

**CIRCULAR 203/17: CHANGES TO THE SURF COMPETITION MANUAL (15th Edition
OCTOBER 2015)**

Note: Approved amendments as per circular 02/17 - Amendments to the Surf Competition Manual (15th Edition of October, 2015) are shown in *italics*, for ease of updating the manual.

SECTION 1: COMPETITION SAFETY

Section 1: Competition Safety: 1.5: Competition Contingency Plan: Change first sentence opening by adding the following at the end

“... should be implemented within a maximum of 1 hour of the decision, failing which the competition will be cancelled“

Reason for amendment: Stops continual waiting to see if conditions will improve & then being abused by Team Managers for not having acted sooner when the competition is finally cancelled. This will be detrimental for competitors if any chance of improvement of conditions possible.

SECTION 2: GENERAL COMPETITIVE CONDITIONS

Section 2: General Competitive Conditions: Part: 2.6 Competitive Season, Ages, Categories and Provisos: Par. 2.6.2: Last par. go read:

“A nipper must be a minimum age of 8 years on the day of doing the Level 1 examination which qualifies a nipper to compete. If a nipper turns 14 years of age they may attempt their Junior Lifeguard Award and if successful, the nipper may participate as either a U/14 (nipper) or as a U/15 (junior) competitor, however the member may not compete in both age groups competitions (Junior or Nipper Competition) during the same competition season.”

Reason for amendment: To sort out a contradiction in the rules.

Section 2: General Competitive Conditions: Add new section after Section 2.7

“2.7 (1) WOMEN /MEN ONLY EVENTS

Men/Women Only events may be conducted in designated competition categories.

Men/Women competitors shall be eligible to contest such events as per LSA rules.

However, no event shall be conducted at a competition which excludes gender, i.e. if only one event is to be conducted it shall be designated as open to both Men and Women competitors, and shall be termed a “Mixed” event.

Note 1: *The criteria for the above competition categories and provisions may vary from time to time. These variations will be notified by way of LSA Circulars.*

Note 2: *Some LSA events may be designated as open to both male and female competitors.*

Note 3: *Some LSA team events may be designated as Mixed and may contain a specified or non-specified number(s) of male and female competitors in each team.*

Reason for amendment: *Clarify the gender participation of Women and Men in events.*

Section 2: General Competitive Conditions: Par. 2.8.2 Masters Team Events: Under row 2 Competitors add “2 x 1 km Beach Run Relay”.

Reason for amendment: *With the inclusion of the 2 x 1 km Beach Run Relay, the*

following change needs to be included in the rules.

Section 2: General Competitive Conditions: 2.9: Competitors with Permanent Disabilities; add a new second sentence

“Such allowance may include the use of a runner who must be tagged and then proceed around the two turning flags, with the competitor being able to proceed directly to the SCO line, where the runner must tag the competitor before he/she starts the next leg in the Iron Man/Women Race or Taplin Relay Race.”

Reason for amendment: To prevent any further dispute as to what is considered disadvantage to other competitors by the LSA Director: Sport

Section 2: General Competitive Conditions: 2.10: Dress of Competitors: Par. 2.10.1: Costume Dress and Style: Sub par.1

Delete par. as clubs, branches, regions or provinces may wear any acceptable costume as set out in par. below.

Reason for amendment: To reduce cost to competitors and teams. It is difficult to get uniform costumes. The clubs, branches, regions or provinces identification is the registered skull cap with LSA.

Section 2: General Competitive Conditions: 2.10: Dress of Competitors: Par. 2.10.2: Wetsuits: 2nd par. add an additional sentence:

“It is considered that a “hoodie” is a part of the wetsuit and the use of it is optional. If a hoodie is worn, a skull cap must be worn over (on top) of the hoodie.”

Reason for amendment: To make provision to allow competitors to wear a hoodie.

