B LSV AQUATIC SPORTS POOL CARNIVALS PANEL

This Panel is responsible for the overall organisation of the Carnivals and Championships, both leading up to and during the events.

The Pool Carnivals Convener shall convene all meetings of the Pool Carnivals panel, and he or she shall coordinate committee members to conduct the Pool Carnivals.

The Championships shall be held annually, or at such other time that may be agreed upon by the Pool Carnival Panel.

The responsibility for the revision of these rules and their publishing shall lie with the Life Saving Victoria Pool Panel on behalf of the Aquatic Sports Executive.

C OFFICIALS DUTIES

To assist with running of carnivals timekeepers will be needed and should be provided by each competing club/group.

C1 TIMEKEEPERS

The Start

- The referee blows a long blast to signal the start and Timekeepers should have their stopwatches at 0.00.
- Watches are started on the sound of the starting signal.
- Immediately check to see if the stopwatch is working. If not, signal to the Chief Timekeeper who will have you start the watch at a particular time (e.g. 10 seconds) which you then add to the total time showing on the watch at the end of the race (this time may not be used for a record).

The Finish

- Stand behind the starting blocks so you don't obstruct the Judges' view.
- Watch your lane only.
- Stop your watch when any part of the competitors' body (or patients in the line throw) touches the finish end.
- If in your opinion the competitor fails to touch let the watch run until the referee whistles for the swimmers to leave the water, then stop the watch.
- After announcing the time to the head Timekeeper on the lane who records it, have the other Timekeeper check your time.

Recording the Time

- Promptly after each race the timekeeper in each lane should record the times of their watches on the card and if requested present their watches for inspection.
- Three timekeepers – the middle time is taken. If two of the three timekeepers record the same time, that time is considered to be an official **time**
- Two timekeepers – the slowest time is taken
- The head timekeeper for the lane then gives the Official time to the Chief Timekeeper/runner for collection.

D ATTIRE

Competitors are required to conform to the following regulations relating to dress.

Costume

Each competitor must have swimwear suitable for competition with some attempt to have all competitors in similar colour patterns. Swimwear must not provide the competitors with any flotation assistance.

Female Competitors may wear two piece costumes.

Prescription Spectacles

These may be worn in events; however the Sectional Referee should be notified prior to event marshalling.

Contact Lenses

Contact lenses may be worn at any time as chosen by the competitor, however, safety with hard lenses should be considered.

Goggles

May be worn in all events with the exception of the Initiative Test.

Swimming Caps

Must be worn in all events, but when worn in the Initiative Tests, shall not be used as a rescue aid.

Jewellery

All jewellery and associated items must be removed or taped prior to competing

Fingernails and Toenails

In the interest of safety fingernails and toenails should be cut short.

Other items of Dress and Equipment

At the discretion of the Chief Referee additional items of clothing or dress may be approved due to local weather e.g. Rash Vest

Any competitor presenting themselves for an event in a manner deemed objectionable, inappropriate or unsafe shall not be permitted to start.

E CARNIVAL & CHAMPIONSHIP EQUIPMENT

All equipment listed below in E1 – E7 may be modified in any way shape or form for junior competition.

State Headquarters shall be responsible for the provision of most equipment and material required to conduct the Carnival and Championship events.

This will include, but not be limited to;

- Officials recording sheets
- Stopwatches
- Stationary (other than officials)
- Markers / Rope for pool
- Witches hats for designating zones
- Ropes, kickboards, manikins, boogie boards.
- Obstacles
- Tape to mark 1.5m from pool edge (line Throw)
- Computer
- PA System
- Communication system between nominated personnel.

E1 CLUB/GROUP REQUIREMENTS

Each lifesaving club member is responsible for the provision of the following at the Carnivals and State Championships.

- Rescue tube
- Patrol Flippers
- Registered Club cap

All other groups and school members are responsible for the provision of the following at Carnivals and State Championships

- Registered cap

E2 LIFESAVING MANIKIN SPECIFICATIONS

The manikin must be capable of being filled with water and sealed for competition and approved by the chief referee.

