

SECTION 4

AUSTRALIAN POOL LIFE SAVING CHAMPIONSHIPS SPEED EVENT RULES AND REGULATIONS

Yellow highlighted text indicates significant 2025 ILS rules change.

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4.1 GENERAL CONDITIONS

Team management and athletes are responsible for being familiar with the competition schedule, and with the associated rules and regulations that govern events. Events described in this section are according to the event rules found in of the [ILS Competition Rule Book Sections 3 - Pool Events](#) (current edition).

4.2 ILS CONSISTENCY

All Competition Event Rules and regulations will be reviewed, and clarification provided on an 'as need' basis in order to stay consistent with the current edition of the ILS Competition Rule Book. Notification of any changes will be made via the [Royal Life Saving Society - Australia](#) website and to the NSC.

4.3 GENERAL COMPETITON RULES

Team management and competitors are responsible for being familiar with the competition schedule, and with the associated rules and regulations governing events.

- A fault by a competitor may be expunged if that fault followed, or was caused by, an error by an official
- A competitor who interferes with another competitor during a race shall be disqualified.
- Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.
- 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.
- Officials are not responsible if, due to late arrival to marshalling, competitors or team are not in attendance for the start of a race or are improperly attired.
- No protest or appeal is permitted by a competitor/team/handler if they are not in attendance for the start of a race or are improperly attired.
- Start decisions by the Event Director, Starter or Chief Referee (or Chief Referees designate) are not subject to protest or appeal.
- Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- Unless otherwise specified in events rules, competitors must remain in their designated lane for the entire race and, at the conclusion of the race; competitors and their equipment shall remain in the water in their lane until instructed to leave.
- Competitors MUST exit by the sides of the pool, not over timing pads at the pool end.
- 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) to assist an athlete's performance is not permitted. This includes, but is not limited to, a substance applied to either equipment or a competitor's body (hands or feet) to improve grip.

- At the discretion of the Chief Referee body tape used for preventative, medical or therapeutic/kinesiology purposes is allowed as long as it does not provide a competitive advantage to improve grip, grasping or propulsion.

NOTE: This means that, tapes on the body (including limbs but not extremities) may be acceptable. However, tape may not be permitted on;

- Multiple fingers (two or more fingers taped together) as they may aid swimming and/or grip on a manikin.
 - A single finger if it improves manikin/equipment grasping and manikin carry.
- The Chief Referee may permit a competitor or team to re-swim/rethrow a race, with the new time becoming the official time, due to:
 - The failure of equipment provided by the organising committee.
 - Interference by an official or another competitor.

4.4 OFFICIAL START AND COMPLETION OF THE COMPETITION

A competition is deemed to begin at the beginning of the initial Coaches and Manager's briefing which is considered the first event of the Championships.

The official conclusion of a competition is 20 minutes following the competition event.

However, issues under protest, appeal or disciplinary review shall delay the completion to final resolution which shall be deemed to fall within the official competition time.

4.5 ATTIRE

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







4.5.1 SWIMWEAR






Each competitor must have swimwear suitable for competition as outlined in the [ILS Competition Rule Book Section 8](#).

In summary swimwear must meet the following specifications:

- Stamped as being WA or FINA compliant for Stillwater swimming.
- **Male swimwear:** may not extend above the navel or below the knee (see chart below).
- **Female swimwear:** shall not cover the neck, shoulders or arms nor extend below the knees. The two-piece style top and/or bottom for women that conform to this standard may also be worn (see chart below).
- **Modesty swimwear:** Both male and female competitors may wear swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.

Note: For religious and/or cultural diversity reasons, RLSSA will consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					

Female Swimsuits				
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed	Allowed	Allowed
				

4.5.2 PROTECTIVE CLOTHING

Vests, T-shirts and shorts, long leg tights and/or leg stockings are permitted to be worn in the pool line throw event and by manikin handlers. Good grip shoes may be worn by manikin handlers and by competitors in the line throw if the Chief Referee and Safety Officer give permission due to safety issues.

4.5.3 SWIMMING CAPS

Competitors are required to wear a swim cap in all events to assist with identification, judging of competitors and teams as well as for safety reasons. Team/club swim cap may be of any style (latex, silicone or cloth ocean). Ocean caps must be securely fastened under the chin.

All competitors from the same team shall wear their team swim caps in each event.

Competitors names on caps are permitted.

In all events, caps must be worn on the competitor's head at the start of each event. A competitor shall not be disqualified if the cap is inadvertently displaced or lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Swimming caps cannot be used as a rescue aid in the SERC.

Victims must wear a team cap to assist in event management, lane allocation and event judging.

4.5.4 PRESCRIPTION GLASSES

Prescription spectacles may be used in events; however, the Chief Referee MUST be notified prior to event marshalling, especially for SERC events.

4.5.5 CONTACT LENSES

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

4.5.6 GOGGLES

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

4.5.7 JEWELLERY

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

4.5.8 FINGERNAILS AND TOENAILS

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

4.5.9 OTHER ITEMS

At the discretion of the Chief Referee additional items of clothing or attire may be approved due to local conditions (e.g. sunglasses, hats, good grip shoes, etc).

4.5.10 FINS

Each athlete must provide their own fins, and it is their responsibility to ensure that their fins are compliant.

Swim fins are to be measured with the shoe or ankle strap extended but not stretched.

Swim fins will not be permitted if they are considered a safety hazard or do not conform to the specifications found below and in the [ILS Competition Rule Book Section 8](#).

The use of fins found to be non-compliant is not permitted and athletes found to have competed with non-compliant fins will be disqualified.

Protests against rulings of fin ineligibility are permitted.

The swim fins are applicable to the following age divisions events and must comply with the general profiles and dimensions described below.

JUNIOR EVENTS

Swim fins used in events for U14 or younger should be of a rubber material, the type usually used for general swimming and swim training. Fins that are specific for the purpose of diving, surfing, bodyboarding and/or have stiff and/or elongated blades, will not be permitted for use in junior events.

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

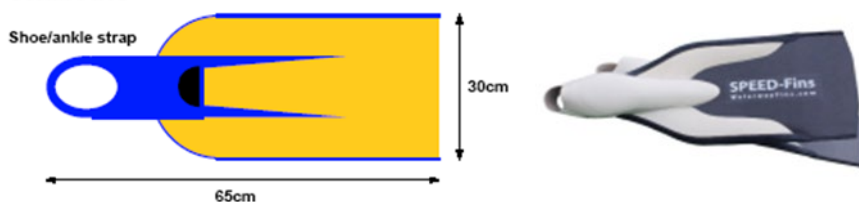
- Maximum length of 50cm including the shoe
- Maximum width of 25cm at the widest point of the blade.



SENIOR EVENTS

The swim fins used in events for U16, U19, Open and Masters must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted below:

SWIM FIN



The fins must comply with the following summary of the required dimensions:

- Maximum 65cm overall length including “shoe” or ankle strap (extended).
- Maximum 30cm width at the widest point of the blade.

Fins must be free of defects (e.g., fraying and sharp edges) which, if present, may constitute a safety hazard.

4.5.10a 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. They shall be checked for dimensions using a fin box or measuring device designed for the purpose. Fins are measured while not being worn and are to be measured with the shoe or ankle strap extended but not stretched.

Any fins found to be non-compliant will not be permitted.

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

The scrutineer may affix a stamp or 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.

4.6 VICTIMS

In events where victims are used, they shall be of the same gender.

Victims must wear the team/club cap of their competitor (refer to Rule 4.4.3).

Victims need not be an athlete in the competitor’s team but must be an endorsed participant at the Championships. Both victims and rescuers should marshal together when called unless advised by the Chief Referee that this is not required.

4.7 MANIKIN HANDLERS

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

The handler must be a registered participant of the competition and appropriately clothed for their own safety. They should be a member of the competitor's team or, with the Chief Referee's approval, can be a non- team member such as member of another team or spectator.

Manikin handlers are **not required to wear a team cap**. For outdoor venues RLSSA encourages handlers to wear a cap with a brim or sunhat as well as sunscreen for sun safety.

In events where the manikin requires a handler their role is to assist by positioning and holding the manikin according to the event rules.

A manikin handler:

- Should understand their role as their actions could result in the disqualification of their competitor.
- Must comply with all race instructions given by officials.
- Should hold the manikin with at least one hand.
- Should make every effort to ensure that any part of their person, the manikin they are holding and/or any water movement they cause does not impede or interfere with any other competitor in the race.
- May not push the manikin toward the competitor or the finish wall.
- May be required to enter the water to hold the manikin effectively during modified events.

