
SECTION B

CHAMPIONSHIP EVENTS

June 2007

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CHAMPIONSHIP EVENTS

The Australian Pool Lifesaving Championships shall consist of the following events:

B1 INDIVIDUAL EVENTS

Within each Championships Division and sex, at least one Interstate Team competitor shall be required to compete in *all* of the following events:

- a) Individual Initiative Test
- b) 100m Manikin Carry with Fins
- c) 100m Manikin Tow with Fins
- d) 12m Line Throw
- e) Obstacle Swim - 100m (Masters), 200m (U16, U19, Open)
- f) Cardio Pulmonary Resuscitation (CPR) Test
- g) 50m Manikin Carry

State Representatives and Interclub Team members must nominate which events they wish to enter on the entry form. They do not have to compete in all events; however they will only be eligible to win the overall individual pointscore if they have competed in all of the above events.

Restrictions may be placed on Individual Initiative entries at the discretion of the Host Branch in consultation with the Initiative Test Organizer and the National Director of Sport.

B2 SPECIAL INDIVIDUAL EVENTS

One competitor shall be nominated from each Interstate/ Interclub Team; in addition, any other State representatives may enter, providing they meet any qualifying time(s) prior to closing of entries, for the following events:

- a) Super Lifesaver - Mens Open 200m Australia Cup
- b) Super Lifesaver - Womens Open 200m Australia Cup
- c) Super Lifesaver – Mens Under 19 200m Australia Cup
- d) Super Lifesaver – Womens Under 19 200m Australia Cup
- e) Super Lifesaver - Mens Under 16 200m Australia Cup
- f) Super Lifesaver - Womens Under 16 200m Australia Cup

Only the nominated Interstate /Interclub Team members will count towards the Interstate / Interclub Team points.

Final nominations must be recorded on the Team Data sheet.

B3 DEMONSTRATION EVENTS

The National Sport Committee shall approve demonstration events at least six (6) months prior to the Championships. These events will not be pointscore events; however medals will be awarded to placegetters.

Demonstration events include but are not limited to:

- Mens 100m Rescue Medley
- Womens 100m Rescue Medley

B4 INTERSTATE TEAMS EVENTS

Competitors in the following events shall be drawn from members of the Interstate Team as defined in rule A2.

a) Initiative Test

- (i) Mixed Team Initiative Test
Four competitors – two female and two male
- (ii) Womens Team Initiative Test
Four competitors
- (iii) Mens Team Initiative Test
Four competitors

No competitor is allowed to compete in more than one team initiative test.

In the case of any Branch not being able to field a full 16 members in the Interstate Team, the Initiative Tests above may consist of less than 4 members.

b) 4 x 25m Manikin Relay

Mens and Womens events, a total of four, are conducted in the following age groups:

- i) Under 16 (2 males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2 males 2 females)
- iv) Masters (2 males 2 females)

c) 4 x 50m Medley Relay

Mens and Womens events, a total of four, are conducted in the following age groups:

- i) Under 16 (2 males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2 males 2 females)
- iv) Masters (2 males 2 females)

d) 4 x 50m Obstacle Relay

Mens and Womens events, a total of four, are conducted in the following age groups:

- i) Under 16 (2 males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2 males 2 females)
- iv) Masters (2 males 2 females)

e) 8 x 50m Fin Relay

Mens and Womens events, a total of two, are conducted involving all members of the Interstate Team.

B5 STATE REPRESENTATIVES

There are no team events for State representatives.

B6 INTERCLUB TEAM EVENTS

Competitors in the following events shall be drawn from members of the Interclub Team as defined in rule A2.

a) Initiative Test

The following Team Initiative Tests may be conducted:

- i) Mixed Team Initiative Test
Four competitors - two female and two male

In the case of any club not being able to field a full team, the Initiative Test team may consist of less than 4 members.

b) 4 x 25m Manikin Relay

Mens and Womens' events, a total of four, are conducted in the following age groups:

- i) Under 16 (2 males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2 males 2 females)
- iv) Masters (2 males 2 females)

c) 4 x 50m Medley Relay

Mens and Womens events, a total of four, are conducted in the following age groups:

- i) Under 16 (2males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2males 2 females)
- iv) Masters (2males 2 females)

d) 4 x 50m Obstacle Relay

Mens and Womens events, a total of four, are conducted in the following age groups:

- i) Under 16 (2 males 2 females)
- ii) Under 19 (2 males 2 females)
- iii) Open (2 males 2 females)
- iv) Masters (2 males 2 females)

