
SECTION A
GENERAL RULES AND
PROCEDURES

June 2007

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A1 THE RLSSA AUSTRALIAN POOL LIFESAVING CHAMPIONSHIPS

TIMING OF CHAMPIONSHIP

The Championships shall be held annually over four consecutive days. The National Council shall confirm the date and venue, after consultation with the host State/Territory, preferably fourteen months prior to the event.

Providing that advance notice is given, the host Branch will be able to vary the date from January and venue of the Championships through the National Sport Committee.

	Day Prior to Champs	Day One	Day Two	Day Three	Day Four
Competition		Under 14 Australian Pool Lifesaving Champs	Australian Pool Lifesaving Champs	Australian Pool Lifesaving Champs	Australian Pool Lifesaving Champs
Briefings		AM - Team Training / Officials Briefing	Officials Briefing / Warm Up	Officials Briefing / Warm Up	Officials Briefing / Warm Up
Events order		100m Obstacles - under 14 50m Manikin Carry - under 14 100 Rescue Medley (Open Event) 50m Manikin Tow with fins – under 14 Line Throw - under 14 100m Manikin Carry with Fins - under 14 Under 16 /U19/Open Superlifesaver	100m / 200m Obstacles – all age divisions 4 x 50 Obstacle relay- all age divisions 100 Manikin Tow with fins - all ages divisions 50 Manikin Carry- all ages divisions 4 x 25 Manikin Relay- all age divisions	Individual Initiatives- all age divisions Mixed team Initiatives - Open team of 4 (2 male, 2 female) Individual CPR- all age divisions	100 Manikin Carry with fins- all age divisions Line Throw- all age divisions 4 x 50 Medley Relay - all age divisions 8 x 50 F/S with Fins relay - Male team, Female team
Meetings / Workshops	Coaches / Managers Meeting			Coaches Workshop – following competition	Championships debrief Meeting
	NSC Meeting				
Functions		Welcome Function			Presentation Dinner

Table 1: Competition Event

Lane	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
Activity	25m Dive Starts Manikin Pick ups - other end	Obstacles	Manikin pick ups - 25m mark Line throw	General Manikin work with fins	General lap swimming - no fins	General lap swimming - no fins	General Manikin work with fins	Manikin pick ups - 25m mark Line throw	Obstacles	25m Dive Starts Manikin Pick ups - other end

Line throws may also be practiced in the warm down pool.

Table 2: Suggested Training and Warm Up lane protocol

SWIMMING POOL DIMENSIONS

There will be at least one pool for the Championships that shall be 50 metres long with at least eight standard lanes and suitable for all events being conducted.

Provision should be made for a training pool for competitors where possible.

Length

The pool shall be 50m between any automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end. A tolerance of plus 0.03m and minus 0.00m in each lane is allowed.

Starting Platform

The height of the platform above the water surface shall be from 0.5m to 0.75m. The surface area shall at least 0.5m x 0.5m and covered with a non-slip material.

Depth

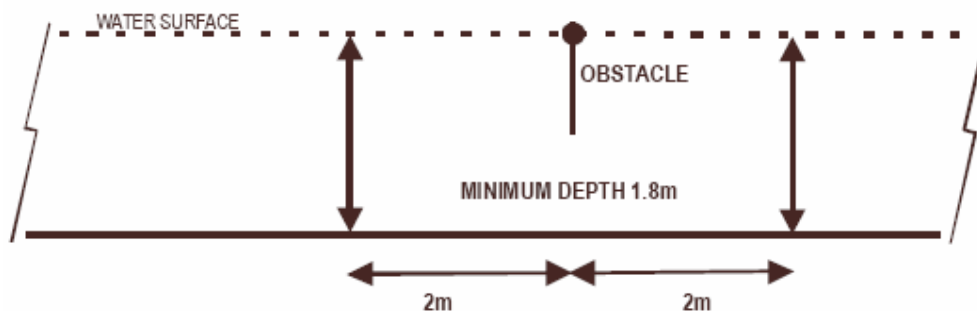
For each event conducted, the pool shall comply with ILS event-specific depth standards. Except as specified in event-specific standards, a minimum depth of 1.0m is required.

For all dive starts, the pool shall comply with the RLSSA Guidelines for Safe Operation Competitive Dive starts SU22.

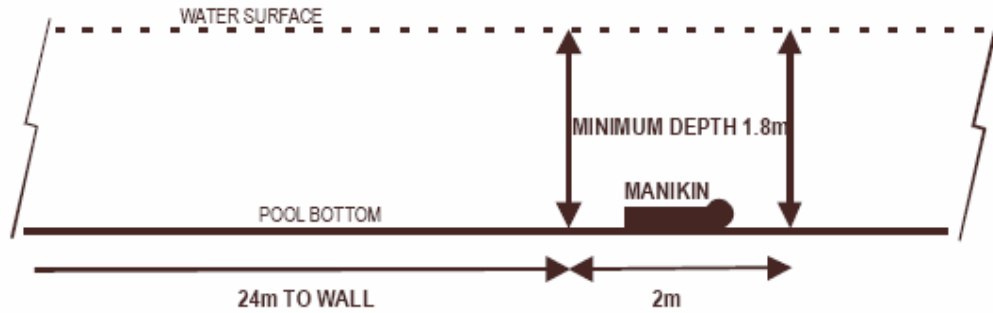
All other pool dimensions shall where possible be in accordance with the Guidelines for Safe Pool Operation.