For **tow** events the handler;

- May not intentionally enter the water during the event.
- Holds the manikin upright anywhere within the allotted lane.
- Ensures the face of the manikin is facing towards the turning edge/wall at the time the competitor touches the turning wall.
- Ensures that the manikin is floating upright at its natural buoyancy position with the top of its transverse line at the surface.
- May let go of the manikin after the competitor has touched the turning wall.
- Must release contact with the manikin immediately once the competitor has deliberately made contact with the manikin to secure it for the tow.
- If required to enter the water for a modified tow event they must hold the manikin with their hands above the surface of the water.

For **modified carry** events:

- The handler holds the manikin horizontal on the surface of the water in the middle of the competitor's allotted lane.
- The handler's hands may be located under the manikin so that it balances on their hands.
- The face of the manikin must be facing upwards and towards the direction that the competitor will be carrying the manikin.
- The manikin handler is to release contact with the manikin once the competitor has deliberately made contact with the manikin.

- The handler may not provide any assistance with the forward movement of the manikin.

4.8 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.

4.10 MANIKIN EVENT CRITERIA

There are 2 main techniques for transporting manikins when required in events. The following rules and criteria apply to speed events involving a manikin carry ([Rule 4.16](#)) or manikin tow ([Rule 4.17](#)). Disqualification will result where these competitors use techniques which do not comply with these rules.

4.10.1 MANIKIN POSITIONING

The following describes the required manikin positions at the start of an event involving a manikin carry or manikin tow. The only exception is in the 4 x 25m Manikin Relay where the manikin must be held as described in the event description.

MANIKIN CARRY POSITION

In events requiring a manikin to be positioned on the pool bottom for a manikin carry the manikin is:

- Located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- Completely filled with water and sealed so that it lays flat in the middle of the competitor’s allotted lane on the pool bottom with no sideways movement.
- Positioned on its back with the transverse line in the middle on the required line.
- The manikin’s head must be face up and facing the direction of the competitors swim when they are undertaking the carry.

MANIKIN TOW POSITION

In events requiring a manikin to be towed [the manikin may be positioned anywhere within the allotted lane and](#) the manikin is:

- Filled with water and sealed so that it floats upright at its natural buoyancy
- The top of its transverse line is at the surface.

- The face of the manikin is facing toward the turning wall at the time the competitor touches the turning wall.

4.10.2 MANIKIN CARRY EVENTS – COMPETITOR REQUIREMENTS

In events where the manikin is carried, the manikin (as a victim) is presumed to be non-breathing. Water over the manikin is not a judging criterion.

When judging the manikin carry, the competitor and manikin are treated as one unit/entity. Either must remain above the surface of the water.

The manikin must be positioned as described in **Rule 4.14.1**.

4.10.2a SURFACING THE MANIKIN

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

- Break the surface of the water while holding the manikin with at least one hand and/or arm before the top of the manikin's head passes the designated the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10m line (Manikin Carry with Fins).
- Have the manikin in a correct carrying position when the top of the manikin's head passes the designated 5m/10m line.
- Remain at the surface beyond the designated 5m/10m line.

4.10.2b CARRYING THE MANIKIN

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

The competitor must maintain a correct carry position with the manikin at all times beyond the designated 5m/10m line until touching the finish wall/edge or the turning wall/edge (as appropriate).

The correct carry position is described as competitors must:

- Carry the manikin with at least one hand and/or arm always in contact with the manikin.
- Have their head forward of the top of the manikin's head.
- Carry the manikin with the head of the manikin facing the direction of the carry (i.e. The manikin cannot be carried with the bottom of the manikin facing the direction of the carry).
- Must not grip the manikin by the sealing plugs.

It is permitted for the manikin to be gripped or grasped by the throat (neck), mouth, nose, eyes or carried with an arm over or around the manikin's throat (neck). It is also permitted for the face of the manikin to be held against the body of the competitor.

If the competitor and manikin are **both fully** "below the surface", it is a disqualification.

However, there is no disqualification if:

- Both the competitor and the manikin dips below the surface as part of the normal stroke or kick cycle provided that the competitor breaks the surface on each stroke cycle throughout the race with some part of his or her body such as their head or arm.
- Both the competitor and manikin are below the surface as the result of the competitor's final stroke/lunge to touch the turning or finish wall/edge or for a relay exchange. Provided

that the lunge is within 5m of the finish or manikin exchange which is judged when the top of the manikin's head passes within the 5m.

4.10.2c RELAYS INVOLVING CARRYING THE MANIKIN

In the 5m start zone of the Manikin Relay or in the changeover zone of the Manikin Relay and Life Saver Relay events the following applies:

Competitors must maintain contact (at least one hand and/or arm) with a manikin at all times **including during the manikin exchange.**

Competitors are not judged on any other manikin carry criteria.

Once the manikin's head passes the start or changeover zone the manikin carry judging criteria is applied.

The final relay competitor must maintain a correct carry position beyond the designated change over zone until touching the finish wall/edge.

4.10.3 MANIKIN TOW EVENTS- COMPETITOR REQUIREMENTS

In events where the manikin is towed, the manikin (as victim) is presumed to be breathing. Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.

4.10.3a WEARING A RESCUE TUBE

Rescue tubes must be donned correctly, at the competitor's discretion, either with harness looped over one or two shoulders, or over the shoulder and across the chest.

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

4.10.3b STARTS FOR MANIKIN TOW EVENTS

At the start of events involving manikin tows the placement of the rescue tube depends on the event requirements of whether the rescue tube is placed on the pool deck or worn by the competitor. In both cases, the rescue tube and rescue tube line is positioned at the competitor's discretion within the competitor's allotted lane. Competitors should ensure a safe and correct positioning of the tube and line. The rescue tube remains unclipped until secured around the manikin or victim.

Competitors shall be disqualified if the rescue tube tow line is tied, knotted or clipped within itself to intentionally shorten the line prior to the commencement of a race.

Starts with rescue tube positioned on pool deck:

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

After touching the turn wall and remaining in the water, the competitor dons their fins and rescue tube before continuing their race, and then depending on the event, either continues their swim or grasps the manikin.

Starts when a rescue tube is worn:

Provided the rescue tube harness is donned correctly, the tube and line may be positioned at the competitor's discretion for the start. The positioning includes, but not limited to, the line being wrapped around their body, tucked into swimsuits or any other safe location of their choosing. The tube may also be slung over the competitor's shoulder or placed on the starting block or pool deck.

4.10.3c SECURING THE MANIKIN

Before beginning the tow, competitors must secure the manikin correctly within the 10m pick-up zone.

Competitors must complete a freestyle swim by touching the pool wall before touching the manikin.

The competitor secures the manikin correctly with the rescue tube around the body and under both arms of the manikin and the O-ring clipped.

Competitors may go back into the 10m change over zone to re-secure the manikin provided the manikin's head has not passed the 10m line.

The handler may release the manikin after the competitor touches the turn wall but must release contact immediately once the competitor has deliberately made contact with the manikin.

Unintentionally touching the manikin before touching the turning wall/edge is not a disqualification.

4.10.4d TOWING THE MANIKIN

The rescue tube must be correctly attached to the manikin by the time the top of manikin's head passes the 10m line.

Beyond the 10m pick-up zone, competitors must tow the correctly secured manikin with the face above the water surface.

Competitors shall not be disqualified if:

- The rescue tube slips during the tow so that the manikin is secured under only one arm, provided that the rescue tube was "secured correctly" at the 10m line and the face of the manikin remains above the water surface.
- The manikin rotates in the rescue tube provided that the rescue tube was "secured correctly" at the 10m line and the face of the manikin remains above the water surface.
- The manikin does not need to be carried headfirst provided that the rescue tube was "secured correctly" at the 10m line and the face of the manikin remains above the water surface.

Competitors shall be disqualified if:

- The rescue tube and manikin become separated.
- The manikin rotates in the rescue tube resulting in the manikin's head being face down below the water surface.

Provided the top of the manikin's head has not passed the 10m line, it is not a disqualification where the minimum pool depth allows the competitor to stand/walk within the 10m change-over or clip-up zone while securing the rescue tube around the manikin or relay victim. Competitors may not stand/walk after the victim or manikin's head has passed the 10m line.

Provided the manikin is secured as described and the rope of the rescue tube has not been intentionally shortened by the competitor prior to the commencement of a race for the purpose of towing the manikin (e.g. looping and tying/knotting or clipping the line rope) the line /rope does not need to be fully extended during the tow.