The manikin must be one metre in height with the back of its head painted in a colour contrasting

with the rest of the manikin and with the water. A transverse line of 15cm is painted in a contrasting colour in the middle of the manikin's body (measured 40cm from the bottom of the body to 55cm in the direction of the head).

E3 **FINS/FLIPPERS SPECIFICATIONS**

Each team must provide their own swim fins/flippers to competitors.

Senior Regulations

Swim fins/flippers (a pair) used in competitions are to comply with the following dimensions

- Maximum overall length including 'shoe' or ankle strap extended 65cm
- Maximum width at the widest point of the blade 30cm

Fins are measured while not worn.

Swim fins /flippers will not be permitted if they do not conform to the above dimensions or if they are considered to constitute a safety hazard.

Junior Regulations

No fins/flippers other than patrol flippers or soft rubber flippers will be permitted in the junior competitions.

E4 **RESCUE TUBES**

Rescue tubes will be similar in size and principles of use to the flexible foam tubes. The material shall be closed cell plastic foam, and durable and flexible.

The specification of the body of the tube are

Flexibility – the body of the tube shall be of such nature as to be able to roll within itself

Length – minimum 875mm, maximum 1000mm

Breadth – maximum 150mm

Thickness – maximum 100mm

The line should be UV treated, synthetic material approximately 200cm in length attached to a webbing bandolier, of approximately 25mm in width and 200cm in length, forming a shoulder strap. The Chief Referee must approve the tube.

The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm. The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.

The tube and fittings shall have no sharp edges or protrusions that could injure competitors.

E5 **OBSTACLES**

The obstacles used in pool lifesaving events are to be 70cm high and 240cm wide and shall have no dangerous parts. The inner frame must consist of a net or another element, which does not permit a swimmer to pass through. The colour of the net is to contrast with the water. The upper line of the obstacle is placed on the water level and is clearly visible.

E6 **LINE THROW ROPE**

The line used for the line throw shall be plaited, buoyant polypropylene: 8mm diameter, length minimum 16.5m; maximum 17.5m.

E7 **SCRUTINEERING**

The Chief Referee prior to the start of the first event may conduct specification checking of all equipment to be used by the competitors.

The Chief Referee reserves the right to re-inspect competition equipment at any time during the competition and equipment found not to be to the specifications stipulated will be Patient to disqualification.

In turn, this may lead to the disqualification of the competitor found using the equipment and the possibility of the disqualification of the full team.

F **POOL CARNIVALS AND CHAMPIONSHIPS - REGULATIONS AND EVENTS**

The Pool Carnivals Panel shall conduct Lifesaving events in all age groups.

F1 **AGE GROUPS**

Age groups shall be as follows for both male and female competitors, totaling 18 Individual Championship divisions.

Junior Carnivals and Championships

Under 8, Under 10 & Under 12

Senior Carnivals

Under 14, Under 16, Under 19, Open, Over 30

Competitors may only compete in one age group with the exception of the Under 14 age group who may compete in both the Under 14 and Under 16 age groups.

Competitors must at the closing date of entries be holders of a minimum RLSSA or SLSA Award as stated in A1.

F2 INDIVIDUAL EVENTS

The Junior Carnivals and/or Championships shall consist of some or all of the following events.

Under 8

25m Freestyle
25m Breaststroke
50m Kickboard Rescue
25m Breaststroke

Under 10

25m Freestyle
25m Kickboard Rescue
25m Breaststroke
50m Medley (Breast & Sidestroke)

Under 12

50m Obstacle
50m Kickboard Rescue
8m Line Throw
100m Medley
(Survival back, Freestyle, Sidestroke, Breaststroke)

The Senior Carnivals and/or Championships shall consist of some or all of the following events.

A specific list of events will be available at each carnival.

