

# SECTION 8

## AUSTRALIAN POOL LIFE SAVING CHAMPIONSHIPS UNDER 14 RULES AND REGULATIONS

Yellow highlighted text indicates significant 2025 ILS rules change.

## CONTENTS

SECTION 8.....	1
INTRODUCTION .....	4
8.1    EVENTS.....	4
8.2    QUALIFYING .....	4
8.3    GENERAL CONDITIONS.....	5
8.4    ATTIRE .....	5
8.4.1    FINS .....	6
8.5    STARTS .....	6
8.5.1    START DEFINITION.....	7
8.5.2    DIVE START PROCEDURE.....	7
8.6    FINISHES .....	7
8.7    VICTIMS .....	7
8.8    MANIKIN HANDLERS .....	8
8.9    EQUIPMENT .....	8
8.9.1    EQUIPMENT REQUIREMENTS.....	8
8.9.2    RESCUE TUBES.....	9
8.9.3    MANIKINS.....	9
8.10    EVENT TERMINOLOGY AND DEFINITIONS .....	10
8.11    100M OBSTACLE SWIM .....	11
8.11.1    EQUIPMENT .....	11
8.11.2    DISQUALIFICATION .....	11
8.12    50M MANIKIN CARRY (half full manikin).....	12
8.12.1    POSITIONING OF THE MANIKIN.....	12
8.12.2    GAINING CONTROL OF THE MANIKIN.....	12
8.12.3    DISQUALIFICATION .....	12
8.13    100M MANIKIN CARRY WITH FINS (half full) .....	13
8.13.1    POSITIONING OF THE MANIKIN.....	13
8.13.2    DISQUALIFICATION .....	13
8.14    50M MANIKIN TOW WITH FINS.....	14
8.14.1    POSITIONING THE MANIKIN and HANDLER ACTIONS .....	14
8.14.2    WEARING RESCUE TUBES.....	14
8.14.3    DISQUALIFICATION .....	14
8.15    10M LINE THROW.....	15

8.15.1	THE START .....	15
8.15.2	FAIR THROW.....	16
8.15.3	THROW ZONE.....	17
8.15.4	TIME LIMIT .....	17
8.15.5	EQUIPMENT .....	17
8.15.6	JUDGING.....	17
8.15.7	DISQUALIFICATION .....	18

## INTRODUCTION

This section provides details of the Under 14 years events included in the RLSSA Australian Pool Life Saving Championships (APLSC). The competition may be conducted as part of the APLSC or as a separate competition.

The intention of the Under 14 competition is to provide the opportunity for participants to develop skills and techniques along with an understanding of The Sport of Pool Life Saving.

### 8.1 EVENTS

The events are based on **RLSSA Sport and Competition Handbook - Section 4** Pool Speed Event Rules and Regulations. The basic events conducted at the APLSC as the Under 14 competition have been modified from those found in **Section 4** to suit junior competitors and include the skills of Line Throw, obstacle swimming, manikin carry and manikin tow.

The Under 14 Championships will consist of the following individual events:

- 100m Obstacle Swim
- 100m Manikin Carry with Fins (Half Full Manikin)
- 50m Manikin Carry (Half Full Manikin)
- 10m Line Throw
- 50m Manikin Tow with Fins

The U14 Championships should not include any other modified events or relays other than those above without the approval of the National Sports Committee. Any additional events must have their description and rules approved at least 6 months before the commencement of APLSC. These events must be modified for younger athletes which allows for a clear development through a modification of either distance or skill.

### 8.2 QUALIFYING

Competitors must, at the closing date for entries, hold a RLSSA Bronze Star (or equivalent) which will be current at the time of the competition. For the list of current equivalent awards refer Rule 1.7.2.

Competitors must meet the minimum age requirement of 11 years of age as of the 1st January of the year in which the Championships are to be held.

Competitors who are 14 or older on the 1st January in the same year of competition are not be eligible to compete in the Under 14 competition.

Competitors enter as either an individual or as part of a team must be a designated adult manager who will comply with the Manager's Responsibilities (refer to Rule 1.11). This adult **MUST** meet all Team Manager requirements including having a current Working With Children Check (WWCC) unless they are the parent of the child/children they are managing.