Competitors shall not be disqualified if the line of the rescue tube becomes unintentionally wrapped around the manikin or is otherwise shortened by a competitor during the conduct of a race.

4.11 STARTS

The start of all Championship events is the responsibility of the Starter.

At the Australian Pool Life Saving Championships 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 a technical or equipment fault, the competitors shall be called back, and the race shall be started again.

The signal to call back competitors shall be the same as the starting signal but repeated, along with dropping the false start rope. If the Chief Referee (or their designate) decides that the start is not fair, then they shall blow an extended long whistle, to be followed by the starter's signal (repeated).

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 use 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.

4.11.1 START PROCEDURE

The definition of a start, unless otherwise defined in an event description is as follows.

Prior to the start of each race, the Event Director or designated official shall:

- Check that all technical officials are in position.
- Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- Check that all equipment is in a safe and correct position.
- Notify competitors to remove all clothing except for swimwear, position their equipment, if required, and get ready to race. This may be done by three short whistle blasts.

- When competitors and technical officials are ready for a legal start, the Event Director shall:
- Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or for the Manikin Relay enter the water.
- Signal the Starter (that the competitors are under the Starter's control) with an outstretched arm in the direction of the course.

Note 1: At the discretion of the Chief Referee “over the top” starts may be used.

Note 2: Provided that the correct marshalling procedures and the above start procedure is used, officials are not responsible if a competitor, team or handler are not in attendance or ready for the start of a race. No protest is permitted.

4.11.2 DIVE START PROCEDURE

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 long whistle, competitors step onto the starting platform (or their alternative position) and remain there.

On the Starter's command “Take your mark”, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the Starter gives the acoustic starting signal.

4.11.3 IN-WATER START PROCEDURE:

The Line Throw and Manikin Relay events begin with an in-water start as follows:

- On the first long whistle, the competitors in the manikin relay and line throw victims enter the water and prepare for the start.
- At the second long 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 are stationary, the Starter gives the acoustic starting signal.

The Line Throw event conditions are as follows:

- The in-water entry by the victim and a deck start by the competitor
- On the first whistle, the competitor and victim step into the throw zone.
 - The thrower (competitor) holds one end of the throw line.
 - The victim takes the line, enters the water and extends the surplus line over and beyond the crossbar/line in the allotted lane.
 - No practice throws are permitted.
- The victim treads water on the near side of the rigid crossbar/toggle in the allocated lane. The victim must hold onto the cross bar/toggle.

Note: See event description for the more detailed start procedure for Line Throw [\(Rule 4.26\)](#).

The Manikin Relay start conditions are as follows:

- All competitors must have entered the water in the respective positions before the second whistle can be given.
- The first competitor starts in the water holding a manikin at the surface with one hand and the pool edge or starting block with the other hand.

4.11.4 START DISQUALIFICATIONS

Start decisions by the Starter or Event Director are not subject to protest or appeal.

- All competitors who start (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified.
- If the disqualification is declared after starting signal, the race shall continue, and the competitor(s) shall be disqualified upon completion of the race.
- If the disqualification is declared before the starting signal, the signal shall not be given and the competitor involved will be informed of their disqualification and shall be removed from the starting line-up. The remaining competitors shall be called back to start again.
- The signal to call back the competitors shall be the same as the starting signal but repeated, along with dropping of the false start rope. Alternatively, if the Chief Referee or Chief Referee's designate decides that the start is not fair, then they shall blow a whistle, to be followed by the Starter's signal (repeated).
- For the 100 m Manikin Carry with Fins event, the call-back signal will be by an underwater acoustic signal whenever possible. Competitors will be advised if an alternate call back signal is used.
- If installed on starting blocks, the electronic pressure system may be used to assist adjudication on starting and relay changeover breaks.

4.12 POOL EVENTS – DETAILED RULES AND REGULATIONS

The following pool events are described in this section:

- | | | |
|---------|---------------------------------|----------------------------|
| • 4.19 | Obstacle Swim – 200m and 100m | ILS event S3 - 7 |
| • 4.20 | Manikin Carry – 50m | ILS event S3 - 8 |
| • 4.21 | Rescue Medley – 100m | ILS event S3 - 9 |
| • 4.21a | Modified Rescue Medley – 50m | RLSSA event |
| • 4.22 | Manikin Carry with Fins – 100m | ILS event S3 - 10 |
| • 4.23 | Manikin Tow with Fins – 100m | ILS event S3 - 11 |
| • 4.24 | Super Lifesaver – 200m | ILS event S3 - 12 |
| • 4.25 | Manikin Lifesaver Medley – 100m | ILS event S3-13 |
| • 4.26 | Line Throw – 12.5m | modified ILS event S3 – 14 |
| • 4.27 | Manikin Relay – 4 x 25m | ILS event S3 - 15 |
| • 4.28 | Obstacle Relay – 4 x 50m | ILS event S3 - 16 |

- 4.29 Medley Relay – 4 x 50m ILS event S3 - 17
- 4.30 Fin Relay - 8 x 50m RLSSA event
- 4.31 Pool Lifesaver Relay – 4 x 50m ILS event S3 – 18
- 4.32 Rescue tow relay – 4 x 50m ILS event S3.19

4.12.1 EVENT EQUIPMENT AND MEASUREMENTS

The equipment requirements for each event are found in [Section 9](#) – Facility and Equipment Standards for Pool Life Saving Competition.

All event markings and measurements should be clearly visible on pool deck. If normal pool venue fixtures are not suitable for these requirements, then the event measurements for pick-up or change over zones will be clearly marked with flags, cones or poles.

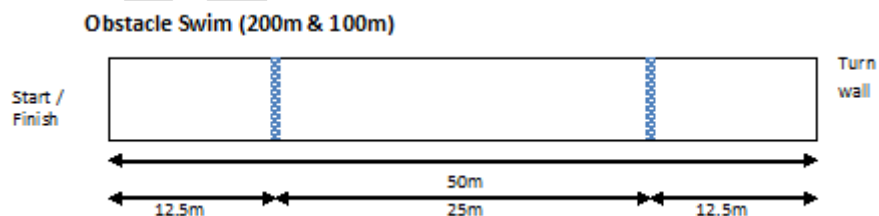
Competitors must use the manikins, rescue tubes and throw ropes supplied by organisers.

4.12.2 GENERAL EVENT RULES

The following rules are applicable to multiple events.

- **Pushing off bottom:** Competitors may take assistance from the pool bottom when surfacing after picking up a manikin or going under an obstacle or where specifically allowed in the event rules (e.g. 4 x 25 m Manikin Relay).
- **Taking assistance from pool fitting:** Taking assistance from any pool fitting is not permitted (e.g., lane ropes, steps, drains or underwater hockey fittings), unless prescribed in an event rule.
- **Retrieving lost fins:** Where a competitor loses their fins after the start they may either continue to swim without the fins or may retrieve and then continue without disqualification so long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.
- **Rescue tube defect:** If in the opinion of the Chief Referee, the rescue tube, line and/or belt supplied by the organising body presents a technical defect during a race, the Chief Referee may allow the competitor to start again in another heat.

4.13 200M AND 100M OBSTACLE SWIM



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims either the 200 m course or the 100m course passing under the immersed obstacles to touch the finish wall of the pool.

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

Competitors may push off the pool bottom 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.

4.13.1 EQUIPMENT PLACEMENT

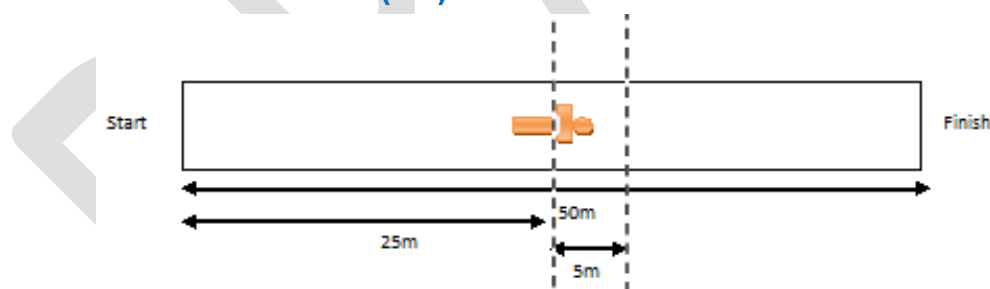
Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5 m from the start wall, with the second obstacle located 12.5 m from the opposite end. The distance between the two obstacles is 25m.