Under 14

50m Manikin Carry with fins
100m Obstacle Race
10m Line Throw
100m Medley

Under 16

50m Manikin Carry
100m Manikin Carry with Fins
100m Manikin Tow with fins and Rescue Tube
200m Swimming with Obstacles
12m Line Throw
Super lifesaver

Under 19

50m Manikin Carry
100m Manikin Carry with Fins
100m Manikin Tow with fins and Rescue Tube
200m Swimming with Obstacles
12m Line Throw

Open

50m Manikin Carry
100m Manikin Carry with Fins
100m Manikin Tow with fins and Rescue Tube
200m Swimming with Obstacles
12m Line Throw
Super lifesaver

Over 30 & Over 40

50m Manikin Carry
50m Swimming Obstacle Race
100m Manikin Carry with Fins
100m Swimming with Obstacles
12m Line Throw

F3 TEAM EVENTS

Teams shall consist of four (4) members with the exception of the parent/child race where there will only be Two (2) competitors.

The Junior Carnivals and/or Championships shall consist of some or all of the following events.

Under 8

Male Parent/Child (2 x 25m Freestyle)
Female Parent/Child (2 x 25m Freestyle)
4 x 25m Breastroke Relay
4 x 25m Kickboard Relay
4 x 25m Freestyle Relay

Under 10

Male Parent/Child (2 x 25m Freestyle)
Female Parent/Child (2 x 25m Freestyle)
4 x 25m Freestyle Relay
4 x 25m Boogie Board Race
4 x 25m Medley relay
4 x 25m kickboard rescue relay

Under 12

Male Parent/Child (2 x 25m Freestyle)
Female Parent/Child (2 x 25m Freestyle)
4 x 25m Obstacle Relay
4 x 25m Rescue Relay
4 x 25m Rescue Tube Relay

Under 14

4 x 25m Obstacle Relay
4 x 25m Rescue Relay with tube
4 x 25m Manikan Relay

The Senior Carnivals and/or Championships shall consist of some or all of the following events.

Mixed Teams are classified as;

- 3 Female members and 1 Male member
- 2 Female members and 2 Male members (over 30's)
- Composite Teams do not carry points at normal Carnivals. **NO** Composite Teams allowed at Championship Carnivals.
- Female Parent/Child (2 x 25m Freestyle)
- Male Parent/Child (2 x 25m Freestyle)

Under 16

4 x 25m Manikin Relay (Mixed team)
4 x 25m Medley Relay (Mixed team)
4 x 50m Rescue Tube Relay - ILS Medley Relay (Mixed team)
4 x 50m Freestyle Relay with Obstacles (Mixed team)
4 x 50m Obstacle Relay
4 x 50m Manikin Relay (Mixed team)

Under 19

4 x 25m Manikin Relay (Mixed team)
4 x 25m Medley Relay (Mixed team)
4 x 50m Rescue Tube Relay - ILS Medley Relay (Mixed team)

4 x 50m Freestyle Relay with Obstacles (Mixed team)

4 x 50m Manikin Relay (Mixed team)

Open

4 x 25m Manikin Relay (Mixed team)

4 x 50m Rescue Tube Relay - ILS Medley Relay (Mixed team)

4 x 50m Freestyle Relay with Obstacles (Mixed team)

4 x 50m Manikin Relay (Mixed Team)

8 x 50m Freestyle Relay with Fins (4xFemales, 4xMales)

Over 30

4 x 50m Rescue Tube Relay - ILS Medley Relay (Mixed team)

4 x 50m Freestyle Relay with Obstacles (Mixed team)

4 x 50m Manikin Relay (Mixed team)

G GENERAL COMPETITION CONDITIONS

G1 METHOD OF CARRYING / TOWING THE MANIKIN

In events where manikins are used each competitor shall carry the manikin under the following conditions

- the manikin must be towed, not pushed
- the manikin face must be kept out of the water as described in the note below
- the manikin shall not be carried by the throat, on the mouth or nose.
- Chin hold, where the tow pressure is clearly on the chin is acceptable
- the manikins ring which may be located on the thorax may not be used
- the hold must be effective with at least one hand
- tow the manikin correctly secure by the rescue tube under both arms with the line of the rescue tube fully extended.