DETAILED RULES AND REGULATIONS

B7 100M RESCUE MEDLEY

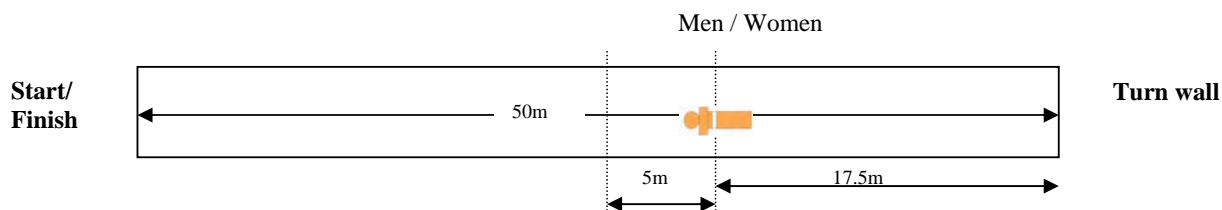
DESCRIPTION OF THE EVENT

On the starting signal, the competitor dives into the water and swims 50m freestyle, to turn, dive and swim underwater to a submerged manikin located at a distance of 17.5m from the turn wall.

The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish edge.

Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.

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



EQUIPMENT

- Lifesaving manikin – refer to rule A10 (the manikin is completely filled with water and sealed for the event)

POSITIONING THE MANIKIN

- Depth – The manikin must be located at a depth between 1.8m and 3m. If the water is deeper than 3m, the manikin must be placed on a platform (or other support) to position it at the required depth.
- Direction – 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 located on the 17.5m line.

SURFACING THE MANIKIN

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

DISQUALIFICATION

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

- A false start
- Surfacing after turning and before lifting the manikin

- Breathing after the feet leave the turning edge and before surfacing with the manikin.
- Taking assistance from any pool fitting, eg. Lane rope, steps etc - not including the bottom of the pool when surfacing the manikin
- Not having the manikin in the correct carrying position before the top the manikin's head passes 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 as described in the General Rules and Procedures, Rule A11.
- Releasing the manikin before touching the finishing edge
- Failure to touch the finish edge

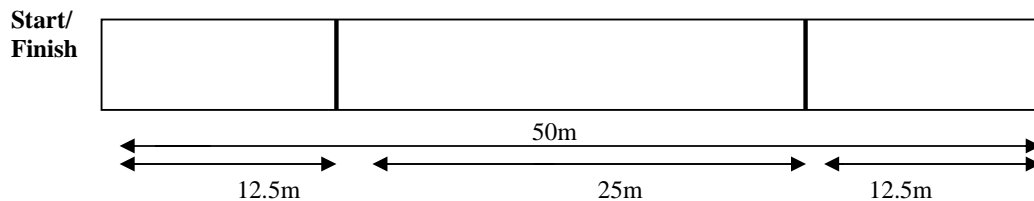
B8 200M OBSTACLE SWIM**DESCRIPTION OF THE EVENT**

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 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.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

**EQUIPMENT**

Obstacles - refer to Section A10

DISQUALIFICATION

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

- A false start
- A competitor passing *over* an obstacle without immediately returning *over or under* that obstacle and then passing *under* it
- Failure to surface after the dive entry or after a turn
- Failure to surface after each obstacle
- Failure to touch the wall during turns
- Failure to touch the finish edge

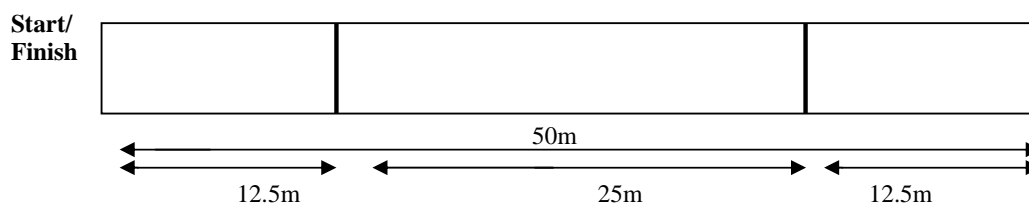
B9 100M OBSTACLE SWIM (MASTERS)**DESCRIPTION OF THE EVENT**

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.

Swimming into or bumping an obstacle is not a behaviour that will result in a disqualification.