4.13.2 DISQUALIFICATION

In addition to the General Rules in [Section 1 and Rules 4.1-4.11](#), 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 before passing under an obstacle.
- Failure to surface after each obstacle.
- Failure to touch the wall during the turn.
- Failure to touch the finish wall.

4.14 50M MANIKIN CARRY (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

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

4.14.1 POSITIONING OF THE MANIKIN

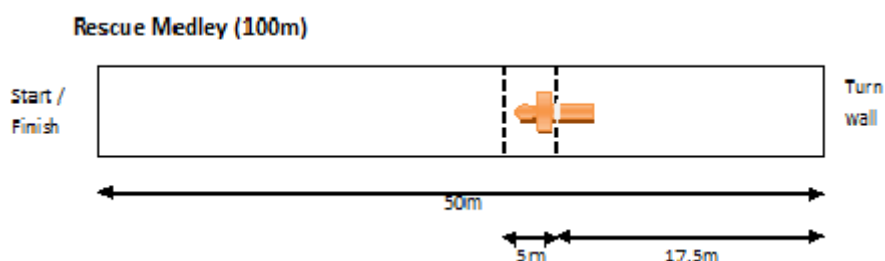
The manikin is positioned on its back, with the transverse line in the middle of the manikin’s thorax on the 25 m line.

4.14.2 DISQUALIFICATION

In addition to the General Rules in [Section 1 and Rules 4.1-4.11](#), the following behaviour will result in disqualification:

- Not surfacing before diving to the manikin.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- Using an incorrect carrying technique as described in Rule 4.16.
- Releasing the manikin before touching the finish wall.
- Failure to touch the finish wall.

4.15 100M RESCUE MEDLEY (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall.

The competitor must break the surface of the water after the dive entry and before touching the 50m turning wall and turning to dive and recover the manikin.

At or during the turn, competitors may breathe or take multiple breaths before but must not breathe after their feet and/or hands leave the turn wall. They must swim underwater without a breath from the turn until they surface with the manikin.

Competitors may **not push off the bottom during the underwater approach to the manikin.**

The competitor surfaces the manikin within the 5m pick-up zone and then correctly carries it the remaining distance to touch the finish wall.

4.15.1 POSITIONING THE MANIKIN

The manikin is positioned on its back with the transverse line in the middle of the manikin's thorax located on the 17.5 m line.

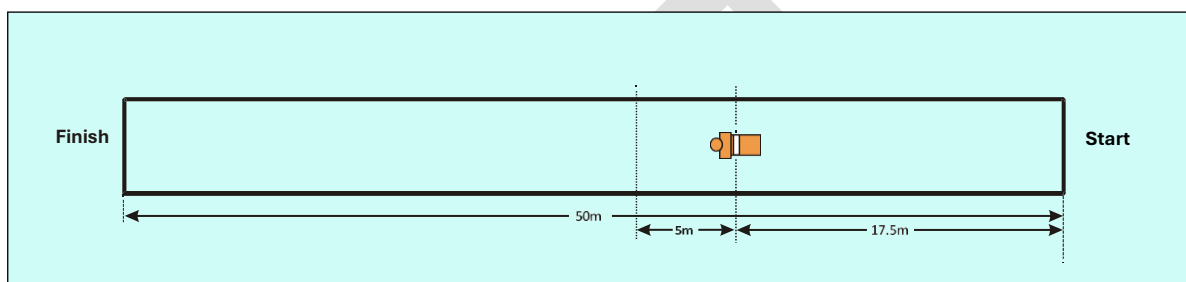
4.15.2 DISQUALIFICATION

In addition to the General Rules in [Section 1 and Rules 4.1-4.11](#), the following behaviour will result in disqualification:

- Surfacing after turning and before surfacing the manikin.

- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin’s head passes the 5 m line.
- Using an incorrect carrying technique as described in Rule 4.16.
- Releasing the manikin before touching the finish wall.
- Failure to touch the finish wall.

4.15a 50M MODIFIED RESCUE MEDLEY (RLSSA)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims freestyle underwater to a submerged manikin located at 17.5m from the start wall.

The competitor must not break the surface of the water after the dive entry until they have recovered the manikin.

They must swim underwater without a breath from the turn until they surface with the manikin.

Competitors may not push off the bottom during the underwater approach to the manikin but may push off the bottom to surface the manikin.

The competitor surfaces the manikin within the 5m pick-up zone and then correctly carries it the remaining distance to touch the finish wall.

4.15a.1 POSITIONING THE MANIKIN

The manikin is positioned on its back with the transverse line in the middle of the manikin’s thorax located on the 17.5m line.

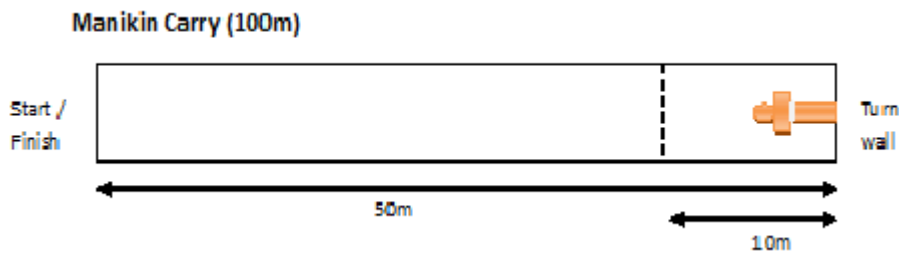
4.15a.2 DISQUALIFICATION

In addition to the General Rules [Section 1, and Rules 4.1 to 4.11](#), the following behaviour will result in disqualification:

- Surfacing after the start and before surfacing the manikin.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.

- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- Using an incorrect carrying technique as described in Rule 4.16
- Releasing the manikin before touching the finish wall.
- Failure to touch the finish wall.

4.16 100M MANIKIN CARRY WITH FINNS - (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin. The competitor surfaces the manikin within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool. Competitors need not to surface after the start before touching the manikin and do not need to touch the turn wall of the pool.

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

4.16.1 POSITIONING THE MANIKIN

The manikin is positioned on its back in contact with the pool bottom, with its base touching the pool wall and its head in the direction of the finish.

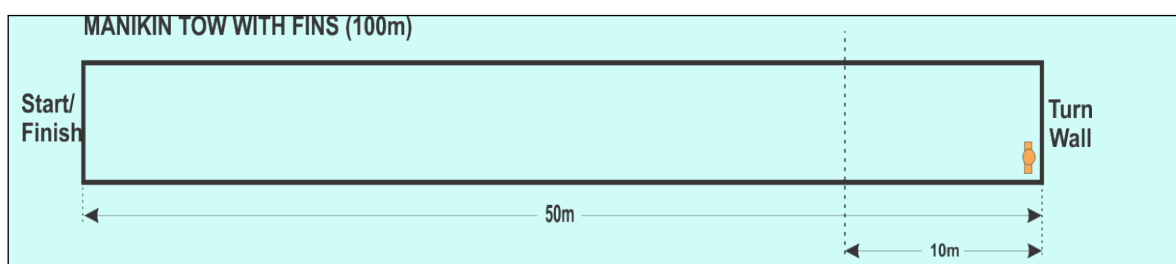
Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 300mm from the wall as measured at the water surface.

4.16.2 DISQUALIFICATION

In addition to the General Rules in [Section 1, and Rules 4.1 to 4.11](#) the following behaviour will result in disqualification:

- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- Using an incorrect carrying technique as described in Rule 4.16.
- Releasing the manikin before touching the finish wall.
- Failure to touch the finish wall.

4.17 100M MANIKIN TOW WITH FINS – (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and rescue tube. Competitors need not surface before touching the turning wall/edge

After touching the turn wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin. Unintentionally touching the manikin before touching the turning wall/edge is not a disqualification.

The manikin must be correctly secured by the time the manikin's head passes the 10m line.

Beyond the 10m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The event is complete when the competitor touches the finish wall of the pool.

4.17.1 POSITIONING THE MANIKIN

Each competitor is responsible for providing a handler familiar with the event requirements to assist in positioning their manikin correctly anywhere within their allotted lane (refer to Rule 4.14).