Note: In events where Manikins are used simulate a rescue within a race environment. Throughout the race competitors must maintain the manikin's mouth and nose above the surface at all times.

In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor and/or manikin.

G2 WEARING OF RESCUE TUBES

Rescue tubes must be donned correctly with the loop across or over one shoulder. The tube must be towed behind the competitor with the line fully extended.

G3 DISQUALIFICATIONS

- Any team or club member not meeting the age requirements.
- Any attempt to defeat the Rules of the competition.
- A patient signaling before touching end of the pool.
- Taking off before a member of the team has touched the end of the pool, or starting line and not returning to restart.
- Deliberate obstruction of other competitors.
- Impersonation of any competitor.
- Patient's face below the surface of the water.
- Not following the order of an event as laid down, including the wrong rescue carry.
- Abusing any official of LSV or conduct unbecoming or disrespectful to other competitors or officials.

G4 PROTESTS / APPEALS

Only the Club Captain/Team Manager or nominated representative may protest, in writing using the protest form found in the appendix

Protests

Protests must be lodged;

- Verbally within 5 minutes of the incident. For example, announcement of a disqualification or a change of conditions in the Initiative Test to which it relates..
- In writing, protest form filled in completed and handed to the Chief Referee within 10 minutes of the incident to which it relates accompanied by a Protest Fee of \$5.00 which will be returned if the protest is deemed not to be frivolous being made.

A protest may not be made against a decision of a 'point scoring judge' or referee.

If the event in dispute is a Final, the Carnival Director shall withhold that event result for the

trophy presentation to be delayed until the matter has been resolved.

Upon the receipt in writing of the protest, the Chief Referee will investigate the circumstances and in conjunction with the Carnival's Director will uphold or dismiss the protest. The person submitting the protest will be notified and the reasons for the decision will be recorded.

Appeals

If the person submitting the protest is unable to accept the decision of the Referee and Carnivals Director, the Appeals Committee may deal with the matter.

- A verbal intention is given within 5 minutes of protest decision being made
- The form is completed and handed to the Appeals Committee Convenor within 10 minutes of the protest decision, accompanied by an appeals fee of \$50 which will be returned if deemed to have been frivolous.

Three (3) members of the Pool Carnivals Panel present at the competition shall act as the Appeals Committee.

The Appeals Committee will be convened by the Panel Convener as soon as possible before the results of the heat or final is announced.

The Appeals Committee will announce its decision which will be final, prior to the announcement of the result to which it relates.

H ADDITIONAL RULES AND REGULATIONS FOR STATE CHAMPIONSHIPS ONLY

The Championships shall consist of the events listed in Section F3 and F4.

Junior Lifesaving and Swimming Competitions may be held in conjunction with the Senior Competition, or may be held as separate carnivals.

H1 GENERAL

Age group qualifications for championships are as follows:

	RLSSA	SLSA
Under 8	Water Wise Level 4	Surf Awareness
Under 10	Water Wise Level 4	Surf Safety
Under 12	Junior Swim & Survive	Surf Smart
Under 14	Senior Swim & Survive	Surf Rescue Certificate
Under 16	Bronze Star	Surf Rescue Certificate or Bronze Medallion
Under 19	Bronze Medallion	Bronze Medallion
Open	Bronze Medallion	Bronze Medallion
Over 30	Bronze Medallion	Bronze Medallion

H2 INITIATIVE TESTS

The tests will last between 1 and 3 minutes, as determined by the Initiative Test Organiser and notified to the teams prior to the start of the event. The event will start and finish on the blast of a whistle.

The test will be designed to involve multiple patients who will act appropriately. The tests may also include aids, equipment and bystanders and will be conducted in an aquatic environment.

Competitors/teams with the highest score will be the winner of the event.