### 8.3 GENERAL CONDITIONS

- Unless otherwise covered in this section of The Handbook all conditions, procedures, requirements or rules detailed in The Handbook in its Introduction and Sections 1-4 will apply to any U14 event or competition.
- Managers and competitors are responsible for being familiar with the competition schedule, and with the associated rules and regulations governing events. They must comply with the relevant entry and eligibility requirements set out in Section 1.
- Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- A competitor or team absent from the start of an event may be disqualified.
- Only competitors, handlers and officials shall be allowed on the pool deck in the designated competition area. Competitors, handlers and officials must leave the designated competition area when not involved in the event taking place.
- Unless specifically provided for in the rules no artificial means of propulsion may be used in competition (e.g., hand webs, armbands).
- The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) is not permitted:
  - On competitors' hands to assist with their grip, or
  - On the competitors' feet to assist the competitor to push off the pool bottom, or
  - Applied to the surface of a manikin or rescue tube to improve grip, or
- Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g. Obstacle Swim).
- Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.
- A competitor who interferes with another competitor / team during a race shall be disqualified.
- In all events, competitors must compete in their designated lane for the entire race and at the conclusion of the race competitors shall remain in the water in their lane until instructed by the referee or their designated official to leave the pool. Competitors must exit by the sides of the pool, not over timing pads at the end of the pool.
- Competitors shall wear their team/club swim caps in all events (refer to Rule 4.5.3).
- Order-of-finish decisions, whether by judges' decision or automated timing equipment, are not subject to protest or appeal.
- Start decisions by the Event Director, Starter or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

### 8.4 ATTIRE

Competitors are required to conform to the regulations relating to attire in Rule 4.5. A competitor shall not be permitted to take part in any competition if, in the opinion of the Chief Referee, the competitor is not properly attired.

### 8.4.1 FINS

The swim fins for U14 events are restricted to soft/flexible rubber fins of the type commonly used for swimming instruction and training.

Fins should comply with the following dimensions and should meet the general profile shown below:

- Maximum length of 50cm including the shoe
- Maximum width of 25cm at the widest point of the blade



Fins will not be permitted for the use in U14 events or younger if they are for the specific purpose of diving or surfing/body boarding and/or with stiff and/or elongated blades.

Athletes must provide their own fins.

#### **FIN SCRUTINY**

Equipment Organiser, marshal or an authorised official shall check fin compliance.

Fins shall be visually checked that they are constructed of approval components. Any fins suspected of not meeting the requirements will be formally checked using a fin box or measuring device designed for the purpose.

Re-inspection may occur at random during the course of the meet.

It may be required that the fins of all athletes or randomly selected athletes shall be formally checked for correct dimensions. Fins are measured while not being worn and are to be measured with the shoe or ankle strap extended but not stretched.

The scrutineer may affix a stamp other mark as evidence they meet the required standard. This process must be undertaken at ILS sanctioned events and/or when a world record time has been recorded in an event involving fins.

Athletes may undertake any repairs or modifications and re-present them for scrutineering. An athlete may protest the scrutineer's decision.

#### **RETRIEVING LOST FINS**

Competitors may retrieve fins lost after the start of a race and continue without disqualification as long as the rules governing manikins are not violated (see Rule 4.10). Competitors are not permitted to start again in another heat.

### 8.5 STARTS

The starting of all Championship events is the responsibility of the Starter who will follow the procedure described in Rule 4.11.1).

For the Under 14 competition at the APLSC the One-start Rule shall be used.

The duty of the Event Director and Starter is to ensure a fair start. If the Starter or Event Director decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back, and the race shall be started again.

Competitors shall be disqualified if they “commence a forward starting motion” prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification.

The Starter or Event Director uses their discretion in determining whether a competitor (or more than one competitor) has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a disqualification.

### **8.5.1 START DEFINITION**

The start defined in Rule 4.11.1 applies to U14 Events.

**Note:** The Line Throw event begins with an in-water entry by the victim, and a deck start by the competitor. The start procedure for the 10m line throw event will be the same as for the 12.5m Line Throw and is fully explained in that event description (refer Rule 8.15).

### **8.5.2 DIVE START PROCEDURE**

On the long whistle, competitors step onto the starting platform and remain there.

**Note:** Competitors may start on the starting platform, on the pool deck, or in the water with one hand in contact with the starting wall

On the Starter’s “Take your mark” command, competitors immediately assume a starting position with at least one foot at the front of the starting platform.

