
RLSSA
Australian Under 14
Pool Lifesaving Championships

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Introduction

The following document is designed to provide details on the events scheduled to be held as part of the RLSSA Under14 Australian Pool Lifesaving Championships.

The competition may be conducted as part of the Australian Pool Lifesaving Championships.

The rules are based on the current RLSSA Australian Pool Lifesaving Competition Handbook. (The Handbook). Where a reference in this appendix is made to a rule eg A10, note it is a reference to that rule of “The Handbook” and should be used concurrently.

The Championships will consist of the following individual events:

- 100m Swimming with Obstacles
- 100m Manikin Carry with Fins
- 50m Manikin Carry
- 10m Line Throw
- 50m Manikin Tow with Fins

Entry Requirements

Competitors shall indicate their intention to participate in the Championships when requested by the National Office, providing full details as requested on the appropriate forms by the closing dates.

Failure to submit full details by the closing date may render the entry invalid.

Qualifying

Competitors must at the closing date for entries, be holders of a current RLSSA Bronze Star

Competitors must meet the minimum age requirement of 11 years of age as of the 1st January preceding the Championships

Event Descriptions

1. 100M SWIMMING WITH OBSTACLES

A) DESCRIPTION OF THE EVENT

On the starting signal, the competitor dives into the water and swims the 100m freestyle course passing four times under the immersed obstacles to touch the finish edge of the pool.

Competitors must surface after the dive entry and before the first obstacle and after passing under each obstacle and after a turn prior to passing under an obstacle.

The competitor may push off the bottom of the pool when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water

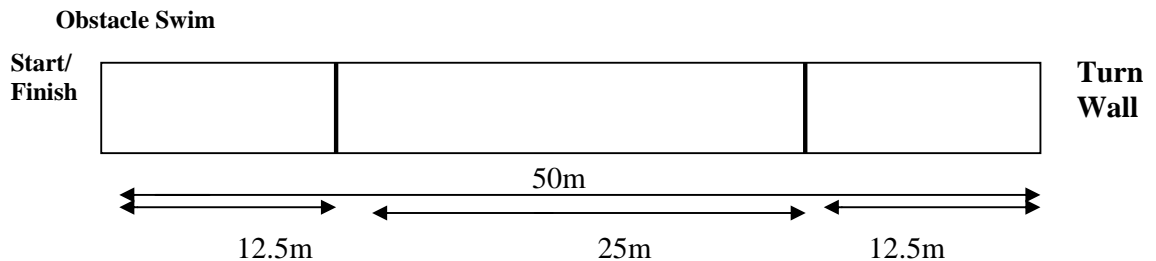
B) EQUIPMENT

Obstacles – Rule A10

C) DISQUALIFICATION

In addition to the General Rules outlined in Section A of The Handbook the following behaviour will result in disqualification:

- A false start
- If the competitor passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- Failure to surface after the dive entry
- Failure to resurface between obstacles
- Failure to touch the wall during the turns
- Failure to touch the finish edge



2. 100M MANIKIN CARRY WITH FINNS

A) DESCRIPTION OF THE EVENT

On the starting signal, the competitor, wearing fins, dives into the water and swims 50m freestyle. The competitor picks up the manikin, which is being secured by a handler, and must be in the correct carrying position prior to the manikin's head passing the 10 m line and carries the manikin to the finish edge.

Competitor need not touch the turning edge of the pool.

Competitors may retrieve fins or manikins lost after the start and continue the event without disqualification as long as rule A11 is not violated.

Competitors are not permitted to start again in another heat.

The competitor must supply their own manikin handler for the event.

B) EQUIPMENT

Lifesaving Manikin - refer to rule A10 (filled with approximately 17 litres of water)

Fins - refer to rule A10

C) POSITIONING OF THE MANIKIN

Before the start the manikin handler positions the manikin horizontally with the base of the manikin against the turn wall. A handler will be hold the manikin for stability and correct position.