Section 2: General Competitive Conditions: 2.10: Dress of Competitors: Par. 2.10.2: Wetsuits: 2nd par. delete the first, second and last sentences add a new first sentence:

“The only wetsuits approved must be a maximum thickness of 5mm at any location on the wetsuit with a tolerance of +- 0.5mm; and contain no flotation or buoyancy assistance. No colour is prescribed, however the high visibility vest must be worn over the wet-suit.”

Reason for amendment: To line up with ILS standards and competition rules. Wet suits do not need to be uniform in all aspects of colour and form amongst all team members

Section 2: General Competitive Conditions: 2.10: Dress of Competitors: Par. 2.10.2: Wetsuits: 3rd par. delete the last sentences

Reason for amendment: There should be no need for uniformity in colour as High Visibility Coloured Vests are worn over all thermal tops, rash tops or vests as described.

Section 2: General Competitive Conditions: Par. 2.10.7 Footwear. Replace par.. to read:

“Competitors shall not wear footwear in competition events unless otherwise specified in the event description or at the discretion of the Chief Referee based on conditions. Competitors may wear footwear in the Beach Run and 2x1 km Beach Run Relay.”

Section 2: General Competitive Conditions: 2.14: Definitions of an Event: Change sub para 2. Masters – change the first sentence to read

“One competitor or team is required to constitute an event“

Reason for amendment: Masters may have entered & travelled to a competition to find that they are the only competitor on the day in an event. Extremely unfair for them to have to compete one age group down as current situation. Must obviously complete event to be eligible to receive gold medal – these have already been struck so no additional cost is involved

Section 2: General Competitive Conditions: Par. 2.15.1: Buoy Colours add the following par. defining the Board Turning Buoy Colours. Second par. to read:

“For Junior, Senior and Masters, the board buoys shall be black and white and for ski and double ski the buoys shall be orange.”

Reason for amendment: To tie in with international rules.

Section 2: General Competitive Conditions: Par. 2.19 Competitors Limitations: 3rd row on table to include under Event “2 x 1 km Beach Run Relay” and under numbers add “/Teams”.

Reason for amendment: With the inclusion of the 2 x 1 km Beach Run Relay, the following change needs to be included in the rules.

Section 2: General Competitive Conditions: Time Limits: Par. 2.21 “Time Limits”: 1st Row on table to include under” Event” adds “2 x 1 km Beach Run Relay”.

Reason for amendment: With the inclusion of the 2 x 1 km Beach Run Relay, the following change needs to be included in the rules.

Section 2: General Competitive Conditions: New Par. 2.45 COMPETITION RESULTS

“All competition results must be recorded by the Recorder on completion of each event, with all “Disqualifications” and “Did not Finish” classifications recorded in terms of cl. 2.31, and signed off by the Referee responsible for the event before being sent to the Scorers. The official result must then be sent to the Commentators for announcement and to the Marshall, who shall post same at the marshalling area. Should a Team Manager wish to lodge a Protest this is to be done in terms of cl. 9.2.2 sub para. 3. If the result has already been sent to the Scorers the Referee shall advise them to hold same until the Protest result has been decided. If there is any uncertainty as to the final decision with regards any Protest it is the duty of the Team Manager to inspect the signed off result and verbally lodge any Protest with the Referee within 30 minutes of the signing off of the result.”

Reason for amendment: To give guidance to the Protest procedure that is required to be followed and not have repeats of unpleasant incidents at prize giving’s when results are announced. If a Competitor or Team has not been notified of their disqualification at the completion of the event (race) there is no disqualification.

SECTION 3: SWIMMING EVENTS

Section 3: Swimming Events: Section 3.2: Rescue Tube Rescue Race: Par. 3.2.2: Procedure: Par. 3: to read:

“On the starting signal the “racing” patients enter the water taking advantage of surf conditions, swim to their allotted buoy. On reaching “

Reason for amendment: *To bring the competition Manual in line with the ILS rules and to make the racing patient rule consistent with other rules (e.g. Board Rescue).*

SECTION 4: CRAFT EVENTS

Section 4: Craft Events: Par. 4.3: Double Ski: 4.3.1: The Course. First sentence to read:
“The course shall be as detailed in the figure and is similar to the single ski course, except that the apex buoy is moored 350m out.”