**EQUIPMENT**

Obstacles - refer to Section A10

DISQUALIFICATION

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

- A false start
- A competitor passing *over* an obstacle without immediately returning *over* or *under* that obstacle and then passing *under* it
- Failure to surface after the dive entry or after a turn
- Failure to surface after each obstacle
- Failure to touch the wall during turns
- Failure to touch the finish edge

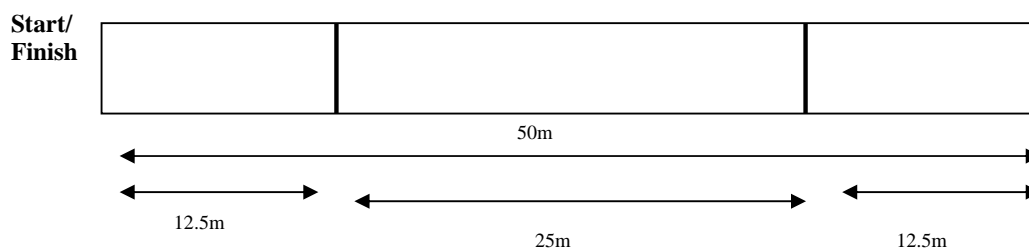
B10 4X50M OBSTACLE RELAY**DESCRIPTION OF THE EVENT**

On the starting signal, the first competitor dives into the water and swims 50m freestyle passing under two obstacles. After the first competitor touches the turning edge, the second, third and fourth competitors repeat the procedure in turn.

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

Competitors 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.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

**EQUIPMENT**

Obstacles-refer section A10

DISQUALIFICATION

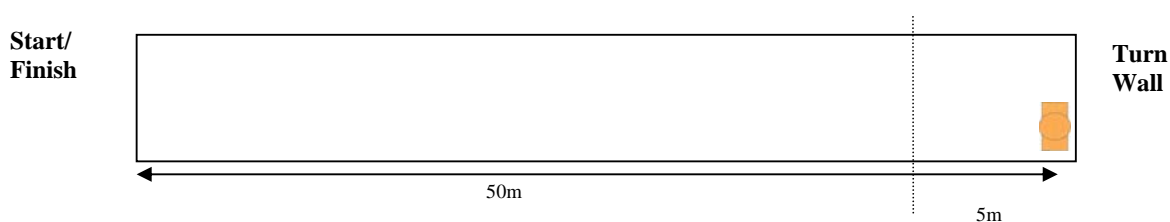
In addition to the General Rules outlined in Section A, the following behaviour will result in disqualification:

- A false start
- A competitor passing *over* an obstacle without immediately returning *over or under* that obstacle and then passing *under* it
- Failure to surface after each dive entry
- Failure to surface after each obstacle
- One competitor repeating two or more legs of the event
- leaving the start before the previous swimmer touches the edge.
- Failure to touch the finish edge

B11 100M MANIKIN TOW WITH FINS**DESCRIPTION OF EVENT**

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

Competitors may retrieve lost fins after the start and continue without disqualification as long as rules A11 and A12 are 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 17litres of 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 and during the race 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 turning edge. The handler may not push the manikin toward the competitor or the finish edge.
- Manikin handlers are not permitted to enter the water.

STARTS WITH RESCUE TUBES

At the start, the rescue tube may be positioned at the competitors' discretion, but within the competitors allotted lane. The line of the rescue tube must become fully extended immediately after the start.

WEARING RESCUE TUBES

Rescue tubes must be donned correctly with the harness across or over 1 shoulder. During the competitors approach to the manikin the body of the rescue tube must be towed behind the competitor with the line fully extended as outlined in rule A12.

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

SECURING THE MANIKIN

Competitors must complete the 50m freestyle swim by touching the pool edge before touching the manikin or the body of the rescue tube to secure the manikin for towing.

After touching the pool edge, the competitor must attach the body of the rescue tube around the body and under the arms of the manikin within 5m of the pool wall.

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 body of the rescue tube, clip, line and/or harness present a technical defect during the event, the referee may allow the competitor to repeat the race.

DISQUALIFICATION

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

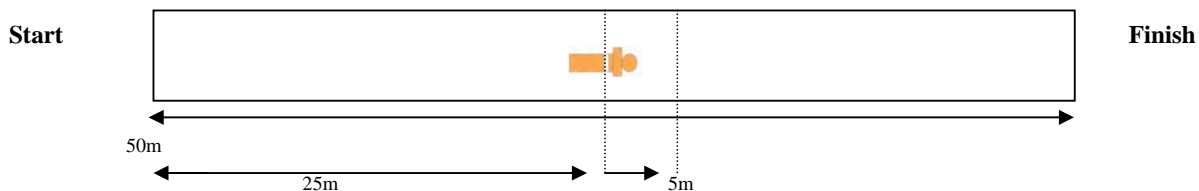
- a false start
- at 50m, not touching the pool edge before touching the manikin or body of the rescue tube to secure the manikin
- taking assistance from any pool fitting (eg lane rope, steps) when fixing the body of the rescue tube around the manikin
- manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge
- manikin handler pushing the manikin towards the competitor or the finish edge
- manikin handler entering the water
- 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 (ie. Not around the body and under both arms) before the 5m line, judged at the top of the head
- effecting an incorrect towing technique as described in the General Rules and Procedures, Rule A12