For each event conducted, the pool shall comply with RLSSA event-specific depth standards wherever possible.

Obstacle Swim, Obstacle Relay: Minimum depth of 1.8m extending from 2.0m on both sides of any obstacle.

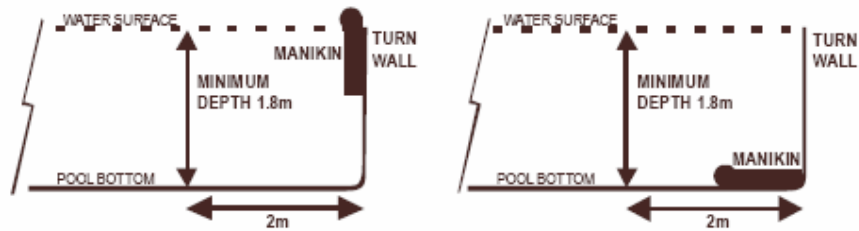


Manikin Carry (50m), Super Lifesaver (200m): Minimum depth of 1.8m extending at least 2.0m from the 24m mark, from the wall.

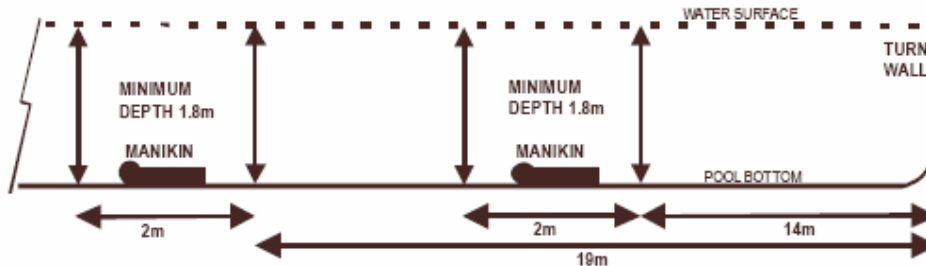


Manikin Tow with Fins and Tube (100m), Manikin Carry with Fins (100m), Super Lifesaver (200m) Minimum depth of 1.8m extending at least 2.0m from the turn wall.

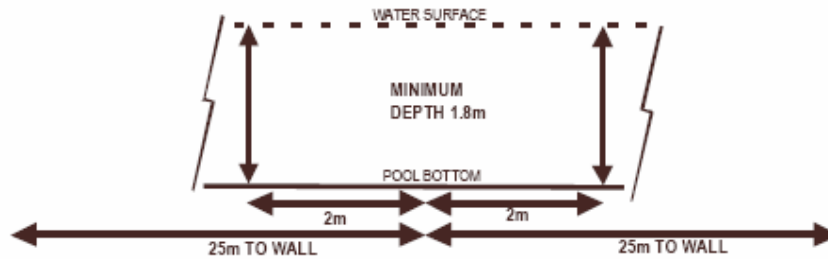
Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30cm from the wall as measured at the water surface.



Rescue Medley (100m) : Minimum depth of 1.8m extending at least 2.0m from both the 14m mark and the 19m mark, from the turn wall.

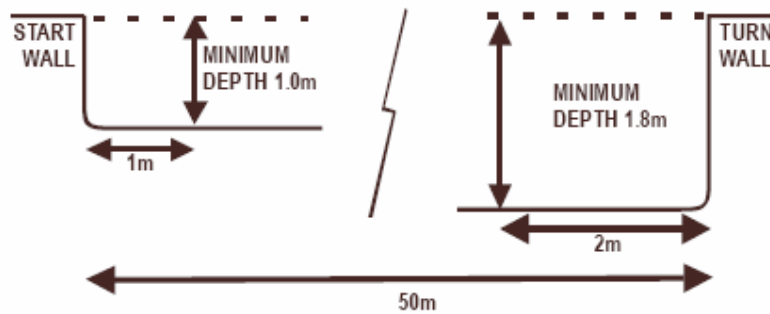


Manikin relay (4 x 25m): Minimum depth of 1.8m extending at least 2.0m on both sides of the 25m exchange mark at centre pool.

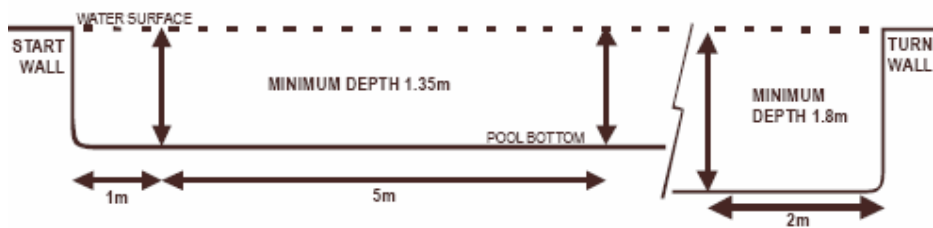


Minimum depth of 1.0m at the starting end wall.

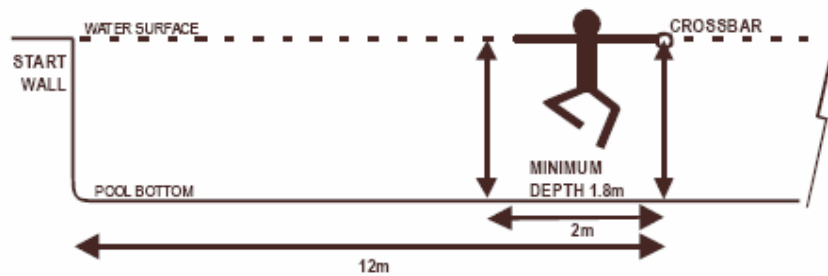
Minimum depth of 1.8m extending at least 2.0m from the turn wall.