Competitors will be briefed on the test before the start of the event; this will include the details of the competition area.

Every effort will be made to ensure that all competitors/teams in an event are presented with the same incident.

The tests will only require knowledge of the skills and methods contained in the current edition of the LSV Manual, however, the demonstration of External Cardiac Compression beyond diagnosis will not be required.

H3 50M MANIKIN CARRY

On the signal, the competitor dives into the water and swims 25m freestyle (a part of the distance must be on the surface of the water). The competitor then dives to recover a submerged manikin, lifts it to the surface within 5m of the pickup line and carries the manikin to the finish edge.

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

The manikin does not have to be picked up with one hand but has to be in the correct carrying position prior to the manikin's head passing the 5m line after the pick up.

The manikin's mouth and nose must be above the surface at all times.

A correct carrying technique must be carried out as stated in G1

The manikin may not be released before touching the finishing line.

H4 25M MANIKIN CARRY WITH FINS (JUNIORS ONLY)

Swim 25m freestyle to a manikin being secured by a handler. Competitors will be allowed to wear fins/flippers.

H5 100M MANIKIN CARRY WITH FINS

On the starting signal, the competitor wearing fins dives into the water and swims 50m. Competitor then dives to retrieve a submerged manikin, lifts it to the surface within 10m of the pick up line and tows the manikin to the finish edge.

Competitors need not touch the turning edge of the pool and may push off the bottom when surfacing with the manikin. Competitors need to surface in the first 50m

Competitors may retrieve fins or manikin lost after the start and continue without disqualification.

The manikin may be lifted with both hands but must be in the correct towing position prior to the manikin's head passing the 10m line after the pick up.

The manikin's mouth and nose must be above the water at all times.

The manikin may not be released before touching the finishing line.

H6 100M MANIKIN TOW WITH FINS (RESCUE TUBE)

On the starting signal, the competitor wearing fins dives into the water and swims 50m freestyle with a rescue tube. After touching the turning edge, the competitor fixes the rescue tube around the manikin floating on the surface at the edge and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

Competitors must tow the manikin with the line of the rescue tube fully extended

Competitors may retrieve fins or manikin lost after the start and continue without disqualification

The manikin's mouth and nose must be above the water at all times.

Before the start the manikin handler positions the manikin- vertically and facing the turn wall within the allocated lane.

The handler releases the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin toward the competitor or the finish edge. The handler must not incorrectly position the manikin or make contact with the manikin after the competitor has touched the turning edge.

After touching the pool edge, the competitor must attach the rescue tube around under the arms of the manikin within 5m of the pool wall. If the tube slips so that the manikin is towed with the tube under 1 arm only or the harness/loop drops off the shoulder this is not a disqualification.

The tube must be secured around the manikin prior to the 5m line.

H7 **LINE THROW**

The line used shall be plaited, buoyant polypropylene: 8mm diameter, length minimum 16.5m; maximum 17.5m and be provided by the Competitions Director.

In the heats each competitor shall take part twice and the better time will be recorded. In the Individual Event Final, the placings will be decided on one throw only.

At the commencement of the throw each competitor shall stand in an upright position with the heels together and arms by the side, the thrower is facing the Patient who is holding the end of the competitor's line.

Patients will be placed in the centre of each lane, one hand holding their competitor's line and the other hand holding the cross line which is positioned 12 metres from the end of the pool (for Senior competitors), and U/12 8 metres, U/14 10 metres from the end of the pool (for Junior competitors). The surplus line will trail in the water behind the Patient.

On the starting signal, each Patient will release the competitor's line. The competitor will coil the line and throw it to the Patient. Provided that it falls within the competitor's own lane and within reach of the Patient, the Patient can catch the line with the free hand. The Patient is not permitted to release their hold on the crossline until the throwing line is grasped. The Patient will not submerge to retrieve the line.

Patients may signal to competitors when they have taken hold of the line.