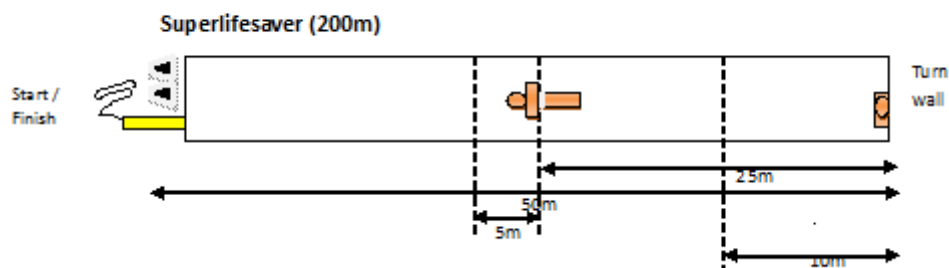
4.17.2 DISQUALIFICATION

In addition to the General [Rules Section 1, and Rules 4.1 to 4.11](#), the following behaviour will result in disqualification:

- Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
- Competitor clipping the rescue tube into the ring before touching the turn wall.
- Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.
- Manikin handler pushing the manikin towards the competitor or the finish wall.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- At 50 m, not touching the pool wall before intentionally 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 being intentionally shortened prior to the commencement of a race for the purpose of towing the manikin.
- Towing the manikin with part of the face below the water surface (refer to Rule 4.17).
- 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.

4.18 200M SUPERLIFESAVER – (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

Remaining in the water, the competitor dons their fins and rescue tube and then swims 50m freestyle. After touching the wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

The event is complete when the competitor touches the finish wall of the pool.

4.18.1 PLACEMENT OF FINS AND RESCUE TUBES

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

4.18.2 POSITIONING THE MANIKINS

For the carry 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.

Each competitor is responsible for providing a handler familiar with the event requirements to assist in positioning their manikin correctly anywhere within their allotted lane (refer [Rule 4.12](#) and [4.14.2](#)).

Before the start and during the race, the manikin handler positions the manikin (vertically and facing the turn wall) anywhere within the allotted lane.

4.18.3 SURFACING AND SECURING THE MANIKINS

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

The competitor must touch the pool wall before touching the tow manikin. They then secure the manikin correctly. Unintentionally touching the manikin before touching the turning wall/edge is not a disqualification.

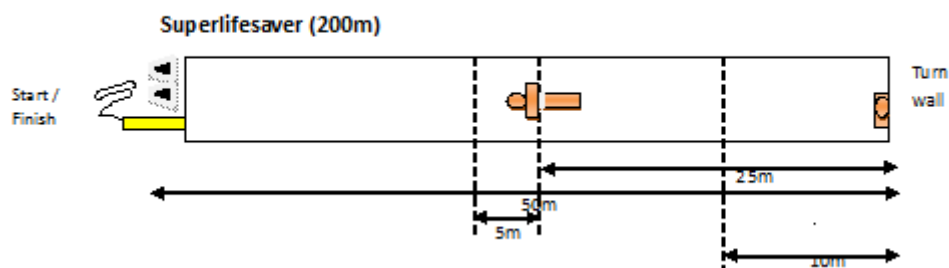
Beyond the 10m pick-up zone, competitors must tow the correctly secured manikin face up to the finish.

4.18.4 DISQUALIFICATION

In addition to the General **Rules in Section 1, and Rules 4.1 to 4.11** the following behaviour will result in disqualification:

- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings), 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 pick-up zone.
- Using an incorrect carrying technique as described in **Rule 4.16.**
- Towing the manikin with face below the water surface (refer to **Rule 4.17**).
- Releasing the first manikin before touching the turn wall
- Competitor clipping the rescue tube into the ring before touching the turn wall
- Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.
- Manikin handler pushing the manikin towards the competitor or the finish wall.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- At 150m, not touching the pool wall before intentionally 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 10m pickup zone judged at the top of the manikin's head.
- The line of the rescue tube being intentionally shortened prior to the commencement of a race for the purpose of towing the manikin.
- 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.

4.19 100M MANIKIN LIFESAVER MEDLEY – (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged manikin. The competitor must break the surface after the dive entry and before diving to recover the manikin.

The competitor surfaces with the manikin within the 5m pick-up zone and must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m line. The manikin is then carried to the turn wall in the correct position as detailed in the general conditions (refer to [Rule 4.16](#)).

After touching the turn wall, the competitor discards the first manikin. Remaining in the water, the competitor then dons their fins and rescue tube before grasping the second manikin.

Unintentionally touching the second manikin before touching the turning wall/edge is not a disqualification.

Then within the 10m changeover zone, fixes the rescue tube correctly around the second manikin.

The manikin must be correctly secured by the time the top of manikin's head passes the 10m line. Beyond the 10m pick-up zone, competitors must tow the manikin as detailed in the general conditions (refer to [Rule 4.17](#)).

The event is complete when the competitor touches the finish wall of the pool.

4.19.1 PLACEMENT OF FINNS AND RESCUE TUBES

Prior to the start, the manikin handler must place the fins and rescue tube on the pool deck at the 50m turning edge (not on the starting block/podium) within the confines of their allotted lane.

4.19.2 POSITIONING THE MANIKINS

Carry: The manikin is positioned on its back, with its head in the direction of the turning wall with the top of transverse line on the 25m line.

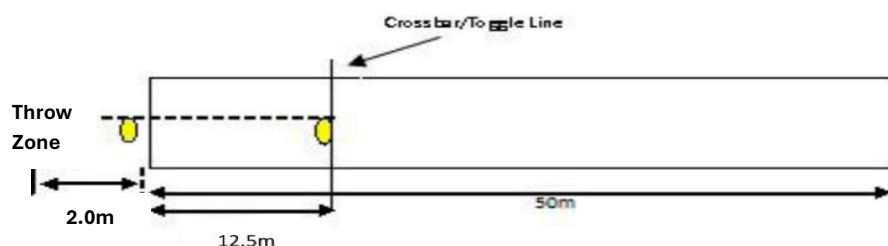
Tow: Each competitor is responsible for providing a handler familiar with the event requirements to assist in positioning their manikin correctly anywhere within their allotted lane (refer to [Rule 4.12 & 4.14.2](#)).

4.19.3 DISQUALIFICATION

In addition to the General Rules in [Section 1](#), and [Rules 4.1 to 4.11](#) the following behaviour will result in disqualification:

- Not surfacing before diving to the first manikin.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings), 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 5 m pick-up zone.
- Using an incorrect carrying technique as described in [Rule 4.16](#).
- Releasing the first manikin before touching the turn wall
- Competitor clipping the rescue tube into the ring before touching the turn wall
- Manikin handler not releasing the manikin after the competitor has intentional touched the manikin.
- Manikin handler pushing the manikin towards the competitor.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has grasped the second manikin.
- Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor.
- At 50 m, not touching the pool wall before intentionally touching the second 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 being intentionally shortened prior to the commencement of a race for the purpose of towing the manikin.
- The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- Towing the manikin with the face below the surface.
- Pushing or carrying, instead of towing the manikin.
- Touching the finish wall without the rescue tube and manikin in place.
- Failure to touch the finish wall.

4.20 LINE THROW – 12.5m (RLSSA)



EVENT DESCRIPTION

In this timed event (45 seconds), the competitor throws an unweighted rope to an endorsed competitor (participant) of the same gender located in the water on the near side of a rigid crossbar/line located 12.5 m distant.

At the start signal the thrower shall retrieve the rope, throw it back to the victim. If it is a fair throw the victim grasps the rope and then the competitor pulls the “victim” back to the finish wall of the pool.

4.20.1 VICTIMS

Victims may wear swim goggles. As this is an RLSSA individual event the victim must be an endorsed competition participant.

4.20.2 EQUIPMENT

Refer to [Rule 9.6](#) for full equipment requirements.

Throw rope: The throw rope must be between 16.5m and 17.5m in length. Competitors must use the throw ropes supplied by organisers.

The crossbar: The rigid crossbar is positioned on the surface across each lane 12.5m from the starting end of the pool. If a rigid crossbar is not available, it is permissible for a more flexible line to be used. A tolerance of plus 0.10m and minus 0.10m in each lane is allowed.

4.20.3 THROW ZONE

The Throw zone is the area bounded by each competitor’s allocated lane. It extends from the vertical edge of the pool wall 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 is 2m beyond the vertical edge of the pool wall to allow for an unimpeded throw and haul in. The back line of the throw zone is to be marked as a reference point for competitors and officials.

Dependent on pool design, the 2m back line may extend from the pool edge beyond the width of a raised pool edge or bulkhead/pontoon i.e. any bulkhead/pontoon forms part of the 2m from the pool edge.

4.20.4 TIME LIMIT

Within 45 seconds competitors must make a fair throw and pull the victim to the finish wall.

If a throw falls short or outside the allocated lane, competitors may recover the rope and throw again as often as necessary within the 45-second limit.

Competitors who fail to get their victim to the finish wall before the 45 second shall be designated as “Did Not Finish” (DNF).