Medley Relay (4 x 50m): Minimum depth of 1.35m extending from 1.0m to at least 6.0m from the starting end wall. Minimum depth of 1.8m, extending at least 2.0m from the turn wall.



Line throw: Minimum depth of 1.8m extending at least 2.0m from the rigid crossbar or toggle line. A tolerance of plus 0.10m and minus 0.00m in each lane is allowed.



Initiative Test (SERC): Initiative tests may be conducted in the 8-lane 50 metre pool or in a facility of another design, as approved by the National Sport Committee



RULE CHANGES AND PROCEDURAL GUIDELINES

Responsibility for the revision of the Championships Rules and the publishing of the Procedural Guidelines shall lie with the National Office, subject to any general directions from the National Sport Committee. Every attempt will be made to publish these changes within 6 months prior to the commencement of the Championships.

A2 CHAMPIONSHIP DIVISIONS*Age Groups*

There shall be four Championship Divisions as follows:

- i) Under 16
- ii) Under 19
- iii) Open
- iv) Masters (30 – 39, 40 – 49, 50+)

with a women's and men's competition in each Division.

Competitors must conform to these age groupings on the first day of January preceding the Championships.

The method for selection of the teams will be a matter for each State/Territory Branch / Club.

Special (Invitational) Divisions

Invitational Divisions can be introduced to the Championships at the discretion of the National Director of Sport or their nominated body.

COMPETING OUT OF AGE GROUP

All competitors regardless of age or nominated State or Club affiliation may nominate to compete in the Open individual speed events in addition to their nominated pointscore age group, **subject to the conditions in rule A3**. Competitors must advise on the official entry forms that they will be competing in both events prior to the Championships commencing. The events contested in the Open age category will not count towards any pointscore however; competitors will be eligible for medals.

INTERSTATE TEAM

- (i) For the purposes of the Interstate competition, each entered State/Territory Branch will be permitted to nominate two female and two male competitors in each division (refer Rule C1)
- (ii) These competitors will be the group from which participants in the Interstate team events will be selected. This group will be known as the Interstate Team **(16 members)**.
- (iii) These competitors are not required to meet any qualifying times relating to their Division and sex where applicable,.
- (iv) Teams without the full **16 members** will still be reflected in the Overall pointscore. DNS points will be allocated in all appropriate events.

STATE REPRESENTATIVES

In addition to the Interstate Team, State/Territory Branches may enter additional competitor/s for individual events that are not representatives from a Club or Interstate team. Such competitors will be permitted to enter providing they:

- i. achieve the qualifying requirements for the events they are entering relating to their Division and sex as outlined in section A3

- ii. are endorsed by their State/Territory Branch

The results from these competitors will not count towards the Interstate / Interclub competition

INTERCLUB TEAM

The definition of a club team for the Interclub Competition is:

- (i) The basic administration and/or lifesaving unit of a particular Association. Such unit having a constitution or rules and having representation (delegates etc) to their respective State/Territory Branch of the Royal Life Saving Society Australia.
- (ii) Further, that for the purpose of entries to the Interclub championships, that the respective Branch authorities provide an endorsement declaring that team membership is solely made up from one unit and not a composite of multiple units;
- (iii) Further, that the Branch authority should also declare that persons in all teams are bona fide members of that Association currently qualified for lifesaving duties and are in good standing.

Such clubs will be permitted to enter providing they:

- i) achieve the qualifying requirements for the events they are entering relating to their Division and sex;
- ii) are endorsed by their State/Territory Branch of the Royal Life Saving Society of Australia;
- iii) the results from these competitors will not count towards the Interstate competition;
- iv) for the purposes of the Inter-club Pointscore competition, each club will be permitted to nominate two female and two male competitors in each division (Rule C1 refers); and
- v) all team events will be selected from these nominated competitors

OVERSEAS TEAMS

The National Council in consultation with the National Director of Sport may permit competitors from other countries to compete in the Championships. They are eligible for medals but not for the individual pointscore championship.

COMPOSITE TEAMS

Any competitors wishing to form a composite team must apply in writing to the National Sports Committee at least six (6) months prior to the championships.

The application must detail the make up of the composite team

A3 ENTRY REQUIREMENTS

State/Territory Branches shall indicate their intention to participate in the Championships when requested by National Branch and provide full details of competitors as requested on the appropriate forms by the closing dates as advertised on the registration form. Failure to submit full details by the closing date may render the State/Territory Branch entry invalid.

QUALIFYING

- i. Competitors must, at the closing date for State/Territory Branch entries, be holders of the prerequisite award relevant to the age group/s they are competing in:
 - Under 16 age group - Current RLSSA Bronze Star or higher
 - all other age groups - Current RLSSA Bronze Medallion or higher.
- ii. The competitor's highest current award is to be noted on the entry form and endorsed by the entering Branch submitting the entry.
- iii. Competitors that are subsequently found not to have the appropriate award/s will not be allowed to compete, or will be disqualified and all medals returned on request.
- iv. If qualifying times are set they will be provided at least 6 months in advance of the event.