When competitors are considered ready, the Starter gives the acoustic starting signal.

## **8.6 FINISHES**

All events will finish as designated in the detailed rules and regulations for the event.

A competitor must finish in the same lane in which they started.

Competitors shall not leave the designated competition area until dismissed by the Deputy Referee or Event Director.

Competitors shall be notified of any disqualification from an event by the Deputy Referee or appropriate judge at the completion of the event.

If a competitor / team leave the competition area before the signal of the event finish has been given it is not the responsibility of an official to follow them to inform them of a disqualification.

## **8.7 VICTIMS**

Both victims and rescuers should marshal together when called.

Victims need not be a competitor in a team but must be a registered participant at the Championships.

Victims need not be the same gender as the competitor however they must be under 16 years of age on the 1 January in the year of the relevant Championships.

Victims must wear the team/club cap of the competitor for who they are a 'victim', refer to Rule 4.5.3.

## **8.8 MANIKIN HANDLERS**

It is the sole responsibility of the competitor/ team to supply a manikin handler for events as required.

The handlers must be a registered participant and appropriately clothed for their own safety.

Manikin handlers are not required to wear a team/club cap.

Manikin handlers are required for the following Under 14 events:

- 100m Manikin Carry with Fins (Half Full Manikin)
- 50m Manikin Carry (Half Full Manikin)
- 50m Manikin Tow with Fins

Before the start and during the race the manikin handler positions the manikin within the allotted lane according to the event requirements.

Manikin handlers may not intentionally enter the water during the event unless it is a requirement of the event.

A handler will hold the manikin for stability and to maintain it in the correct position until the competitor touches the manikin. Manikin handlers must release any contact with the manikin immediately the competitor intentionally touches the manikin. The handler may not push the manikin toward the competitor or the finish wall nor is the handler allowed to assist the competitor in anyway.

During the 50m Manikin Tow event the handler's hands must be clearly seen above the water surface and must not press down on the cross rope.

## **8.9 EQUIPMENT**

For full details of equipment requirements and specifications refer to Section 9 – Facility and Equipment Standards.

### **8.9.1 EQUIPMENT REQUIREMENTS**

The following equipment is required for the events outlined in these Rules and will be supplied by organisers:

- Obstacles
- Rescue tubes
- Throw lines: must be between 16.5m and 17.5m in length
- Manikin: For all under 14 events a half full manikin is used. The definition of a half full manikin is that the manikin is filled with water, so that when positioned vertically it floats with the top of its transverse line at the surface of the water.

## 8.9.2 RESCUE TUBES

In events where the manikin is towed, the manikin (as victim) is presumed to be breathing. Refer to Rule 4.10.3a for requirements around wearing a rescue tube.

### RESCUE TUBE MODIFICATION

With the Chief Referee's or Event Director's approval the rescue tube may be modified prior to that event start for smaller competitors who find it difficult to keep the harness on correctly while in the start position. This is done by tying a knot in the harness close to the join with the line. The harness must not be shortened to such an extent that it provides an unfair advantage to other competitors. Approval should be gained prior to marshalling.

### 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.

## 8.9.3 MANIKINS

All events for U14 will use half full manikins.

A half-filled manikin is one where the manikin is filled with water and sealed so that when it is floating upright at its natural buoyancy position the top of its transverse line will be at the surface.

Competitors must use the half-filled manikins supplied by organisers.

### GAINING CONTROL OF THE MANIKIN

Depending on the event and the skill required to retrieve the manikin (the victim) it is presumed to be either non-breathing (manikin carry) or breathing (manikin tow). Regardless of the presumed state of the manikin competitors may swim on their back, side or front and may use any kick or stroke while towing or carrying the manikin.

In events where there is a handler, the handler will hold the manikin for stability and to maintain it in the correct position until the competitor touches the manikin. **It is permitted that the manikin is either grasped by the handler or balanced on the palms of the handler.**

The handler releases the manikin immediately after the competitor **intentionally touches** the manikin and may not assist the competitor to gain control of the manikin, This includes pushing the manikin toward the competitor or adjusting the manikin's stability once the competitor begins their carrying action. **If the manikin is balanced on the handler's hands, then the handler is permitted to release the manikin by lowering their hands.**

### RETRIEVING THE MANIKIN

In the Manikin Carry (Half Full), the manikin may be retrieved by the competitor with either one or both hands but must be in the correct carrying position before the top of the manikin's head passes the designated distance mark. (i.e. either 5m or 10m according to the event).