- not towing the manikin with the line of the rescue tube fully extended
- not swimming with the line of the rescue tube fully extended or without the harness across or over 1 shoulder
- touching the finish edge without the body of the rescue tube and manikin secured correctly
- not maintaining the manikin's mouth and nose above the surface of the water as described in the General Rules and Procedures, Rule A12
- pushing or carrying instead of towing the manikin, Rule A11
- Failure to touch the finish edge

B12 50M MANIKIN CARRY**DESCRIPTION OF THE EVENT**

On the starting signal, the competitor dives into the water and swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish edge of the pool.

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

**EQUIPMENT**

Lifesaving Manikin-refer to rule A10 (the manikin is completely filled with water and sealed for the event)

POSITIONING OF THE MANIKIN

- Depth – The manikin must be located at a depth between 1.8m and 3m. If the water is deeper than 3m, the manikin must be placed on a platform (or other support) to position it at the required depth.
- Direction – 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.

SURFACING THE MANIKIN

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

DISQUALIFICATION

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

- A false start
- Not surfacing before diving to the manikin.
- Taking assistance from any pool fitting, eg. Lane rope, steps etc - not including the bottom of the pool when surfacing the manikin
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.
- Effecting an incorrect carrying technique as described in the General Rules and Procedures, Rule A11

- Not maintaining the manikin's mouth and nose above the surface of the water as described in the General Rules and Procedures, Rule A11
- Releasing the manikin before touching the finishing edge
- Failure to touch the finish edge

B13 4 X 25M MANIKIN RELAY**DESCRIPTION OF THE EVENT**

Four competitors in turn carry a manikin approximately 25m each.

- The first *competitor* starts in the water holding the manikin with one hand (the manikin's mouth and nose above the surface) and the pool edge with the other. On the starting signal, the competitor carries the manikin approximately 25m to the middle of the pool and passes it to the second competitor within the 4m changeover zone situated between the 23m and 27m mark.
- The *second competitor* carries the manikin to touch the turning edge and passes the manikin to the third competitor who is in contact with the turning edge with at least one hand. The third competitor may only touch the manikin after the second competitor has touched the turning edge.
- The *third competitor* carries the manikin approximately 25m and passes it to the fourth competitor in the changeover zone between the 73m and 77m mark.
- The *fourth competitor* completes the event by carrying the manikin to touch the finish edge with any part of the competitor's body.

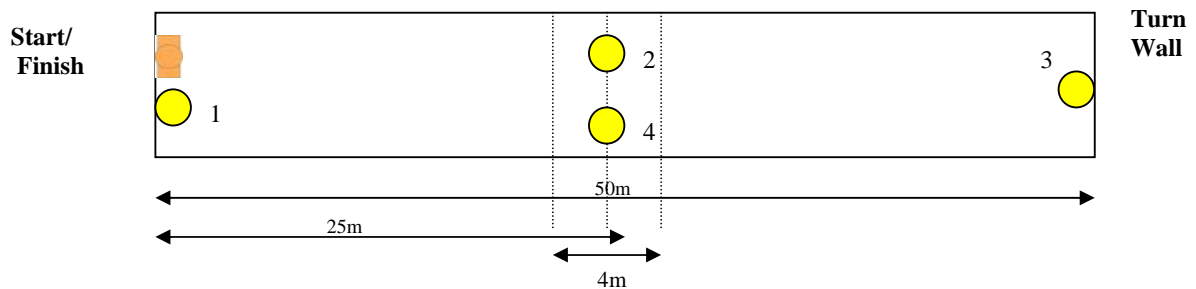
Competitors may not release the manikin until the next competitor has grasped it (ie one hand must always be in contact with the manikin).

The start zone and relay changeover zones shall be indicated using flags or witches hats:

- at the start – 5 m from the pool wall
- in the middle of the pool – two lines of flags/witches hats at 23 m and 27 m from the start, situated at 1.5 m to 2 m above the surface
- at the turning wall – 5 m from the pool wall

Competitors may push off the pool bottom in the relay changeover zone.

In the 5 m start zone or in the changeover zone, competitors are not judged on "carrying the manikin" criteria defined in Rule A11.