ENTRY FEE

The National Office will determine an entry fee to be paid for each competitor in the Championships. This fee must be paid by each Team / Individual to the National Office at the time of submission of entry forms.

LATE ENTRY

Entries received after the closing date may be permitted with the approval of the National Director of Sport or their nominated body, subject to a late entry penalty.

RESIDENTIAL STATUS

All competitors of an Interstate team shall have been a resident in the State/Territory of selection for at least 3 months prior to the Australian Pool Lifesaving Championships or at least 8 months during the 12 months prior to the event.

Full-time students who attend an educational establishment in a State/Territory other than their own State/Territory of origin may select which of the two State/Territory Branches they wish to nominate for. Evidence of enrolment is to be submitted with the entry form.

Competitors not meeting any of these criteria shall apply to the National Sports Committee who shall determine their residential status.

Rules of Residential Status will not apply in the case of a National draft system. The National Director of Sport or their nominated body will set the terms and conditions of the National Draft.

A4 SUBSTITUTIONS - INTERSTATE / INTERCLUB TEAM

A competitor may be substituted, prior to the first Championship event, for Interstate /Interclub Team members, providing the Chief Referee is notified in writing up to 2 hours prior to the first Championships event. This shall include all proposed changes and competitor details, providing the substitute is a state/territory endorsed competitor entered in the Championships.

A 4.1 Substitutions will only be permitted following the commencement of the first Championships event providing:

- the Competitor who is to be substituted provides satisfactory medical evidence which indicates their inability to take further part in the championships because of illness or injury
- the competitor so substituted shall not be permitted to take any further part in the Championships
- the substitute competitor(s) shall be a state/territory endorsed competitor entered in the Championships

Note: Failure to comply with this rule will render the substitution invalid.

Neither the original competitor nor the substituted competitor is eligible to win the Individual Overall Championship for that Division and sex unless all point scoring events were completed by the one competitor.

The points used in the determination of **any** Interstate /Interclub points score competition shall be the points received by the original competitor until replaced by the nominated substitute as outlined in rule A4.1. Points toward overall championships will be the combination of both the original competitor and the substitute.

A5 ARBITRATION ON ENTRIES

The National Director of Sport or their nominated body will arbitrate upon any question relating to entries and this decision will be final.

A6 GENERAL RULES

- Competitors must provide their own transportation to and from competition venues however the Host Organising Committee will assist, as far as possible, with arrangements.
- Any action by a competitor, which attempts to disrupt or interfere with another team, is a serious offence and will be dealt with as such.
- Competitors are representatives of their Branch, RLS, their sponsors and lifesaving in general. As such, they shall at all times conduct themselves in a proper manner during the Championships and any other related activities (ie. social functions, accommodation, etc). Unbecoming conduct by a competitor or its supporters is a serious offence and will be dealt with as such.
- Any injury or incident must be reported to the Chief Referee and documented utilising the appropriate proforma as outlined in Appendix J.
- In the event of hazardous conditions the Chief Referee has the authority to cancel or reschedule an event or event final. If cancellation should occur, even after the conducting of some heats, etc, then no points from that event will be credited to any team in the overall pointscore.
- The Organisers may use video, photographic or other means, to determine or assist the judging of competition events and infringement of conditions. Decisions given by 'Finish Judges' shall be final.
- Any attempt to defeat the spirit, intent or rules of the Championships will result in disqualification.
- RLS reserves the right to order the removal or coverage of commercial identification in conflict with RLS Sponsorship agreements and policies.
- RLS has a policy of drug free competition with possible drug testing for all lifesaving competitions (refer to RLS Policy A008)

- **Note:** For the purpose of applying these rules of conduct, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc, travelling with the teams.

FREESTYLE

Freestyle means that in an event so designated the swimmer may swim any style, unless otherwise specified in the event conditions.

A7 GENERAL COMPETITIVE CONDITIONS

- It is the responsibility of the Team Management and competitors to be familiar with the event schedule and the Rules and Regulations governing particular events.
- Competitors will report promptly to the designated marshalling area before the start of each event as required and may not be permitted to commence in an event if they are late
- Coaches and Managers may not be permitted in the marshalling area.
- The impersonation or use of unauthorised competitors will result in disqualification of the team and/or competitor.
- When not actually competing or officiating, Officials and competitors must leave the designated competition area.
- Competitors are required to abide by all Championship Rules. Any breach of the Rules will be reported to the Chief Referee who will initiate appropriate action.
- Wilfully obstructing so as to impede another competitor(s) or team(s) progress, or competing unfairly, will result in disqualification of the competitor and/or the team from that event.
- Event courses and the competition areas may change from the descriptions in this handbook if the Chief Referee deems this necessary and providing advice has been given to all teams before the commencement of that event.
- Competitors/teams will compete in draw order.
- A team that is absent from an event at the time it is scheduled to compete or arrives after marshalling, may be disqualified from the event and will not be eligible for any points in that particular Heat or Semi-Final or Final, from which they were disqualified. However, they shall retain any points they may have previously accrued in an earlier Heat or Semi-Final of that particular event.
- No artificial means of propulsion may be used in competition (ie. handwebs, wetsuit sleeves, armbands, etc) unless specifically provided for.
- The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitor(s) hands or feet, or applied to the surface of a manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom is not permitted.
- Competitors can not take assistance from the pool bottom except where specifically allowed (e.g obstacles swim).
- Taking assistance from any pool fitting (e.g lane ropes, fixtures, steps) is not permitted.