4.20.5 THE START

Preparing for the start: No practice throws are permitted prior to the start. When three short whistles are blown both the thrower and victim step into their allocated throw area and take possession of their rope.

On the first whistle: The “thrower” (competitor) holds one end of the throw rope in one hand. The “victim” takes the other end of the rope, enters the water and proceeds to the 12.5m crossbar. The rope is extended between the “thrower” and “victim”. The surplus rope is extended beyond the crossbar, either over or under the crossbar.

At the second whistle: competitors and victims take up 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”.

Starting position: The thrower is free to adopt any position within their throw zone for the start. The end of the throw rope must be held in one hand, but it is not permitted to wrap the rope around this hand.

The victim is located on the near side of the rigid crossbar in the allotted lane. The victim grasps the crossbar/line with one hand or two hands. The victim is not required to be in contact with the throw rope at the start of the event.

Acoustic starting signal: When all throwers and victims are stationary the Starter give the acoustic starting signal and the thrower shall retrieve the rope.

The victim may release their contact with the cross bar after the starting signal to re-adjust their position without penalty.

4.20.6 FAIR THROW

A fair throw is one where a victim is able to grasp the thrown rope with their hand but only within their designated lane either in front or behind the crossbar. A thrown rope lying over the lane rope is not “within the lane”.

4.20.7 GRASPING THE ROPE

The victim may only grasp the rope if it a fair throw.

The victim may not release the crossbar/line until they are grasping the throw rope with their other hand.

The victim can slide their hand anywhere along the cross bar but must be grasping the crossbar with one hand when using any part of their body to attempt to gather or grasp the thrown rope with their other hand or when touching the rope with any part of their body.

Victims may submerge to retrieve the throw rope.

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

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

4.20.8 PULL THROUGH THE WATER

Pull through the water must cover the following actions:

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

After touching the finish wall the victim may not exit the water.

Note: “Climbing” the rope is defined as the victim using their hands to move up the rope towards the end held by the thrower.

- **Thrower:** The thrower must pull their victim into the finish wall using their arms. While pulling their victim in a backward movement within the 2m backline is permitted. They are not permitted to:
 - walk or run with the rope only grasped in their hands or
 - hold the rope around any part of their body or
 - to move backwards beyond the 2m backline while pulling their victim into the finish wall.

Throwers must remain in their throw zone until their victim touches the finish wall, or the event is signalled as complete (whichever occurs first).

4.20.9 THROW ZONE CONDITIONS

A Thrower must not interfere with other competitors or use the space allocated to the adjoining lane. This is demonstrated by the thrower remaining within their throw zone.

Competitors who exit the throw zone while pulling their victim into the edge shall be disqualified. Similarly, the competitor should remain in the throw zone until the official acoustic completion signal.

For the purposes of judging, throwers are still required to remain within their lane. However, the focus is not on the placement of feet but, rather on them not interfering with another competitor.

A thrower remaining within their throw zone; This is defined as the thrower maintaining at least one foot wholly within the inside edge of their throw zone or marked 2m backline, either on the ground or in the air above their throw zone.

Any part of the thrower’s feet may cross over the front of the ‘pool edge’ in their throw zone.

Throwers may reach to retrieve a rope dropped outside the throw zone as long as there is no interference with another competitor or an official.

Throwers who enter or fall into the water shall be disqualified.

Any backward movement within the 2m backline is not a disqualification provided that the thrower remains within their throw zone until the victim touches the finish wall.

4.20.10 EVENT CONCLUSION AND DISMISSAL

At the conclusion of the event there are 2 different signals given, the first (1st) to indicate that the 45 second time limit has elapsed and the second (2nd) to indicate the conclusion of the race and that participants are dismissed from the competition area.

End of time limit: This is an acoustic signal which may be either the same as the start signal, a long whistle or a water polo timing mechanism siren. This indicates the end of event race component, but throwers and victims are expected to stay within their throw zones.

Within the time limit the following applies. After touching the finish wall the victim may not exit the water and should remain in their allocated lane. The competitor will be disqualified if their victim attempts to climb out of the water past their waist or sits on the pool edge before the official acoustic completion signal is given.

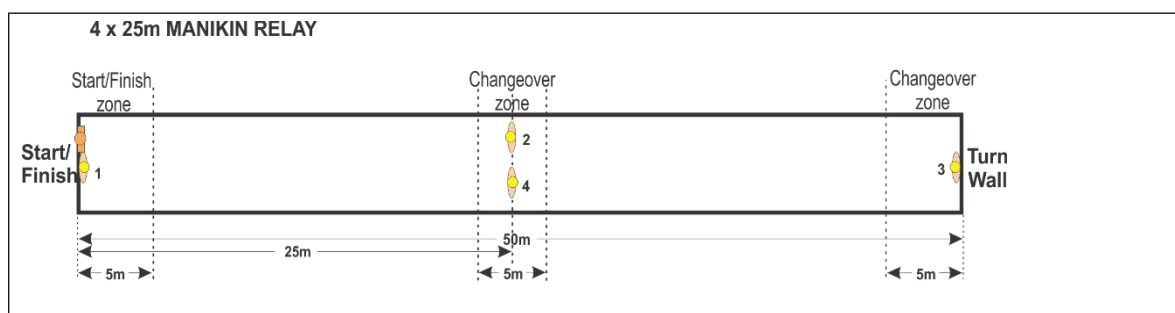
4.20.11 DISQUALIFICATION

In addition to the General Rules in Section 1, and Rules 4.1 to 4.11 the following behaviour will result in disqualification:

- Competitor executing practice throw(s).
- Thrower not pulling in using their arms and walking or running with the line grasped in the hands or held around any part of their body
- Thrower going beyond the 2m backline when hauling in the victim to the finish.
- Victim releasing their hand from the crossbar/line before grasping the throw rope with the other hand.
- Victim not keeping hold of the crossbar with their hand when using any part of their body to gather or to grasp the rope for the pull to the finish wall.
- Victim grasping the throw rope outside their designated lane.
- Victim not on their front while being pulled to the finish wall.
- Victim not holding the throw rope with both hands while being pulled to the finish wall (victim may release the rope with one hand for the sole purpose of touching the wall).
- Victim “climbing” the throw rope hand-over-hand.
- Victim exiting the water or their lane prior to the completion of the race signal.

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

4.21 4 X 25M MANIKIN RELAY – (ILS)



The start zone and relay changeover zones shall be indicated by flags or markers:

- At the start – 5m from the pool wall
- In the middle of the pool – two lines of flags at 22.5m and 27.5m from the start.
- At the turn wall – 5m from the pool wall

EVENT DESCRIPTION

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

Start Position: On the first long whistle, all competitors enter the water. On the second long whistle competitors, without delay, prepare for the start. The second, third and fourth competitors are in the water at the 25m, 50m and 75m marks respectively.

First competitor is holding a manikin at the surface with one hand and the start wall or starting block with the other hand.

At the start they are not judged on “carrying the manikin” criteria (refer to Rule 4.16); however, they must maintain contact with the manikin with at least one hand at all times. The manikin must be in the correct carry position by the time the manikin’s head reaches the 5m mark. On an acoustic signal, the first competitor carries the manikin approx. 25m and passes it to the second competitor within the 5 m changeover zone situated in the middle of the pool.

Second competitor, after leaving changeover zone, carries the manikin to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor must not release contact with the turning wall/starting block until after the second competitor has touched the turn wall but may touch the manikin with one hand before the second competitor touches the turning wall/edge or starting block.

Third competitor, after receiving the manikin from the second competitor, carries the manikin and passes it to the fourth competitor in the changeover zone situated in the middle of the pool.

Fourth competitor, after leaving the changeover zone, completes the event by correctly carrying the manikin until they touch the finish wall with any part of their body.

4.21.1 MANIKIN CARRY START AND EXCHANGE

At the start competitors must maintain contact with the manikin with at least one hand but are not judged on the “carrying the manikin” criteria until the head of the manikin passes the 5m line (refer to [Rule 4.16](#)).

In changeover zones competitors are not judged on the “carrying the manikin” criteria (refer to [Rule 4.16](#)); however, competitors must maintain contact with the manikin with at least one hand at all times, including during the exchanges. This means that competitors may not release the manikin until the next competitor has grasped it.

When the top of the head of the manikin enters the changeover zone, competitors are not judged on “carrying the manikin” criteria. Once the top of the manikin’s head leaves the changeover zone the “carrying the manikin” criteria is applied.