EQUIPMENT

Lifesaving manikin – refer to rule A10 (the manikin is completely filled with water and sealed for the event)

DISQUALIFICATION

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

- a false start
- not starting the event holding the manikin's mouth and nose out of the water with at least one hand
- 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 as described in the General Rules and Procedures, Rule A11
- taking assistance from any pool fitting (eg lane ropes, steps)
- The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
- releasing the manikin before the next competitor has contact with the manikin
- releasing the manikin before touching the finish wall
- failure to touch the finish edge

B14 INITIATIVE TESTS**GENERAL CONDITIONS**

- i) All competitors will be held in security away from the competition area until called to compete.
- ii) The test will start when the competitor/s enter the competition area. An acoustic signal will indicate the start and the finish of the event.
- iii) The competitor/s may use all material and equipment available on the poolside and in the pool within the designated competition area.
- iv) Emphasis will be on assessment in order of priority. The priorities will be determined by the nature of the emergency and with reference to the current edition of the Swimming and Lifesaving Manual.
- v) The competitors will show clearly their intentions and actions to the judges.
- vi) Every effort will be made to ensure that all competitors/teams in an event are presented with the same incident, and the same judges will mark the same aspects of each incident.
- vii) Judges will be appointed to each test to ensure that the subjects act consistently and in accordance with the appropriate characteristics as described in the current edition of the Swimming and Lifesaving Manual.
- viii) In the event that the conditions of the test are deemed to have changed, the judges will be informed as soon as possible and the point score rationalised accordingly.
- ix) Competitors/teams with the highest score will be the winner of the event.
- x) The Tests will involve simulated emergency incidents which will not be previously known to the competitors.
- xi) Competitors will be briefed verbally and/or in writing before the start of the event. This will include details of the competition arena.
- xii) The safety of the competitor/s and subjects are a priority.
- xiii) The judging sheets will be constructed in accordance with the nationally approved protocol.

DESCRIPTION OF THE EVENT

The purpose of the event is to test the ability of individuals and teams to make sound judgement about the rescue of people in difficulty and effectively implement those judgments.

The test(s) will be designed to involve a number of subjects who will act appropriately. The test(s) may also include aids, equipment and bystanders and will be conducted in and around an aquatic environment.

There shall be two types of Initiative Test at the National Lifesaving Championships as follows:

- i) Individual
- ii) Team

The test will last between 1 and 3 minutes as determined by the Initiative Test Organiser.

DISQUALIFICATION

Competitor/s may be subject to disqualification if in the opinion of the judges, they receive any 'outside assistance' by word or other signal which is deemed to assist them in the test.

Impediment of competitors who disadvantage another competitor/s may be subject to disqualification.

B15 CARDIO PULMONARY RESUSCITATION (CPR) TEST

GENERAL CONDITIONS

- The competitor will not receive any outside assistance and will perform the test by themselves.
- A supervising official will ensure that the manikin is appropriately cleaned; this may include replacement of manikin parts, before commencement by each competitor.
- A competitor may have a practice run of three breaths and three compressions on the manikin immediately prior to competition.
- The competitor is responsible for fitting the manikins' face correctly prior to the start of their test

DESCRIPTION OF THE EVENT

- The purpose of the event is to test the ability of individuals to carry out efficient and effective single operator cardio pulmonary resuscitation (CPR) on a manikin in an aquatic environment. It will be assumed the manikin is an immersion casualty.
- On the starting signal the competitor will begin the test and will take into account the principles of DRABCD.
- During the test the competitor will be required to perform CPR for 5 cycles or until directed to cease by a sectional judge. The total duration of the test will be 2 ½ minutes.
- The exact details of the test requirements can be determined by the judges' sheet, a copy of which forms the appendices of these rules, Appendix F
- The competitor must follow the order in the judging sheet to achieve full points. The points are awarded as either full points or zero, they are not graded.
- The CPR techniques tested will be consistent with those detailed in the current edition of the Swimming and Lifesaving Manual, and in accordance with the Australian Resuscitation Council's recommendations.

EQUIPMENT

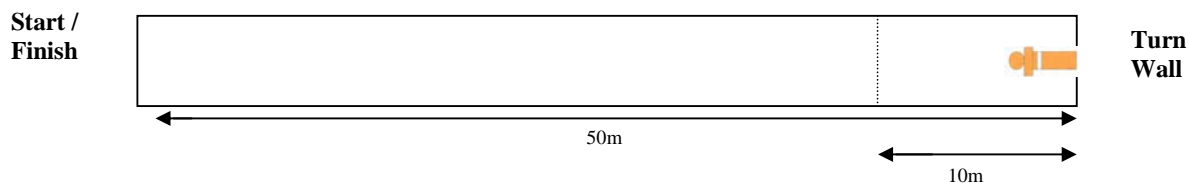
Manikin specifications are to be provided by the Host Branch in consultation with the National Sport Committee.