SUBJECTS

In all events, patients shall be of the same sex .

Both patients and rescuers should marshal together when and where so called.

Patients need not be a competitor in a team but **must** be an endorsed attendee at the Championships.

HANDLERS

It is the sole responsibility of the competitor / team to supply a manikin handler for events as required who must be a registered entrant and appropriately clothed for their own safety.

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

Manikin handlers must wear a team cap.

HEATS, FINALS AND TIMED (SEEDED) FINALS

- All heats may be drawn before the Championships and after all entries have been received.
- Assignment of lanes for Finals shall be by placing the fastest swimmer or team in the centre lane in the pool with an odd number of lanes or in lane 4 in a pool having 8 lanes. The swimmer having the next fastest time is to be placed on their left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.
- If there is only enough competitors entered to be swum in one heat, then it shall be a Timed Final and swum only during the final session.
- At the discretion of the Chief Referee, event/s may be nominated as timed finals. In the event of this occurring it is preferable that heats are seeded. Where one or more competitors scratch from a final, substitutes will be called in order of classifications in heats. The event must be re-seeded and supplementary sheets must be issued detailing the changes or substitutions.
- NB: Timed finals are those heats where competitors placing's are ranked in order of fastest to slowest, with the final 'heat' being based on the swimmers with the fastest times. A final will not be conducted.

USE OF VACANT LANES

At the discretion of the Chief Referee representatives of other teams may make up a relay where there is a vacant lane.

STARTS

- The starting of all Championship events is the responsibility of the Starter, who is responsible to the Sectional Referee. The definition of a start, unless otherwise defined in detailed rules and regulations for events, is as follows:

At the Australian Pool Lifesaving Championships the 1-start rule shall be used:

- On the long whistle from the Sectional Referee the competitors shall take their position on the starting platform and remain there or shall enter the water and return without delay to the edge of the pool.
- The Sectional Referee shall then signal the Starter that the competitors are under the starters control with an outstretched arm in the direction of the course.

- On the Starter's command 'take your marks' the competitor shall immediately take up a starting position with at least one foot at the front of the starting platform or at the starting handle on the pool edge.
- When all competitors are stationary, the Starter shall give the starting signal
- Any competitor starting before the starting signal has been given, shall be disqualified.
- If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.
- The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the Sectional Referee decides that the start is false he/she shall blow his/her whistle, which shall be followed by the starter's signal (repeated) and dropping of the false start rope.
- If an error by a competitor follows a fault by an official, the fault by the competitor is erased.
- For those events, which the start is in the water, the principles above will apply.
- For those events that do not commence on a starting platform or in the water, the starter shall give the starting signal.eg, CPR and Initiative
- In pool relay events, the team of a competitor whose feet lose touch with the starting platform before the preceding team mate touches the wall shall be disqualified, unless the competitor in default returns to the original starting point at the wall, but it shall not be necessary to return to the starting platform.
- Any pool relay team shall be disqualified from a race if a team member, other than the competitor designated to that length, enters the water when the race is being conducted, before all competitors of all teams have finished the race.
- Should a foul endanger the chance of success of a competitor, the Sectional Referee shall have the power to allow them to compete in the next heat or, should the foul occur in a final event, they may order it to be re-run.

FINISHES

- All events will finish as designated in the detailed rules and regulations for events.
- A competitor must finish in the same lane in which they started.
- Any competitor having finished their race, or their distance in a relay event, must leave the area as soon as possible without obstructing any other competitor whom has not yet finished their race. Otherwise the competitor committing the fault, or their relay team, shall be disqualified.
- The Sectional Referee shall notify any competitor or team who is disqualified before the commencement of the next event occurs.
- In all events the athletes may not leave the water space or designated competition area until the event has been cleared and the Referee has signalled the close of the event.

TIMING

The operation of Automatic Officiating Equipment (AOE) shall be under the supervision of appointed officials. Times recorded by AOE shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of the timekeepers. In the event that a breakdown of the AOE occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a competitor has failed to activate the AOE, the recordings of the timekeepers shall be official.

When AOE is used, the timing shall be recorded only to the 1/100th second. In addition to the AOE at least one manual timekeeper shall be appointed per lane.

Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three (3) appointed timekeepers. Manual timing shall be registered to 1/100th second. The official manual time shall be determined as follows:

- i) If two (2) of the three watches record the same time and the third disagrees, the two identical times shall be the official time.
- ii) If all three (3) watches disagree, the watch recording the intermediate (middle) time shall be the official time.
- iii) Should a competitor be disqualified during or following an event, such disqualification should be recorded in the official results, but no time or place shall be recorded or announced.

CODE OF ETHICS

(Refer also to procedural document and to RLS policy A006)

- RLS expects the highest standard of conduct of its competitors, officials and members. It expects all competitors and officials to cooperate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of RLS or lifesaving competition will be referred to the disciplinary committee. Penalties may include expulsion or disqualification of individual or team from the competition.
- It is important that competition, especially the Championships, be conducted in the spirit of goodwill and sportsmanship. All participants of the competition are required to abide by and compete within the rules. Any violation of the rules or RLS Code of Ethics will be reported to the Chief Referee and Director of Sport who may initiate further action.

ABUSE OF OFFICIALS

If, during the course of the Championships, any competitor abuses any Championship official whilst acting in their Championship capacity, the Chief Referee, if on investigating the allegations finds it proven shall disqualify the competitor from taking further part in the Championships and notify their Team Manager of the disqualification.