The judging criteria for carrying the manikin applies only when the top of the manikin's head passes the relevant 5m or 10m line.

### **CARRYING THE MANIKIN**

In events where the manikin is carried, the manikin (as victim) is presumed to be non-breathing.

When judging the manikin carry, the competitor and manikin are treated as one unit/entity. The carry technique must comply with Rule 4.14.1).

Specifically, competitors must:

- Remain at the surface with at least one hand always in contact with the manikin.
- Avoid incorrect carrying technique such as pushing the manikin or carrying the manikin below the surface. "Pushing" means the manikin's head is held forward of the competitor's head.
- **The manikin must not be gripped by the sealing plugs.**
- **Carry the manikin with the head of the manikin facing the direction of the carry i.e., the manikin cannot be carried with the head of the manikin facing the opposite direction of the carry.**

**Note:** Water over the face of the manikin is not a judging criterion.

### **TOWING THE MANIKIN**

In events where the manikin is towed, the manikin (as victim) is presumed to be breathing. For full towing requirements refer to Rule 4.10.

**Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.**

Before beginning the tow, competitors must secure the manikin correctly within the 10 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin and clipped to an O-ring.

**Note: It is not a disqualification where the minimum pool depth allows the competitor to stand while securing the rescue tube around the manikin.**

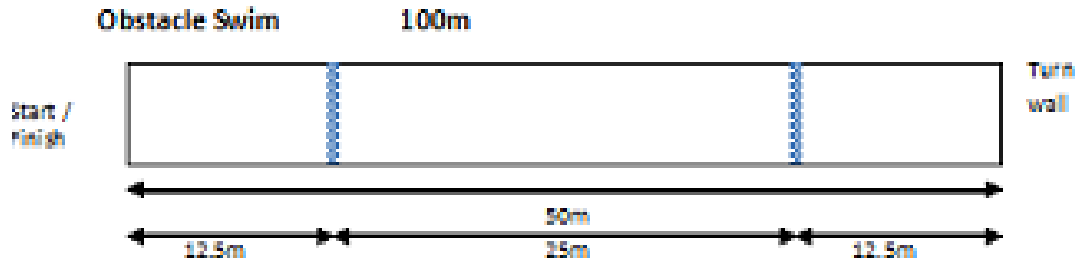
## **8.10 EVENT TERMINOLOGY AND DEFINITIONS**

The following terms used in the event rules are defined as follows:

- **Freestyle** - where freestyle is designated the swimmer may swim any style, unless otherwise specified in the event conditions.
- **Surface or water surface** - means the horizontal plane of the surface of a still water pool
- **Breaking the water surface** – means that the competitor's head must break the plane of the surface of the water.
- **Surfacing with the Manikin** - means that the competitor's head must break the surface while holding the manikin with at least one hand or arm before the top of the manikin's head passes the designated line.

- **Manikin judging criteria** applies only when the top of the manikin’s head passes the relevant 5m line or 10m line.

## 8.11 100M OBSTACLE SWIM



### EVENT DESCRIPTION

This event is identical to the 100m Obstacle event described in Rule 4.13.

With a dive entry on an acoustic signal, the competitor swims the 100m course passing four times under the immersed obstacles to touch the finish wall of the pool.

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

#### 8.11.1 EQUIPMENT

Obstacles: See Section 9 – Facility and Equipment Standards.

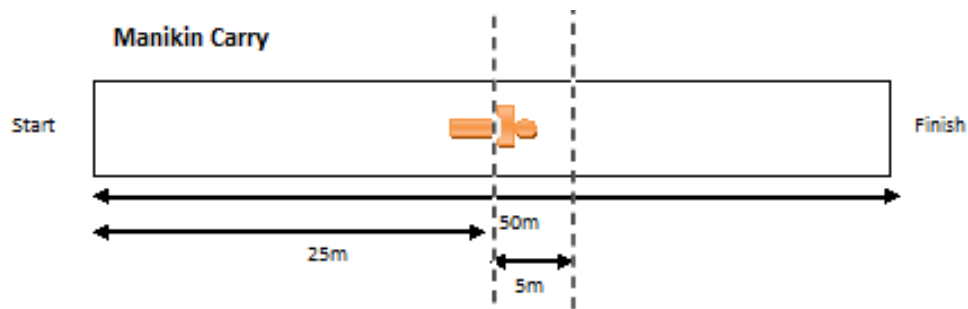
Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5m from the start wall, with the second obstacle located 12.5m from the opposite end. The distance between the two obstacles is 25m.