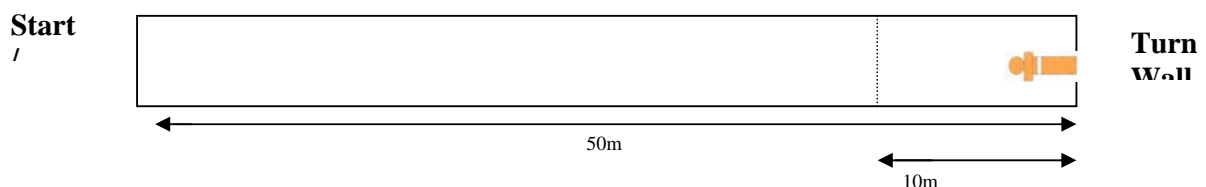
The handler releases the manikin immediately after the competitor grabs the manikin. The handler may not push the manikin toward the competitor or the finish edge.

The manikin must be in the correct carrying position prior to the manikin's head passing the 10m line after the pick up.

D) DISQUALIFICATION

In addition to the General Rules outlined in Section A of The Handbook the following behaviour will result in disqualification.

- A false start
- Taking assistance from any pool fitting, eg. lane, rope, steps etc when picking up the manikin.
- If the manikin's head (judged at top of head) is not clear of the surface of the water prior to the 10m line.
- Effecting an incorrect carrying technique as described in the general rules and procedures, Rule A11
- Releasing the manikin before touching the finishing edge
- Not keeping the manikin's mouth and nose above the surface for the majority of the carry
- Failure to touch the finish edge



3. 50M MANIKIN CARRY

A) DESCRIPTION OF THE EVENT

On the starting signal, the competitor dives into the water and swims 25m freestyle. A part of this distance shall be on the water surface. The competitor then picks up the manikin, which is being secured by a handler, and must have it in the correct carrying position within 5 m of the pick up line. The competitor then carries the manikin to the finish edge of the pool.

Competitors may retrieve manikins lost after the start and continue the event without disqualification as long as rule A11 is not violated.

Competitors are not permitted to start again in another heat.

The competitor must supply their own manikin handler for the event.

B) EQUIPMENT

Lifesaving Manikin – refer rule A10 (filled with approximately 17 litres of water)

C) POSITIONING OF THE MANIKIN

The manikin is positioned on its back, the head in the direction of the finish, with the transverse line in the middle of the manikin’s thorax on the 25m line. A handler will hold the manikin for stability and correct position.

The handler may not push the manikin toward the competitor or the finish edge.

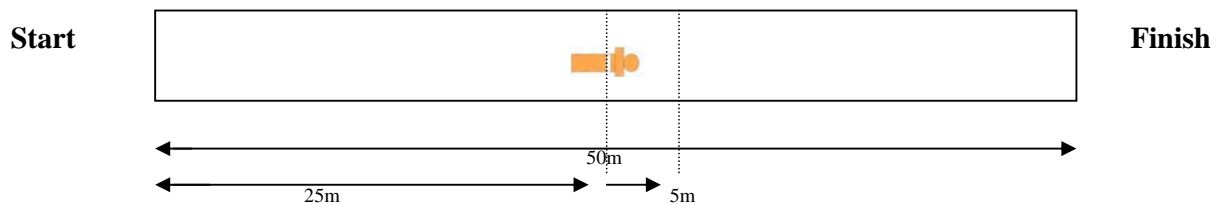
D) METHOD OF LIFTING THE MANIKIN

The manikin must be lifted with at least one hand and must be in the correct carrying position prior to the manikin’s head passing the five 5 m line after the pickup.

E) DISQUALIFICATION

In addition to the General Rules outlined in Section A of The Handbook the following behaviour will result in disqualification:

- A false start
- Taking assistance from any pool fitting, eg lane ropes etc.
- If the manikin’s head (judged at top of head) is not clear of the surface of the water prior to the 5m line.
- Effecting an incorrect carrying technique as described in the General Rules and Procedures, Rule A11.
- Not maintaining the manikins’ mouth and nose above the surface of the water for the majority of the carry
- Releasing the manikin before touching the finishing edge
- Failure to touch the finish edge



4. 10M LINE THROW

A) GENERAL CONDITIONS

i) Throwing conditions

In heats/finals each competitor will only be given one 45 second time period to record a time. The rescuer may throw the line as they choose and any number of throws can be attempted within the 45 second time period.