DISQUALIFICATION

- Competitor(s) may be subject to disqualification if, in the opinion of the judges, they receive any 'outside assistance' by word or other signal that is deemed to assist them in the test.
- Impediment of other competitors who disadvantage other competitor(s) may be subject to disqualification

B16 100M MANIKIN CARRY WITH FINS**DESCRIPTION OF THE EVENT**

- On the starting signal, the competitor wearing fins dives into the water and swims 50m. The competitor then dives to recover a submerged manikin, lifts it to the surface within ten (10) metres of the pick up line and carries 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 not surface in the first 50m.
- Competitors may retrieve lost fins 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 completely filled with water and sealed for the event)

Fins – refer to rule A10

POSITIONING OF THE MANIKIN

- i) Depth:
The manikin must be located at a depth between 1.8m and 3.m. If the water is deeper than 3m, the manikin must be put on a platform (or other support) to position it at the required depth.
- ii) Direction:
The manikin is positioned on its back, in contact with the pool bottom (or platform or other support) with its base touching the pool wall, and its head in the direction of the finish.

SURFACING THE MANIKIN

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the ten 10m line.

DISQUALIFICATION

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

- A false start
- Taking assistance from any pool fitting, eg. Lane rope, steps etc - not including the bottom of the pool when surfacing the manikin
- not having the manikin in the correct carrying position before the top of the manikin's head passes 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 maintaining the manikin's mouth and nose above the surface of the water as described in the General Rules and Procedures, Rule A11
- Failure to touch the finish edge

B17 LINE THROW**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 allotted 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)

(iii) Grasping the line

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

(iv) 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.

(v) Subjects

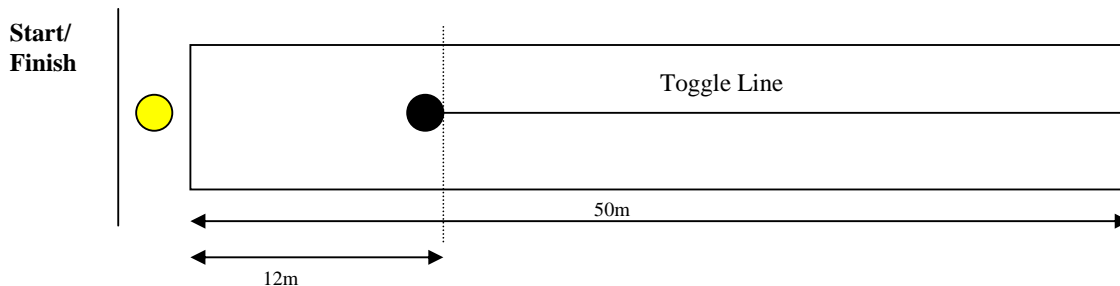
- The competitor is required to supply their own subjects that are the same gender. The subject must be a registered competitor at the Championships.

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 competitor's line and the other holding the end of a toggle line that is positioned approximately 12 metres from the end of the pool. The surplus of the line will trail in the water over and behind the toggle line.
- 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 12 metres from the poolside
- Provided that it falls within the competitor's own lane and within reach of the subject, the subject shall grasp 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. For safety reasons, subjects may release the line with 1 hand in order to touch the wall; this will not result in disqualification.
- The subject is not allowed to lose contact with the line, if contact is lost the subject must return to the toggle 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 until the signal is given by the Sectional Referee signifying the event completion.

**EQUIPMENT**

- The line used will be that as defined in section A10

FAIR THROW

- If any competitor is interfered with during their 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.

DISQUALIFICATIONS

In addition to the General Rules outline in Section A, the following behaviour will result in disqualification:

- The rescuer or subject not participating in the event in the described manner.
- Subject not holding the toggle line with one hand when grasping the line thrown by their rescuer.
- Subject submerging to retrieve the thrown line
- The subject retrieving the line outside their allotted lane
- The subject not maintaining correct body position whilst being drawn through the water i.e on their front holding the line with both hands.
- 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.