The competitor shall not be substituted and shall be considered not to have taken part in the competition.

If, during the course of the Championships, any Team Personnel abuses any Championship official whilst acting in their Championships capacity, the Chief Referee, if on investigating the allegation finds it proven, shall ban that Team Official from taking any further part in the Championships and from attending competition venues.

Note: for the purposes of applying these rules of conduct, the definition of a “team” includes coaches, assistants, spectators etc travelling with the teams.

The Chief Referee will also notify the National Director of Sport who will forward to the State/Territory Branch concerned of the complaint by letter through the National Office within seven (7) days.

PENALTIES FOR MISCONDUCT

Conduct and discipline generally

RLS, either by predetermined publicised penalties or by adopting the decision of a disciplinary committee, may, at its discretion, issue penalties to individual competitors, clubs, or interstate teams.

Competing unfairly

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the Championships. The Chief Referee may refer the competitor or team to the disciplinary committee for consideration of further penalty. Examples of competing unfairly include:

- Impersonating another competitor
- Competing twice in the same individual event
- Competing twice in the same event in different teams
- Purposely interfering with a course to gain an advantage
- Jostling or obstructing other competitors or handlers so as to impede their progress
- Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event)

The Chief Referee shall have absolute discretion in determining whether a competitor, team or handler has competed unfairly. The Chief Referee will also notify the National Director of Sport who will forward to the State/Territory Branch concerned of the complaint by letter through the National Office within seven (7) days.

Serious Discipline offence

If a competitor or team commits what could be a rule violation or serious offence, they must immediately contact the Chief Referee and detail the circumstances. The Chief Referee will strive to remedy the situation. Failure to report a possible violation is in itself an offence.

Allegations of a serious discipline offence shall be referred to a disciplinary committee.

If the Chief Referee disqualifies a competitor or team for a serious offence in competition, the Chief Referee may also choose to make a report to the disciplinary committee which may decide to apply a further penalty against the competitor or team and its members.

In the case of a disqualification, the Chief Referee shall make a written report to the RLS National Council who may choose to evoke further penalties on the team and its members.

Disciplinary Committee

The Disciplinary Committee will:

- be composed of three people who will be appointed by the National Director of Sport or their nominated body

- a convenor will be announced at the Coaches / Managers meeting prior to the Championships
- be formed from available neutral persons wherever possible
- be convened as soon as possible after the receipt of the complaint of misconduct or any matter referred to it by the Chief Referee
- the committee may also initiate an inquiry to determine if an offence has been committed and make a complaint if appropriate. The committee may then proceed as if another person had made the complaint
- the committee may assign appropriate penalties, including disqualification, from the Championships and forfeiture of titles or trophies
- announce its decision, which shall be final
- the committee shall report in writing on their enquires and decisions to the National Council

PROTESTS

Method

Only a Team Manager or a Team Coach, or other person, who is designated in advance of the Championships, may protest in writing, using the standard Protest Form, as outlined in Appendix C, to the Chief Referee and subsequently dispute a Referees decision providing that:

- i) a verbal warning of the intention to protest is given within 5 minutes of the incident, for example, the announcement of a disqualification by the Referee or a change in conditions in the Initiative Test, to which it relates
- ii) the form is completed and handed to the Chief Referee within 10 minutes of the incident to which it relates
- iii) it is accompanied by a protest fee of \$20.00 which will be returned if the protest is deemed not to have been frivolous

The Chief Referee will notify the Announcer to withhold that event result.

Protests are Possible

- i) If the rules and regulations for the conduct of the competition are not observed.
- ii) If other conditions endanger the competitions and/or competitors, or
- iii) Against decisions of the referee; however, no protest shall be allowed against decisions of fact, or against a Judges points deduction or allocation.
- iv) If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start is given.

Protest Forms

All completed Protest Forms will be retained by the Chief Referee and submitted to the National Office subsequent to the Championships to remain with the records for the event. Protest forms will be handed to teams at the coaches/managers meeting prior to the first event of the Australian Pool Lifesaving Championships.

Investigation

Upon receipt of the Protest Form, the Chief Referee will investigate the circumstances and will uphold or dismiss the protest. The person submitting the protest will be notified verbally and/or in writing, and the reasons for the decision will be recorded on the Protest Form.

The Chief Referee will notify the Team Manager/Coach of the team/competitor against whom the protest has been made and the circumstances surrounding it.

The assistance of video or other electronic equipment may be used to consider protests or appeals.

Trophy and Medallion Presentation

If the event in dispute is a final, the Chief Referee shall arrange for the trophy or medallion presentation to be delayed until the matter has been resolved.

A8 APPEALS*Appeals*

If the person submitting the protest is unable to accept the decision of the Chief Referee, the matter may be referred to the Appeals Committee.

Method

Only a Team Manager, Team Coach, or other person, who is designated in advance of the Championships, may appeal in writing, using the standard Appeals Form, as outlined in Appendix D, to the Appeals Committee convenor providing that:

- i) a verbal warning of the intention to appeal is given within 5 minutes of the protest decision being made
- ii) the form is completed and handed to the Appeals Committee convenor within 10 minutes of the protest decision being made
- iii) it is accompanied by an appeals fee of \$50.00 which will be returned if the appeal is deemed not to have been frivolous.