Patients being drawn through the water must be on their front, hold their arms outstretched and keep their heads up with the chin clear of the water. The Patient must not offer any propulsion. Where the Patient is a member of a competing team, failure to comply with this regulation will result in the line throw being invalid.

On each occasion that a competitor takes part the time shall terminate when each competitor has recorded a time or after 30 seconds, whichever is the sooner.

Competitors while throwing or drawing in their lines must remain in front of a defined area. This mark shall be 1.5 metres from the back of the raised portion.

The sequence shall be timed from the starting signal and end when the Patient touches the end of the pool. An invalid throw is awarded a time of 30 seconds.

Patient for the line throw has to be the same gender, but does not have to be the same height. (except U14 competition patients do not need to be of the same gender).

H8 **200M SWIMMING WITH OBSTACLES**

On the starting signal, the competitor dives into the water and swims the 200m freestyle course passing eight times under the immersed obstacles to touch the finish edge of the pool.

Competitors must surface after the dive entry and after passing under each obstacle.

The competitor may push off the bottom of the pool when surfacing from under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water.

The competitor must touch the wall during turns.

H9 **INDIVIDUAL MEDLEY**

The 200 metres Seniors and 100 metres Juniors Individual Medley will be swum continuously in the following order :

1. 50 metre Lifesaving Backstroke (Seniors may use two arms underwater)
2. 25 metre Lifesaving Backstroke (Juniors may use two arms underwater).
3. 50 metre Rescue Sidestroke (Seniors may use two arms underwater)
4. 25 metre Rescue Sidestroke (Juniors may use two arms underwater).

5. 50 metres Breaststroke (Seniors)
6. 25 metres Breaststroke (Juniors)
7. 50metres Freestyle (Seniors)
8. 25metres Freestyle (Juniors)

The strokes will be performed in accordance with those outlined in the current edition of LSV Manual and on each leg of each stroke, competitors must surface for their next stroke within 15 metres.

At the push off the towing arm may be returned to the resting place. Competitor may raise their arms over their heads while on their back to touch.

H10

RESCUE RELAYS

4 X 25 METRES (JUNIORS ONLY)

The Rescue Relay will consist of four competitors - A, B, C and D.

'A' will tow 'B' (25metre using survival sidestroke or backstroke. On completion of this tow, 'A' will touch the end of pool and then 'A' and 'B' will change over. 'B' will tow 'A' to the other end. At the start the rescuer may push off the wall. When 'B' completes the tow and touches end of pool, 'C' and 'D' will repeat the sequence in the same manner as the first pair.

A kickboard provided by the Carnivals Committee will be used.

Competitors will start in the water, with the first pair holding the board with one hand, and the other hand touching end of the pool.

The Patient (or patient) will hold the kickboard with two hands throughout the tow and lay on their back throughout the tow.

The rescuer may maintain hold of the kickboard with at least one hand throughout the tow and must be in a position to be able to view the Patient if necessary.

A tow is defined as a pull or drag and push rescues will not be allowed.

H11

4 x 50 METRE RESCUE TUBE RELAY

Purpose

To test the speed and ability of a team to perform non-contact rescues using a rescue tube (torpedo buoy) in a swimming pool of 50 metres in length.

Competition

1st swimmer	50 metre freestyle no fins
2nd swimmer	50 metre freestyle with fins
3rd swimmer	50 metre freestyle towing rescue tube no fins
4th swimmer	50 metre freestyle with fins towing a victim (3rd swimmer) holding onto rescue tube with two hands.

Equipment

Swim fins to comply with specification stipulated. That is, they must be no wider than 30cm and no longer than 65cm.

If, after the start a competitor loses his fins, he may retrieve and refit the swim fins or continue the event without fins.

If failing to qualify for further rounds, the competitor or team will not be allowed to start again in another heat etc.

Rescue Tubes to comply with specifications stipulated. That is, they will be the solid foam rescue tube with a 2m cord and a shoulder strap.

If, during the competition there is a technical defect in the rescue tube, line or harness, the team may be allowed to repeat the race, Patient to the ruling of the Referee.