#### 8.11.2 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 8.3 to 8.9, the following behaviour will result in disqualification:

- 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 the turn
- Failure to touch the finish wall

## 8.12 50M MANIKIN CARRY (HALF FULL MANIKIN)



### EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 25m freestyle. A part of this distance shall be on the water surface. The competitor retrieves the half full manikin floating horizontally on the surface of the water (supported by a handler) and must have it in the correct carrying position prior to the manikin's head passing 5 m pick-up distance. The handler, positioned in the water, will immediately release the manikin when the competitor touches it. The handler cannot provide any assistance to the competitor. The competitor then carries the manikin until they touch the finish wall of the pool.

Refer to Rule 4.7 and 8.8 for full conditions that apply to competitor handlers.

#### 8.12.1 POSITIONING OF THE MANIKIN

The manikin is positioned on its back at the surface of the water either held or supported by a handler with the head in the direction of the finish. The transverse line in the middle of the manikin's thorax is located above the 25m line.

#### 8.12.2 GAINING CONTROL OF THE MANIKIN

The manikin may be retrieved by the competitor with either one or both hands but must be in the correct carrying position before the top of the manikin's head passes the 5 m line.

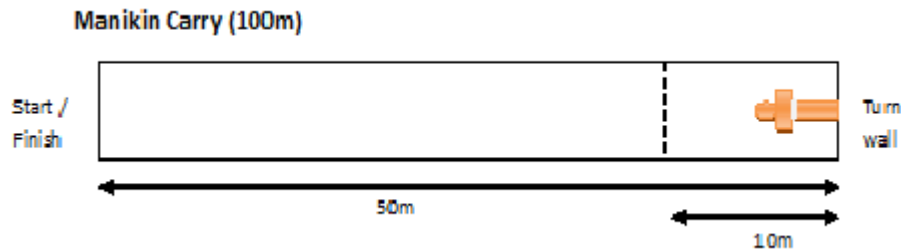
#### 8.12.3 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 8.3 to 8.9, the following behaviour will result in disqualification:

- Not surfacing before touching the manikin
- Taking assistance from any pool fitting such as lane ropes or stairs
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line
- Using an incorrect carrying technique as described in Rule 8.9.3
- Carrying the manikin face down
- Releasing the manikin before touching the finish wall
- Failure to touch the finish wall
- The handler holding and /or releasing the manikin incorrectly

- The handler pushing the manikin towards the competitor or making deliberate contact with the manikin after the competitor has touched the manikin.

### 8.13 100M MANIKIN CARRY WITH FINS (half full)



#### EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and collects the manikin floating horizontally on the surface of the water (supported by a handler who is not in the water). The competitor must have the manikin in the correct carrying position prior to the manikin's head passing the 10m line. The competitor then carries the manikin to touch the finish wall of the pool.

Competitor need not touch the turn wall of the pool. The handler immediately releases the manikin when the competitor intentionally touches the manikin.

#### 8.13.1 POSITIONING OF THE MANIKIN

Before the start the manikin handler positions the half full manikin horizontally, on its back, with the base of the manikin against the turn wall and with its head in the direction of the finish. A handler will hold the manikin for stability with their hands and maintains it in the correct position until the competitor intentionally touches the manikin.

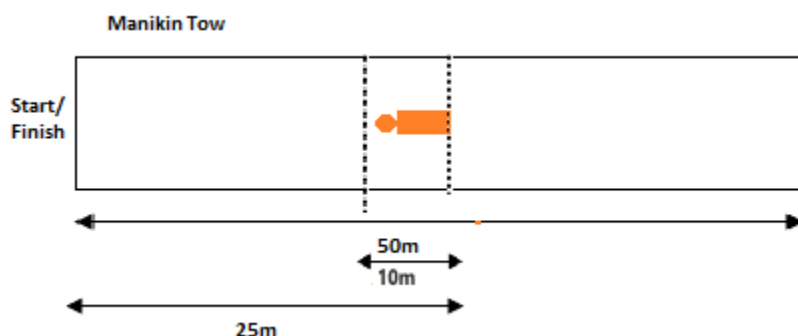
Refer to Rule 4.7 and 8.8 for full conditions that apply to competitor handlers.