Investigation

Upon receipt of the Appeals Form, the Appeals Committee will investigate the circumstances and will uphold or dismiss the appeal. The person submitting the appeal will be notified verbally and/or in writing, and the reasons for the decision will be recorded on the Appeals Form.

The Appeals Committee convenor will advise the Chief Referee and Team Manager/Coach of the team/competitor against whom the protest has been made to be notified of the appeal and the circumstances surrounding it.

The competitor or team against whom the protest was made and the person making the protest are to be available throughout the Appeal.

Appeals Forms

All completed Appeals Forms will be retained by the Appeals Committee convenor and submitted to the National Office subsequent to the Championships to remain with the records for the event for review by the National Sports Committee.

Appeals forms will be handed to teams at the coaches/managers meeting prior to the first event of the Championships.

Appeals Committee

The Appeals Committee is responsible for resolving post protest appeals referred to them. The committee will:

- i) be composed of three people who will be appointed by the National Director of Sport or their nominated body
- ii) be formed from available neutral persons wherever possible
- iii) a Convenor will be announced at the Coaches / managers meeting prior to the Championships
- iv) will be convened as soon as possible after the receipt of the appeal and before the result of the heat or final is announced
- v) announce its decision, which shall be final, prior to the announcement of the result to which it relates

A9 DRESS

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

A) 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 competitor with any flotation assistance.

B) PRESCRIPTION SPECTACLES

Prescription spectacles may be used in events, however, the Sectional Referee should be notified prior to event marshalling.

C) CONTACT LENSES

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

D) GOGGLES

Goggles may be worn in all events with the exception of the Initiative Tests.

E) SWIMMING CAPS

Competitors shall wear identical team swim caps of any style (latex, silicone or cloth). The use of such caps assists in identification of competitors and teams and in event judging.

Handlers and patients in all events must wear identical team swim caps of any style (latex, silicone or cloth)

In race events and in the Initiative Test, the chin-tie caps or rubber or silicone caps must be worn on competitors' heads at the start of each event. A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event. Swimming Caps shall not be used as a rescue aid in the Initiative Test.

F) JEWELLERY

In the interests of the safety of competitors and subjects, all jewellery and associated items should be removed or taped prior to competing.

G) FINGERNAILS AND TOENAILS

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

H) 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 conditions, eg. Sunglasses, hats.

The organisers reserve the right to request competitors to wear distinctive coloured or numbered vests, as supplied by the Host Organising Committee.

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

A10 CHAMPIONSHIP EQUIPMENT

During the competition period use of the National Competition Equipment will be at the discretion of the Chief Referee. Team Managers will be notified if equipment will be available.

A) LIFESAVING MANIKIN SPECIFICATIONS

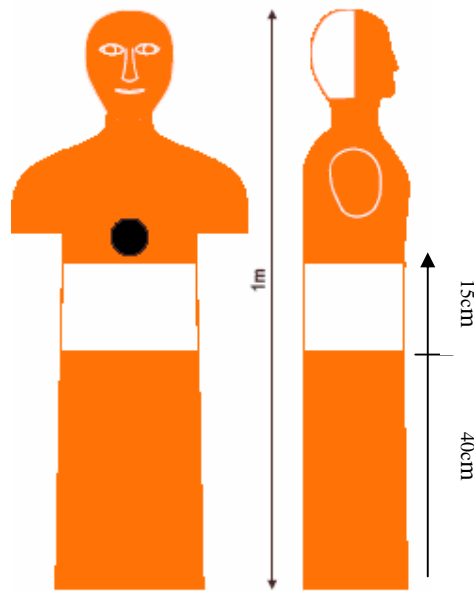
The prescribed manikin of PITET type to be used at the Championships must be hermetic, (ie. Be capable of being filled with water and sealed for competition), and approved by the National Sports Committee.

Height: manikins must be one metre in height

Colour: The back of the head of the manikin must be painted in a colour that contrasts with the rest of the manikin and with the water.

Transverse line: A transverse line of 15cm is painted in a contrast colour in the middle of the manikin's body ie. Measured 40cm from the bottom of the body to 55cm in the direction of the head.

Filling of manikin: specific details on the filling of manikin shall be detailed in the event conditions in Section B.



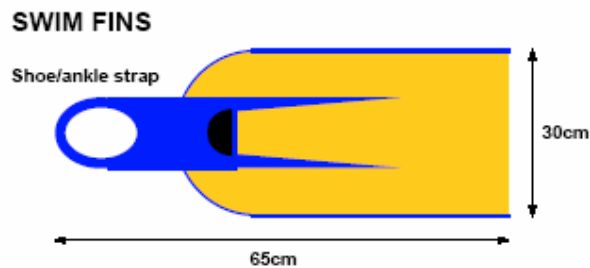
B) FINS/FLIPPERS SPECIFICATIONS

- Fins are measured while not worn. Swim fins used in competitions shall comply with the following specifications:

Length: maximum overall length 65cm, including ‘shoe’ or ankle strap (ankle strap extended).