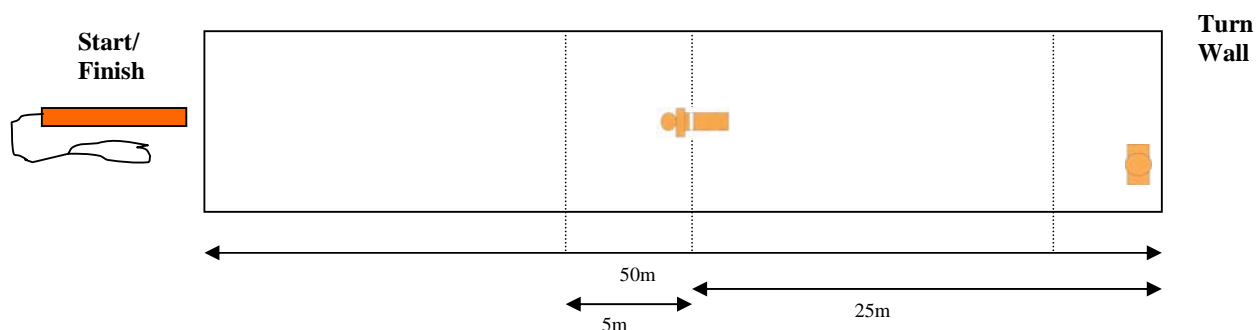
B18 SUPER LIFESAVER**(AUSTRALIA CUP & JUNIOR AUSTRALIA CUP)****DESCRIPTION OF EVENT**

On the starting signal, the competitor dives into the water and swims 75m freestyle. The competitor then dives to recover a submerged manikin, lifts it to the surface within 5m of the pick up line and carries the manikin to the turning edge. After touching the wall (100m) the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50m freestyle. After touching the wall, the competitor fixes the **body of the rescue** tube around a floating manikin within 5m of the turning edge and tows it to touch the finish edge of the pool (200m).

Note:

- Competitors may retrieve lost fins 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

Fins - refer to rule A10

Rescue Tube - refer to rule A10

PLACEMENT OF FINS AND RESCUE TUBES

Prior to the start, competitors must place the fins and rescue tube on the pool deck - not the starting block / podium - within the confines of their allotted lane.

POSITIONING THE MANIKIN FOR THE CARRY

The manikin is completely filled with water and sealed for the event. The manikin must be located at a depth between 1.8m and 3m. If the water is deeper than 3m, the manikin must be put on a platform (or other support) to position it at the required depth.

The manikin is positioned on its back, head in the direction of the finish with the transverse line in the middle of the manikin's thorax on the 25m line.

POSITIONING THE MANIKIN FOR THE TOW

The manikin is filled with water (approximately 17 litres) so that it floats with the top of its transverse line at the surface. Before the start, the manikin handler positions the manikin - vertically and facing the wall - within the allotted lane.

The manikin handler must let go of the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin towards a competitor or finish edge.

Manikin handlers may not enter the water.

SURFACING THE FIRST MANIKIN

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

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

DONNING TUBE AND FINS

After touching the turning edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50m freestyle.

WEARING RESCUE TUBE

Rescue tubes must be donned correctly with the harness across or over 1 shoulder. During the approach to the manikin, the body of the rescue tube must be towed behind the competitor with the line fully extended, in accordance with rule A12.

SECURING THE SECOND MANIKIN

After first touching the turning edge, the competitor must attach the body of the rescue tube around the body and under the arms of the second manikin within 5m of the pool wall.

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 in accordance with rule A12.

RESCUE TUBE DEFECT

If in the opinion of the referee, the body of 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

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

- Incorrect placing of the fins and rescue tube
- A false start

- Taking assistance from any pool fitting, eg. Lane rope, steps etc - not including the bottom of the pool when surfacing the manikin
- Surfacing the head of the first manikin (judged at the top of head of manikin) beyond the 5metre line
- not having the manikin in the correct carrying position before the top of the manikins head passes the 5m line
- Using an incorrect carrying/towing technique as described in the General Rules and Procedures, Rules A11 & A12
- Not maintaining the manikins mouth and nose above the surface of the water as described in the General Rules and Procedures, Rule A11 & A12
- During the approach to the manikin, not swimming with the line of the rescue tube fully extended or without the harness across or over 1 shoulder.
- Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- Manikin handler pushing the manikin towards the competitor or the finish edge.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- Manikin handler entering the water.
- At 150m, not touching the pool edge before touching the manikin or rescue tube to secure the manikin
- Not securing the body of the rescue tube around the second manikin (ie. Not around the body and under both arms) before the 5metre line, judged at the top of the manikins head.
- 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 correctly in place
- Failure to touch the finish edge

B19 4X50M MEDLEY RELAY

GENERAL CONDITIONS

A team event consisting of 4 legs to be swum in the following order:

- i) 50m freestyle no fins
- ii) 50m with fins
- iii) 50m freestyle with rescue tube no fins
- iv) 50m freestyle with fins towing a victim (3rd swimmer) holding onto rescue tube with two hands.