#### 8.13.2 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 8.3 to 8.9, the following behaviour will result in disqualification:

- Taking assistance from any pool fitting, (e.g., lane, rope, steps) when grasping the manikin
- The handler holding or releasing the manikin incorrectly
- The handler pushing the manikin towards the competitor or making deliberate contact with the manikin after the competitor has touched the manikin
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line
- Using an incorrect carrying technique as described in Rule 8.9.3
- Carrying the manikin face down
- Releasing the manikin before touching the finish wall
- Failure to touch the finish wall

## 8.14 50M MANIKIN TOW WITH FINNS



### EVENT DESCRIPTION

With a dive start, the competitor swims 25m freestyle with fins and rescue tube. After touching the designated 25m mark, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin floating on the surface and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

#### 8.14.1 POSITIONING THE MANIKIN and HANDLER ACTIONS

The handler is positioned in the water, behind the turn line or crossbar, and holds the manikin so that their hands can be clearly seen above the water surface and 25m line. Before the start and during the race, the manikin handler positions the manikin (vertically and facing the turn wall/turn line) anywhere within the allotted lane and floating at its natural buoyancy.

The handler may release the manikin after the competitor touches the turn wall/rope **but must release contact immediately the competitor has deliberately made contact with the manikin to secure it for the tow.**

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

Refer to Rule 4.17 and 8.8 for full conditions that apply to competitor handlers.

#### 8.14.2 WEARING RESCUE TUBES

Refer to Rule 8.9.2 for smaller competitors who need to modify the rescue tube harness because they find it difficult to keep the harness on while in the start position.

#### 8.14.3 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 8.3 to 8.9, the following behaviour will result in disqualification:

- Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings).
- Manikin handler not releasing the manikin immediately after the competitor has touched the designated 25m mark.
- Manikin handler pushing the manikin towards the competitor or the finish wall or assisting the competitor in anyway.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the designated 25m mark.

- Manikin handler interfering with the performance of another competitor or interfering with the judging of the event.
- At 25 m, not touching the designated mark/ cross rope before touching the manikin.
- Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- Not securing the rescue tube around the manikin within the 10 m pickup zone, judged at the top of the manikin's head.
- The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line.
- Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
- Pushing or carrying, instead of towing, the manikin.
- Towing the manikin with the face below the water surface.
- The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- Touching the finish wall without the rescue tube and manikin in place.
- Failure to touch the finish wall.

## 8.15 10M LINE THROW

### EVENT DESCRIPTION

In this timed event (45 seconds), the competitor throws an unweighted line to an endorsed APLSC participant 'victim' (who must be Under 16 years of age) located in the water on the near side of a rigid crossbar located at a 10m distance. The competitor pulls this "victim" back to the finish wall of the pool.

The victim may be of the opposite gender and may wear goggles.

#### 8.15.1 THE START

The line throw event begins with an in-water entry by the victim and a deck start by the competitor.

The start: On the first whistle, the competitors and victims step into the throw zone.

No practice throws are permitted. The "thrower" (competitor) holds one end of the throw line in one hand. The "victim" takes the other end of the line, enters the water and proceeds to the 10 m crossbar. The line is extended between the "thrower" and "victim". The surplus line can be left on either side of the crossbar and, if extended beyond the crossbar, the surplus may be passed either over or under the crossbar.

At the second whistle, competitors take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command "Take your mark". When all competitors (both throwers and victims) are stationary, the Starter gives the acoustic starting signal.

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

The victim treads water on the near side of the rigid crossbar/line in the allotted lane. The victim has contact with the throw line and grasps the crossbar/line with one or two hands.

On an acoustic starting signal: The competitor shall retrieve the line, throws it back to the victim (who grasps it), and then pulls the victim through the water until they touch the finish wall.

**Note:** The victim may release their contact with the cross bar after the starting signal without penalty, but they must be grasping the crossbar with their hand when attempting to gather in the line.

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The victim will be disqualified if he or she attempts to climb out of the water or sit on the pool edge before the referee's signal.