Only the incoming and outgoing competitors may participate in the manikin exchange within their changeover zone. The incoming competitors may assist outgoing competitors, but only as long as the manikin’s head remains within the changeover zones.

Competitors in the mid-pool change over area must stay clear of manikin exchanges that they are not involved in.

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

The manikin exchange between competitors 1 / 2 and 3 / 4 may take place at any time after the top of the manikin’s head has entered the changeover zone, but the exchange must occur within the changeover zone. Outgoing competitors must have the manikin in the correct carrying position when the top of the manikin’s head passes the outgoing 5m changeover line.

The manikin exchange between 2 and 3. After the second competitor has touched the turn wall, he or she may assist in the exchange with the third competitor anywhere within the 5m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin’s head passes the 5m line.

4.21.2 EXITING THE WATER

Once each competitor completes their individual leg of the race, manikin exchange competitors should do the following.

First and Third Competitors:

- Should remain in the water, in their allotted lane’s changeover zone.
- Should ensure they stay clear of the manikin exchanges in the adjacent lanes so as not to interfere with other manikin exchanges taking place.
- May leave the water after all the final manikin exchanges have taken place and the fourth competitors have their manikin and are clear of their 5m changeover zones or a team has withdrawn from the event.
- Should leave the water by crossing to the nearest side of the pool without obstructing any other competitor.

Second Competitor:

- May leave the water after all the third competitors have their manikin and are clear of the 5m changeover zone.
- Should leave the water by crossing to the nearest side of the pool and without obstructing any other competitor.
- May not leave the water by climbing over the turning edge.

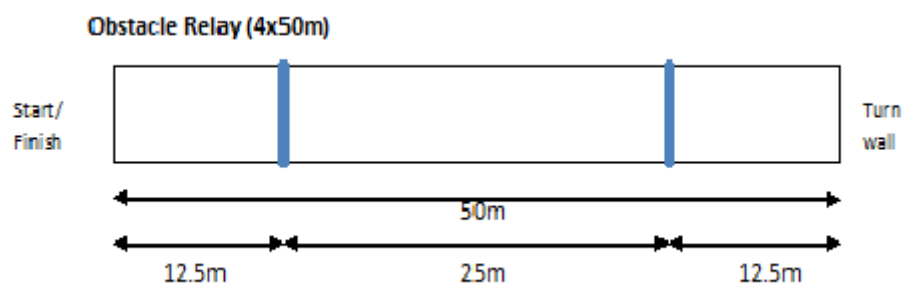
Note: The first, second and third competitors may not re-enter the water and should leave the pool deck as quickly as possible.

4.21.3 DISQUALIFICATION

In addition to the General Rules outlined in **Section 1, and Rules 4.1 to 4.11**, the following behaviour will result in disqualification:

- Using incorrect manikin carry technique as described in **Rule 4.16**.
- Not having the manikin in the correct carrying position before the top of the manikin head passes the 5m line.
- Assistance from another competitor during the exchange between the incoming and outgoing competitors.
- Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).
- The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool wall
- The third competitor releasing contact with the turning wall before the second competitor has touched the turning wall.
- Carrying the manikin face down (refer to Rule 4.16).
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- Releasing the manikin before touching the turn wall or finish wall.
- Failure to touch the finish wall.
- One competitor completing two or more legs of the event.

4.22 4 X 50M OBSTACLE RELAY – (ILS)



EVENT DESCRIPTION

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turn wall the second, third, and fourth competitors repeat the procedure in turn.

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

Competitors may push off the pool bottom when surfacing from under the obstacles.

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

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors.

The first, second and third competitors may not re-enter the water.

4.22.1 EQUIPMENT

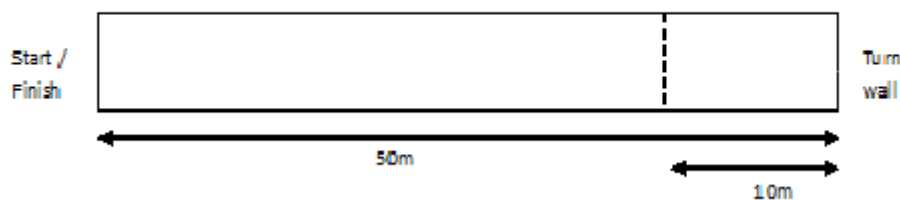
Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The first obstacle is positioned 12.5m from the start wall with the second obstacle 12.5m from the opposite end. The distance between the two obstacles is 25m.

4.22.2 DISQUALIFICATION

In addition to the General Rules outlined in [Section 1 and Rules 4.1 to 4.11](#), the following behaviour will result in disqualification:

- Passing over an obstacle and not 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.
- Leaving the start before the previous competitor has touched the wall.
- Failure to touch the finish wall.
- A competitor re-entering the water after completing their leg of the relay.
- One competitor repeating two or more legs of the event.

4.23 4 X 50M MEDLEY RELAY – (ILS)



EVENT DESCRIPTION

Four competitors in turn swim 50m undertaking different disciplines.

First competitor: with a dive start on an acoustic signal swims 50 m freestyle without fins. They must break the surface before touching the turning wall.

Second competitor: with a dive start, after the first competitor touches the wall swims 50 m freestyle with fins. The second competitor need not surface before touching to turn wall.

Third competitor: with a dive start, after the second competitor touches the wall swims 50 m freestyle towing a rescue tube. The third competitor must touch the turn wall. The third competitor, then plays the role of “victim”, holding the rescue tube and/or clip with both hands while being towed 50 m by the fourth competitor to the finish.

Fourth competitor: is in the water wearing fins with at least one hand in contact with the turn wall/block, and after the third competitor touches the wall dons the harness and tows the third competitor (the victim) to the finish.

The fourth competitor must have one hand on the turn wall until the third competitor touches the turn edge. However, they may touch or grasp the rescue tube, its harness or line with the other hand, before the third competitor has touched the turn wall.

The fourth competitor may push off the wall with hand, arm, or feet to begin their swim.

The victim must be in contact with the rescue tube before passing the 10m m line.

While being towed, the victim:

- Must grip the main body of the rescue tube or clip with both hands, not the rope.
- May reposition their hands on the tube during the tow without disqualification.
- May kick but no other assistance is permitted.

The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the tube. The victim may kick while being towed, but no other assistance is permitted.

The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors and may not re-enter the water.

4.23.1 RESCUE TUBE

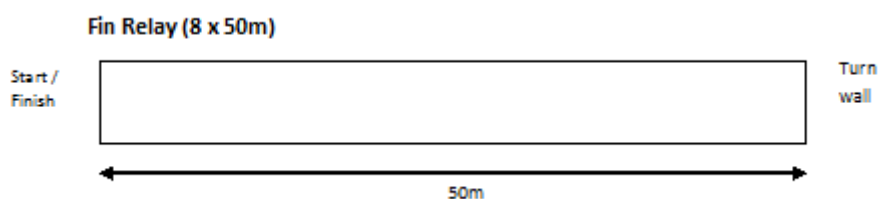
The general rules for using a rescue tube in a manikin tow event apply to this event (refer to Rule 4.17).

4.23.2 DISQUALIFICATION

In addition to the General Rules outlined in [Section 1, and Rules 4.1 to 4.11](#), the following behaviour will result in disqualification:

- The first competitor not surfacing after the dive entry and before touching the turning wall/edge.
- Leaving the start before the previous competitor has touched the turn wall.
- The fourth competitor letting go of the turning wall before the third competitor touches the turn wall.
- Taking assistance from the pool bottom or fittings when securing the rescue tube around the victim except as provided by the event rules.
- The competitor clipping the rescue tube into the ring.
- The victim holding the rescue tube by the rope.
- The victim helping with arm movements or not holding the rescue tube with both hands.
- Although the rescue tube and line may be positioned at the competitor's discretion for the changeover, teams will be disqualified if it is tied, knotted or clipped within itself to intentionally shorten the line/rope during the changeover or prior to the commencement of the race. It is not a disqualification if the rescue tube line is unintentionally wrapped around the victim or is otherwise shortened by a competitor during the conduct of a race.
- The victim losing the rescue tube after passing the 10 m line.
- The victim touching the finish wall/edge before the rescuer.
- The first or second competitor re-entering the water after completing their leg of the relay.
- One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- Failure to touch the finish wall.
- A competitor re-entering the water after completing their leg of the relay.

4.24 8 X 50M FIN RELAY – RLSSA



EVENT DESCRIPTION

With a dive start on an acoustic signal, the first competitor swims 50m freestyle with fins. After the first competitor touches the turn wall, 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.