DESCRIPTION OF THE EVENT

- On the starting signal the first competitor dives into the water and swims 50m freestyle without fins and touches the turning edge.
- After the first competitor, touches the wall, the second competitor wearing fins dives in and swims 50m and touches the turning edge.
- After the second competitor touches the wall, the third competitor dives in and swims 50m freestyle with a rescue tube, and touches the turning edge.
- After touching the wall, the third competitor then passes the harness of the rescue tube to the fourth competitor who is waiting in the water, wearing fins, with at least one hand on the turning edge.
- The fourth competitor takes the harness and the third competitor, playing the role of the victim, holds the body of the rescue tube with both hands (not the rope, clip or harness) whilst being towed to the finish edge by the fourth competitor
- Both the fourth and third competitor must leave from the turning edge. The third competitor must be in contact with the body of the rescue tube prior to passing the 5m line.
- The "victim" is allowed to kick whilst being towed; however, they cannot offer any other assistance.
- The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the body of the rescue tube.

Note:

The victim must hold onto the body of the rescue tube with both hands while being towed, but may reposition their hands during the tow without disqualification.

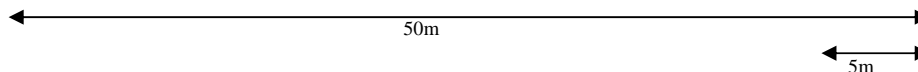
Whilst the fourth competitor must have at least 1 hand on the edge when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm or feet.

Competitors may retrieve fins lost after the start and the team may continue in the event. The team will not be permitted to start again in another heat

**Start /
Finish**



**Turn
Wall**



EQUIPMENT

Rescue Tube – refer section A10

Fins – refer section A10

STARTS WITH RESCUE TUBE

At the start, the rescue tube may be positioned at the competitor's discretion, but within the competitors allotted lane. The rescue tube line must become fully extended immediately after the start.

WEARING RESCUE TUBES

Rescue tubes must be donned correctly with the harness across or over 1 shoulder. During the third competitors approach to the fourth competitor, the body of the rescue tube must be towed behind the competitor with the line fully extended.

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

TOWING THE PATIENT

The fourth competitor must tow the victim with the line of the rescue tube fully extended.

RESCUE TUBE DEFECT

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

DISQUALIFICATION

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

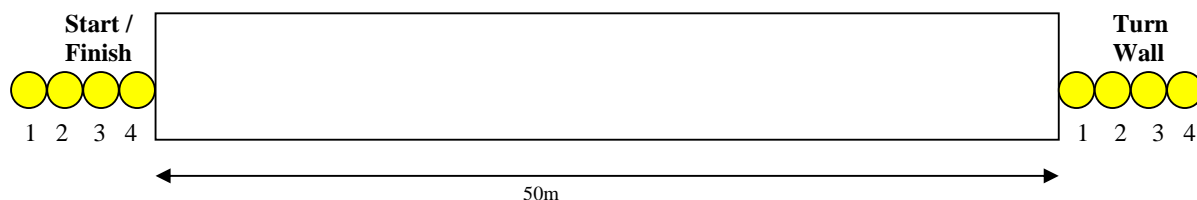
- A false start
- The second and third competitors starting before the first and second competitors respectively touches the turning edge
- The third competitor not swimming with the line of the rescue tube fully extended or without the harness across or over 1 shoulder.
- The fourth competitor taking the harness before the third competitor touches the turning edge

- The fourth competitor leaving the turning edge before the third competitor touches the turning edge.
- The third and fourth competitor not leaving from the turning edge (both may competitors may push off from the turning edge)
- The third competitor holding the rescue tube by the line or clip
- The third competitor helping with arm movements, or not holding the body of the rescue tube with both hands
- The third competitor losing contact with the body of the rescue tube after passing the 5 metre line
- The fourth competitor not towing the victim with the line of the rescue tube fully extended or without the harness across or over 1 shoulder.
- One competitor completing two or more legs of the event (excluding the third competitor acting as the victim)
- Failure to touch the finish edge

B20 8 X 50M FIN RELAY**DESCRIPTION OF THE EVENT**

On the starting signal, the first competitor dives into the water and swims 50m with fins. After the first competitor touches the turning edge, the second through to eighth competitors repeat the procedure in turn.

Competitors may perform the majority of the lap underwater but must take one full arm stroke above the water on completion of the lap.

**EQUIPMENT**

Fins - refer section A10

DISQUALIFICATION

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

- a false start
- failure to complete the lap with one full arm stroke
- one or more competitors repeating two or more legs of the event
- one competitor starting before the previous swimmer touches the wall and not returning prior to the preceding competitor touching the wall
- teams/competitor not swimming in their designated lane
- failure to touch the finish edge