Similarly, the competitor remains in the throw zone until the referee signals the completion of the race.

### 8.15.2 FAIR THROW

Victims may grasp the throw line with their hands only within their designated lane, either in front or behind the crossbar. The lane rope is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line with the other hand.

The victim can slide their hand anywhere along the cross bar but must be grasping the crossbar when touching the line with any part of their body and when grasping the line.

As long as victims remain entirely within their designated lane and does not release their grasp on the crossbar, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.

There is no penalty for pulling the crossbar while attempting to reach the throw line.

Pull through the water: While being pulled to the wall, victims must be on their front grasping the throw line with both hands. Victims may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

**The thrower must pull their victim in using their arms and are not permitted to walk or run with the line grasped in their hands or held around any part of their body or to deliberately walk backwards while hauling their victim into the finish wall.**

Competitors who exit the throw zone (refer below) while pulling their victim into the edge shall be disqualified. Throwers must not interfere with other competitors or use the space allocated to the adjoining lane. This can be demonstrated by the thrower maintaining at least one foot wholly within the inside edge of their throw zone, either on the ground or in the air above their throw zone.

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The competitor will be disqualified if their victim attempts to climb

out of the water past their waist or sit on the pool edge before the official acoustic completion signal.

Similarly, the competitor remains in the throw zone until the official acoustic completion signal.

### **8.15.3 THROW ZONE**

The Throw zone is the area bounded by each competitor's allocated lane. It extends from the vertical edge of the pool to the front of a competitor's lane and is defined at the sides by an unmarked extended line in the middle of the lane ropes on each side of the competitor's lane and to the edge of the pool deck or raised platform. The back line of the throw zone does not need to be marked but a minimum of 2.0m is required beyond the vertical edge of the pool wall to allow for an unimpeded throw and haul in.

While not compulsory, to ensure a clear area for the throw and the haul in, a line on the ground, or temporary rope or tape barrier may be placed approximately 2.0m behind the vertical edge of the pool wall. Backwards movement by the competitor within this area would not be regarded as a disqualification.

For the purposes of judging, competitors must remain on the deck and in their allotted lane, However, the focus is not on the placement of feet on a line but, rather, not interfering with another competitor.

Competitors must keep at least one foot wholly within the inside edge of the throw zone, either on the ground or in the air above the throw zone. Any part of the competitor's feet may cross the front of the 'pool edge' of the throw zone without penalty.

Competitors may reach to retrieve a line dropped outside the throw zone there is no interference with another competitor. Competitors who enter (or fall into) the water shall be disqualified.

### **8.15.4 TIME LIMIT**

Competitors must make a fair throw and tow the victim to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 45-second limit. Competitors who fail to get the victim to the finish wall before the 45-second acoustic completion signal shall be designated as "Did Not Finish" (DNF).

### **8.15.5 EQUIPMENT**

The throw line must be between 16.5m and 17.5m in length.

Competitors must use the throw lines supplied by organisers.

The rigid crossbar is positioned on the surface across each lane 10m from the starting end of the pool. A tolerance of plus 0.10m and minus 0.10m in each lane is allowed.

For more on throw lines, see Section 9 – Facility and Equipment Standards.

### **8.15.6 JUDGING**

A judge shall be assigned to each lane shall be positioned on each side of the pool at approx. the 5 m mark with a clear view of the lane to observe the competitor's actions.

A judge shall be assigned to observe the victims and positioned on each side of the pool at the 10m mark.

A judge shall be assigned (where possible) to oversee the throw area back line and positioned level with the 1.5m back area line.

### 8.15.7 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 8.3 to 8.9, the following behaviour will result in disqualification:

- Victims moving his or her hand from the crossbar before grasping the throw line with the other hand
- Victim grasping the throw line outside the lane
- Victim not on his or her front while being pulled to the finish wall
- Victim not holding the throw line with both hands while being pulled to the finish wall (victim may release the line with one hand for the sole purpose of touching the wall)
- Victim “climbing” the throw line hand-over-hand
- Competitor exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second acoustic completion signal
- Victim exiting the water before the 45-second acoustic completion signal
- Competitor executing practice throw(s)
- Failure to touch the finish wall

**Note:** Failure to get the victim to the finish wall before the 45-second completion signal shall be designated “Did Not Finish” (DNF).