Clothing in addition to that stated in Section A9 maybe allowed at the discretion of the Chief Referee. Team Managers will be notified if this occurs.

ii) Validity of throws

Provided that the line falls within the rescuers own lane and within reach of the subject the throw will be valid.

If the line falls outside of the rescuer's lane and does not interfere with any other competitor the throw will be deemed valid however, the subject cannot retrieve the line from another lane.

Any throw exceeding 45 seconds will be deemed invalid and will be recorded with the status of Did Not Finish (DNF)

B) LINE

The line used will be that as defined in section A10

i) Grasping the line

- The subject is not permitted to release their hold on the toggle line until the throwing line is grasped. The subject will not submerge to retrieve the line The subject cannot retrieve the line from outside their allotted lane

(i) ii) Throw Zone

- Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5m from the pool edge. If there is a raised portion less than 1.5m depth of the poolside, the line shall be 1.5m back from the deck side of the raised portion.
- Any part of the competitor's body may touch the throw zone line without penalty. Any part of the competitor's feet may cross over the front of the pool edge of the throw zone without penalty.
- Competitors will be disqualified if any part of the body (eg hands, feet) touches the ground beyond the sides or rear of the throw zone.
- As long as there is no interference with another competitor, any part of the competitor's body may cross the throw zone line – in the air.
- Competitor's who enter (or fall into) the water will be disqualified.

C) SUBJECTS

The competitor is required to supply their own subjects that are a similar height and build and a registered competitor at the Championships. Note: Patients must be Under 16 years of age.

D) DESCRIPTION OF EVENT

On the signal the rescuer and subject will move immediately to their allotted lane where the subject takes the line, enters the water and will swim the line out to the toggle.

Note: No throws will be allowed prior to the starting signal.

Subjects will be placed in the centre of each lane, with one hand holding their competitors line and the other holding the cross line rope that is positioned approximately 10 metres from the end of the pool. The surplus of the line will trail in the water over and behind the cross line rope.

At the commencement of the event each competitor shall stand in an upright position with their heels together and arms by their side, facing their subjects, with one hand holding the end of the line.

On the starting signal, each subject will release the competitor's line. The rescuer will retrieve the unweighted line and throw it to the subject in the water approximately 10 metres from the poolside

Provided that it falls within the competitor's own lane and within reach of the subject, the subject shall hold the line with one hand and the rescuer pulls the subject back to the poolside.

The sequence shall be timed from the starting signal and end when the subject touches the poolside.

Subjects may communicate to competitors when they have taken hold of the line. Subjects will be drawn through the water on their front, holding the line with both hands.

The subject is not allowed to lose contact with the line, if contact is lost the subject must return to the toggle / cross line rope and the rescuer must re-throw.

At the completion of the rescue the subject must remain in the water, and the competitor must remain in the throw zone by sitting on the starting block until the signal is given by the Sectional Referee signifying event completion.

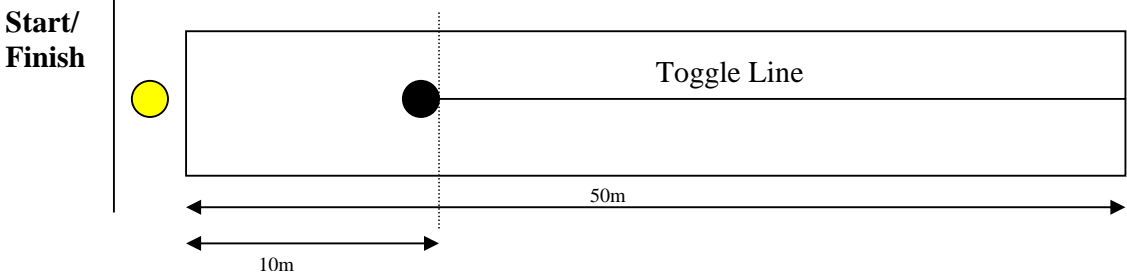
E) FAIR THROW

If any competitor is interfered with during his rescue and the Sectional Referee deems that it has prejudiced fair competition, the Referee will decide whether a re-throw will be awarded and if so, the manner in which the re-throw will be held.