Start

The start will be affected from the starting blocks.

Conduct of The Event

The first competitor swims 50m freestyle without fins and touches the finishing wall.

After the touching of the wall by the first competitor, the second competitor dives in from the pools edge, swims 50m freestyle with fins and touches the finishing wall.

After the second competitor touches the wall, the third competitor dives in from the starting block wearing the rescue tube, swims 50m freestyle and touches the finishing wall.

After touching wall, the third competitor then passes the harness of the rescue tube to the fourth competitor who is waiting in the water, with fins on touching the starting wall with, at least, one hand.

The third competitor then takes hold of the rescue tube with both hands and acts as the 'victim'.

The fourth competitor dons the harness, retouches the pool wall, and tows the third competitor by swimming 50m freestyle.

Note: The patient' is allowed to kick whilst being towed, however, he cannot offer any other assistance.

H12 4 x 25m METRE TUBE RELAY

Purpose

To test the speed and ability of a team to perform non-contact rescues using a rescue tube (torpedo buoy) in a swimming pool of 25 metres in length.

Competition

1st swimmer	25 metre freestyle no fins
2nd swimmer	25 metre freestyle with fins
3rd swimmer	25 metre freestyle with fins
4th swimmer	25 metre freestyle with fins

Equipment

Rescue Tubes to comply with specifications stipulated. That is, they will be the solid foam rescue tube with a 2m cord and a shoulder strap.

If, during the competition there is a technical defect in the rescue tube, line or harness, the team may be allowed to repeat the race, Patient to the ruling of the Referee.

Start

The start will be affected from the starting blocks.

Conduct of The Event

The first competitor swims 25m freestyle and touches the finishing wall.

After the touching of the wall by the first competitor, the second competitor dives in from the pools edge, swims 25m freestyle with fins and touches the finishing wall. Repeat Above until all four competitors have swum.

TROPHIES AND RESULTS

Final lists for Individual and Team events will be determined according to the fastest time in the heats. The lanes for the finals will be determined as an arrowhead formation in accordance with FINA laws from heat times.

At the Victorian Lifesaving Championship Carnivals each event in each age group will be a Victorian Lifesaving Championship in its own right and will be determined by the final for each event.

The winner of the 400 metres Individual Lifesaving race will be determined on a time basis.

The schedule of trophies and medallions for the championship shall be approved by the Lifesaving Carnivals Committee.

Team Lifesaving Championship winners shall be deemed holders of the following trophies for one year, except where teams receive a pennant.

Under 12 Boys	LSV Trophy
Under 12 Girls	LSV Trophy
Under 14 Boys	West St Kilda Trophy
Under 14 Girls	West St Kilda Trophy
Swimming Aggregate	SunSmart Trophy
Junior Swimming	SunSmart Trophy
Senior Swimming	SunSmart Trophy
Under 16 Male	South Melbourne LSC Trophy
Under 16 Female	Jayne Clarke Trophy
Under 19 Male	West St Kilda LSC Shield
Open Men	Mark Aaron Memorial Shield
Open Women	Sid Horton Memorial Shield
Over 30 (Mixed)	John Newton Shield
Mens Overall Champion Team	Robert Butcher Shield
Womens Overall Champion Team	James O'Brien Shield
Teams Club Championship	Cameron Fitzgerald Shield

Perpetual Trophies shall be permanently displayed at LSV State Headquarters.

Each member and coach of the winning team will receive a medallion. Second and third place-getters will also receive medallions or ribbons as the Lifesaving Carnivals Committee so desires.

Place-getters at carnivals other than the championships will receive place ribbons.

Teams Lifesaving Championship winners shall be deemed to be holder of the following trophies for one year, except where a team is the winner of a pennant.

- Under 8, 10 Boys and Girls - LSV pennant
- Under 12 Boys and Girls - LSV Trophy
- Under 14 Boys and Girls - West St Kilda Shield.