4.24.1 EQUIPMENT

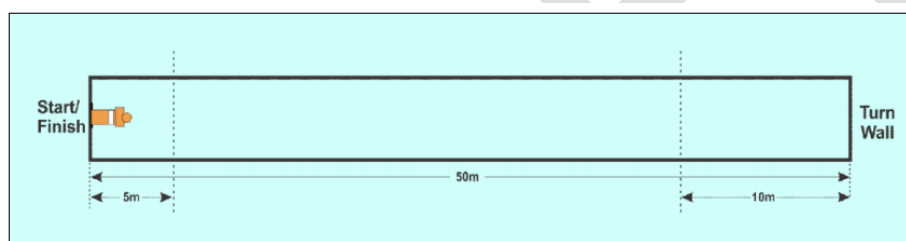
Competitors provide their own personal fins that comply with the standards described in [Section 9](#).

4.24.2 DISQUALIFICATION

In addition to the General Rules outlined in [Section 1 and Rules 4.1 to 4.11](#), the following behaviour will result in disqualification:

- Failure to complete the lap with one full arm stroke.
- One competitor repeating two or more legs of the event.
- Teams/competitor not swimming in their designated lane.
- Failure to touch the finish wall.
- A competitor re-entering the water after completing his or her leg of the relay.
- Leaving the start before the previous competitor has touched the wall.

4.25 4 X 50 POOL LIFESAVER RELAY – ILS



EVENT DESCRIPTION

The Pool Lifesaver Relay is conducted as a mixed gender event. There shall be two males and two females in each team. Teams select their own gender order.

First competitor: with a dive start on an acoustic signal, swims 50 m freestyle without fins. They must break the surface before touching the turning wall.

Second competitor: with a dive start after the first competitor touches the wall, swims 50 m with fins and to retrieve a submerged manikin. The second competitor does not need to touch the turning edge before or after passing the manikin to the third competitor.

The second swimmer is permitted to swim the whole lap underwater before surfacing with the manikin or may surface one or more times after the start and before diving to retrieve the manikin.

Third competitor: (without fins) is waiting in the water with at least one hand in contact with the turn wall or starting block. The third competitor cannot release their hold on the turning wall or starting block until after the manikin's head breaks the surface of the water but may touch or grasp the manikin before the head of the manikin breaks the surface of the water. The hand of at least one competitor must be in contact with the manikin at all times so the manikin must not be released by the second competitor until the third competitor has grasped the manikin.

The third competitor then carries the manikin 50 metres and touches the wall before passing the manikin to the fourth competitor.

Fourth competitor: (wearing fins) is in the water with at least one hand in contact with the turning wall or starting block. The fourth competitor must not release contact with the turning wall/block until the third competitor has touched the turning wall but they may touch or grasp the manikin before the third competitor has touched the wall. The hand of at least one competitor must be on the manikin at all times so the manikin must not be released until the fourth competitor has grasped it.

The fourth competitor then correctly carries the manikin with at least one hand or arm for the whole length. The event is complete when the fourth competitor, while still in contact with the **manikin, touches the finish wall of the pool with any part of their body.**

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors, these competitors may not re-enter the water.

4.25.1 MANIKIN EXCHANGE

The “carrying the manikin” criteria only applies once the top of the manikin’s head has left the changeover zone. Competitors must have the manikin in the correct carrying position as follows:

- 2nd to 3rd changeover zone - 5m from the pool wall
- 3rd to 4th changeover zone – 10m from the pool wall

During the manikin exchange the hand of at least one competitor must be on the manikin at all times so the manikin must not be released until the receiving competitor has grasped it.

The second and third competitors may assist their outgoing team members only as long as the manikin’s head remains within the changeover zones.

The 3rd and 4th competitors may push of the turning wall with their hand, arm or feet after taking control of the manikin.

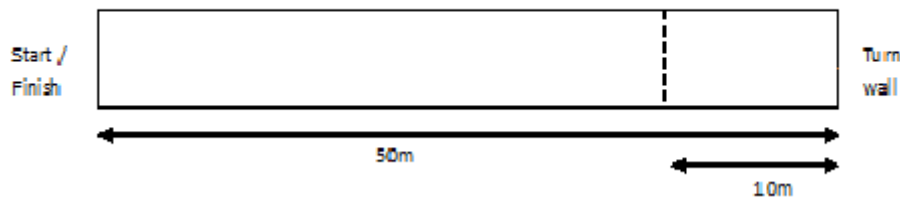
4.25.2 DISQUALIFICATION

In addition to the General Rules in **Section 1, and Rules 4.1 to 4.11**, the following behaviour shall result in disqualification:

- Using incorrect manikin carry technique.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- The third competitor releasing contact with the pool wall before or grasping the manikin before the head of the manikin breaks the surface of the water.
- The third competitor not having the manikin in the correct carrying position before the top of the manikin’s head passes the 5m line.
- The fourth competitor grasping the manikin before the third competitor touches the pool wall.
- The fourth competitor not having the manikin in a correct carrying position before the top of the manikin’s head passes the 10m line.

- Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).
- Failure to touch the finish wall.
- One competitor completing two or more legs of the event.
- Leaving the start before the previous competitor has touched the wall.
- A competitor re-entering the water after completing their leg of a relay.

4.26 4 X 50M RESCUE TOW RELAY – (ILS)



EVENT DESCRIPTION

Four competitors in turn swim 50m undertaking different disciplines.

First competitor (no fins): with a dive start on an acoustic signal swims 50 m freestyle. They must break the surface before touching the turning edge/wall.

Second competitor (wearing fins): with a dive start, after the first competitor touches the wall swims 50 m freestyle. They need not surface before touching to turn wall.

Third competitor (the rescuer): with a dive start, after the second competitor touches the wall, swims 50 m freestyle wearing fins and towing a rescue tube. The third competitor need not surface before touching the turn wall/edge. The third competitor unintentionally touching the fourth competitor before touching the turning wall/edge is a not a disqualification.

Fourth competitor (playing the role of victim): is in the water with at least one hand in contact with the turning edge/wall or starting block until the third competitor touches the wall/edge. They may touch or grasp the rescue tube, its harness or line with one hand, before the third competitor has touched the turn wall. Only after the third competitor has touched the turn edge/wall can they release contact with the wall and commence the 'clip in' into the rescue tube. Standing or walking while clipping the rescue tube around the victim is permitted.

The rescuer and victim secure the rescue tube around the victim's body, under both arms and clipped to an O-ring. The rescue tube must be securely clipped correctly around the body of the victim at the time the victim's head passes the 10m line.

It is permitted for both the victim and rescuer to push off from the turning wall.

Outside the 10m line the victim must be towed on their back and clipped into the rescue tube. They cannot be towed any other way.

The event is complete when the rescuer touches the finish wall of the pool with the victim clipped into the rescue tube.

The first and second competitors must leave the water upon finishing their leg of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

4.26.1 STARTS WITH RESCUE TUBE

The general rules for use of a rescue tube should be followed (refer to [Rule 4.17](#)).

4.26.2 TOWING THE VICTIM

The rescuer must tow the victim with rescue tube clipped around their body. While being towed the victim:

- May assist by sculling under the surface of the water.
- May kick.
- May reposition their arms to a position in front of their head to streamline.
- Must not use any swim style with an out of water recovery including backstroke.

4.26.3 DISQUALIFICATION

In addition to the General Rules outlined in Section 1, and Rules 4.1 to 4.11, the following behaviour will result in disqualification:

- The first competitor not surfacing after the dive entry and before touching the turning wall/edge.
- Leaving the start before the previous competitor has touched the turn wall.
- The fourth competitor letting go of the turning wall/edge before the third competitor touches the turn wall.
- Taking assistance from the pool bottom or fittings when securing the rescue tube around the victim except as provided by the event rules.
- The competitor clipping the rescue tube into the O-ring before touching the turn wall/edge.
- The rescue tube not being secured correctly around the victim by the 10m line
- Although the rescue tube and line may be positioned at the competitor's discretion for the changeover teams will be disqualified if it is tied, knotted or clipped within itself to intentionally shorten the line/rope during the changeover or prior to the commencement of the race.
- The victim becoming detached from the rescue tube after passing the 10m line.
- The victim assisting by using a swim style with an out of water arm recovery.
- The victim not being towed on their back using the rescue tube after passing the 10 m line.
- The victim touching the finish wall/edge before the rescuer.
- The first or second competitor re-entering the water after completing their leg of the relay.
- Failure to touch the finish wall.
- A competitor re-entering the water after completing their leg of the relay.