F) DISQUALIFICATION

In addition to the General Rules outlined in Section A of The Handbook the following behaviour will result in disqualification:

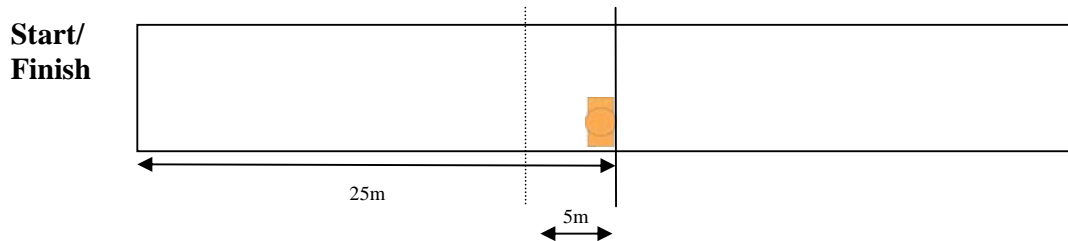
- The rescuer or subject not participating in the event in the described manner.
- Subject not in contact with the toggle /cross line rope with one hand when grasping the line thrown by their rescuer.
- The subject retrieving the line outside their allotted lane
- The subject not maintaining correct body position whilst being drawn through the water
- The subject leaving their lane prior to the completion of the event
- The rescuer and/or their line interfering with another competitor
- The rescuer entering the water at any time during the event
- The rescuer leaving the throw zone whilst the event is in progress.



5. 50M MANIKIN TOW WITH FINNS

DESCRIPTION OF EVENT

- On the starting signal, the competitor dives into the water swims 25m wearing fins and a rescue tube. After touching the designated 25m mark, the competitor fixes the body of the rescue tube around a manikin floating on the surface (held by a handler) 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 manikins lost after the start and continue without disqualification as long as rule A11 is not violated. Competitors are not permitted to start again in another heat



EQUIPMENT

- Lifesaving Manikin – refer to rule A10 (The manikin is filled with approximately 17 litres water so that it floats with the top of its transverse line at the surface)
- Fins – refer to rule A10
- Rescue Tube - refer to rule A10

POSITIONING THE MANIKIN

- Before the start the manikin handler positions the manikin – vertically and facing the turn wall – within the allotted lane
- The handler releases the manikin immediately after the competitor touches the designated 25m mark. The handler may not push the manikin toward the competitor or the finish edge.

SECURING THE MANIKIN

- After touching the manikin, the competitor must attach the body of the rescue tube around and under the arms of the manikin within 5m of the 25m mark.

TOWING THE MANIKIN

Competitors must tow – not carry – the manikin with the body of the rescue tube secured under both arms of the manikin and with the line of the rescue tube fully extended as outlined in rule A12.

RESCUE TUBE DEFECT

If, in the opinion of the referee, the rescue tube, line, clip and/or harness (belt) present a technical defect during the event, the referee may allow the competitor to repeat the race.

DISQUALIFICATION

- a false start
- At 25m, not touching the designated mark before touching rescue tube to secure the manikin.
- taking assistance from any pool fitting (eg lane rope, steps) when fixing the rescue tube around the manikin
- manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the manikin
- incorrect fixing of the body of the rescue tube around the manikin (ie not around and under both arms)
- not securing the body of the rescue tube around the manikin (judged at the top of the head) before the 5m line
- effecting an incorrect towing technique as described in the general rules and procedures, Rule A11.
- not towing the manikin with the line of the rescue tube fully extended
- not swimming with the line of the rescue tube fully extended
- touching the finish edge without the rescue tube and manikin secured correctly
- not maintaining the mouth and nose above the surface of the water for the majority of the tow, Rule A12
- Failure to touch the finish edge