Width: 30cm maximum at the widest point of the blade

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



C) RESCUE TUBES

The specifications for the body of the tube are:

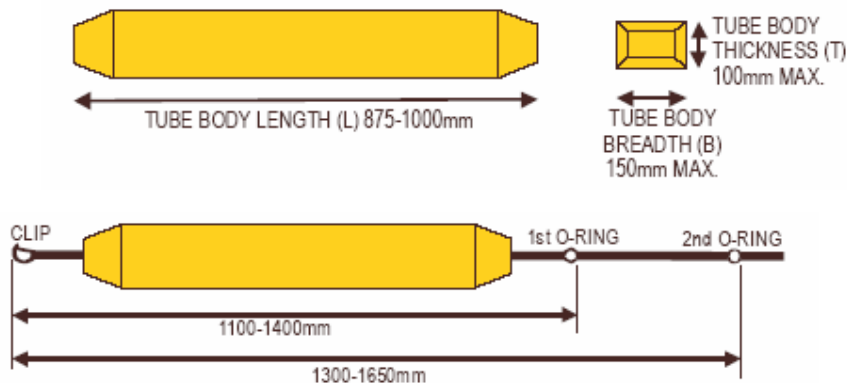
Length: minimum 875mm, maximum 975mm

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 harness. The National Sports Committee must approve the tube.

The rescue tube body and fittings (eg line, harness and clip) shall have no sharp edges or protrusions that could injure competitors.



D) OBSTACLES

The obstacles used in pool swimming events are to be:

Dimensions: 70cm high and approx 240cm wide and shall have no dangerous parts.

Inner Frame: The inner frame must consist of a net or another element which does not permit passage by a swimmer. The colour of the net is to contrast with the water.

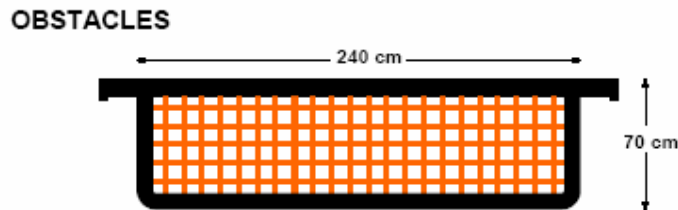
Upper Line: The upper line of the obstacle is placed on the water level and is clearly visible.

The National Sports Committee may approve alterations of obstacles to suit the local pool dimensions.

Obstacles are to be positioned in the water as follows:

- i) The obstacles are fixed onto lane ropes
- ii) 1st obstacle; 12.50m from the starting edge
- iii) 2nd obstacle; 12.50m from the opposite side
- iv) The distance between the two obstacles is to be 25m

Obstacle blueprint outlined in Appendix E

**E) LINE THROW ROPE**

The line used for the line throw events shall be double braided polypropylene multi filament sashcord.

Diameter: 8mm,

Length: min 16m ; max 18 metres

F) 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 competitions and equipment found not to be to the specifications stipulated will be subject 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.

A11 MANIKIN CARRY**Carrying the manikin (contact rescue)**

In events where a manikin carry is required, the manikin is presumed to be breathing.

Competitors must carry the manikin with at least one hand and under the following conditions:

- must carry the manikin, not push. Pushing is defined as the manikin's head being held forward of the competitor's head.
- maintain the manikin's mouth and nose above the surface of the water as described in the note below
- avoid carrying the manikin by the throat, on the mouth or nose. Chin carries where the tow pressure is clearly on the chin is acceptable
- the manikin's ring which may be located on the thorax, must not be used
- a front crawl manikin carry is permitted

Note: In events where Manikins are used, it simulates a rescue within a race environment. The manikin (as victim) is presumed to be breathing. Competitors must carry the manikin while maintaining its mouth and nose above the surface. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin.

Surface means the horizontal plane of the surface of a Stillwater pool.

A12 RESCUE TUBES – DONNING / TOWING

Rescue tubes must be donned correctly with the harness across or over one shoulder, During the competitor's approach to the manikin, the body of the rescue tube must be towed behind the competitor with the line fully extended.

Assuming the harness of the rescue tube was donned correctly, there is no cause for disqualification if the harness falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the tow.

Refer Rule A10 (c) Equipment Specifications

Towing the Manikin (rescue tube)

Before the tow, competitors must secure the manikin correctly. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

Beyond the 5m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface.

'Towing the manikin' judging criteria apply only after the top of the manikin's head crosses the 5m line.

Competitors shall be disqualified if the rescue tube and manikin become separated.

Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, mouth and nose of the manikin are maintained above the surface.

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

'Surface' means the horizontal plane of the surface of a Stillwater pool.

Note: In events where Manikins are used, it simulates a rescue within a race environment. The manikin (as victim) is presumed to be breathing. Competitors must tow the manikin while maintaining its mouth and nose above the surface. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin.

Surface means the horizontal plane of the surface of a Stillwater pool.

A13 NATIONAL RECORDS

RLS will recognise records for individual and team events in all events conducted in pools and using equipment which conform to requirements defined in the current edition of the lifesaving competition handbook including all records made during the Championships.

Others shall be approved subject to the following conditions:

- There must be 3 timekeepers per competitor or team.
- All records must be made in a scratch competition
- No pacemaking shall be permitted nor any device be used or plan adopted which has that effect.
- Records can only be set in the event the competitor or team competed in, irrespective of age.
- Only records standing at the conclusion of the final of an event or at the end of the meet will be officially recognised in the form of the certificate.
- Records set in the course of one event series (heats, semi-finals, finals) will be recognised verbally by the announcer.

All applications for Australian Lifesaving Competition records must be submitted on the official form, Appendix K, within 6 months of the time being recorded.

A 14 REVIEW OF COMPETITION HANDBOOK

A review of the competition handbook and event rules will be conducted by the National Sport Committee after each Australian Pool Lifesaving Championships. This may include the current Chief Referee.