Reason for amendment: *Clarification of rules*

Section 4: Craft Events: Par. 4.5 – Nipper Board Race: add another par.:

“The U/13 and U/14 age groups may use the standard board (3.2m board), as used in Junior, Senior and Master competition as specified in Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.7: Board Specifications, including the weight restriction. This age group may also use other Nipper Boards as specified in Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.9: Nipper Hard Board Specifications and Par. 10.10 Nipper Soft Board Specifications

The U/11 and U/12 age groups may only use the Nipper Boards as specified in Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.9: Hard Nipper Board Specifications and Par. 10.10 Nipper Soft Board Specifications”.

SECTION 5: BEACH EVENTS

Section 5: Beach Events: Par. 5.3 Beach Flags: Par. 5.3.2: The Draw: Par. 4 and 5 to read:

- “4. In heats, which include the “snake”/line, the Chief Referee shall determine whether one, two or three competitors are to be eliminated in each run-through.*
- 5. If heats are conducted, as opposed to the “snake”/ line, the number of heats and elimination shall be determined by the Chief Referee. In semi-finals and finals, no more than one competitor can be eliminated in any run-through.”*

Section 5: Beach Events: Par. 5.3 Beach Flags: Par. 5.3.3: Event Description: Par. 2 to read:

“2. Competitors take their allotted positions, a minimum of 1.5m apart at the start line. Competitors lie face down with their toes on the start line with heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be 90 degrees to the body’s midline and hips and stomach must be in contact with the sand. The body’s midline should be 90 degrees to the start line. Competitors may level, flatten, and compress their starting area and they are permitted to dig their toes into the sand at the start line by digging with their hands or feet before lying on the sand or only with their feet after lying on the sand.”

Reason for amendments: *To eliminate any conflicting paragraphs and to clarify the rules.*

Section 5: Beach Events: Add new Par. 5.5: 2 x 1 km Beach Run Relay

5.5.1 Event description – 2 x 1 km Beach Run Relay

Two competitors race 1 km each on the beach in 500 m legs as follows:

On the starting signal, the first leg competitors, run 500m along the left side of the course to round the two turning markers spaced 5m apart (clockwise or right hand in) returning 500 m to the Start/Turn markers rounding the start/turn marker to tag the second competitor in the change-over zone and who then runs the same course finishing between the finish flags as indicated 5m to the right hand side of the course.

Note: *The first competitor rounds the 3 turning markers clockwise or right hand in to tag the second competitor who is waiting in the changeover zone between the start/ turning flags in a position as directed by the relevant official. The tag of the second competitor must take place only within the start/changeover zone. The second competitor then rounds the left side start/ changeover marker (clockwise or right hand in) and completes the same course as the first competitor before crossing the finish line.*

Deliberately jostling or obstructing another competitor so as to impede his or her progress is not permitted and may result in disqualification. Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

5.5.2 The course

The course (see diagramme below) shall be laid out on the beach (on soft sand where practical) parallel to the water's edge in two 500 m lanes. The Chief Referee may set an alternate course on beaches with restricted room.

*The **start line** shall be designated by a line in the sand or a brightly coloured synthetic cord stretched between two poles. The **finish line** shall be marked by two poles. The Chief Referee shall determine the length of the start and finish lines.*

Running lanes: *The course shall be divided into two lanes parallel to the waterline. The lanes may be divided by coloured cones/witches hats, tape, bunting, or other appropriate material.*

Turning poles situated 500 m from the start at the end of the lane divider shall designate the turning point.

5.5.3 Equipment and apparel

See Section 10: Equipment Standards and Scrutineering Procedures. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Footwear is optional.

5.5.4 Judging

The Chief Referee shall be positioned at one side of the course to maintain overall supervision.

Break Judges shall be positioned about 5 m away, in line, and on either side of the starting line. If a break occurs, before the actual start, the Break Judges shall report the competitors to the Starter who will disqualify the competitor.

Course Judges may be appointed to ensure the competitors run the course without interference to other competitors.

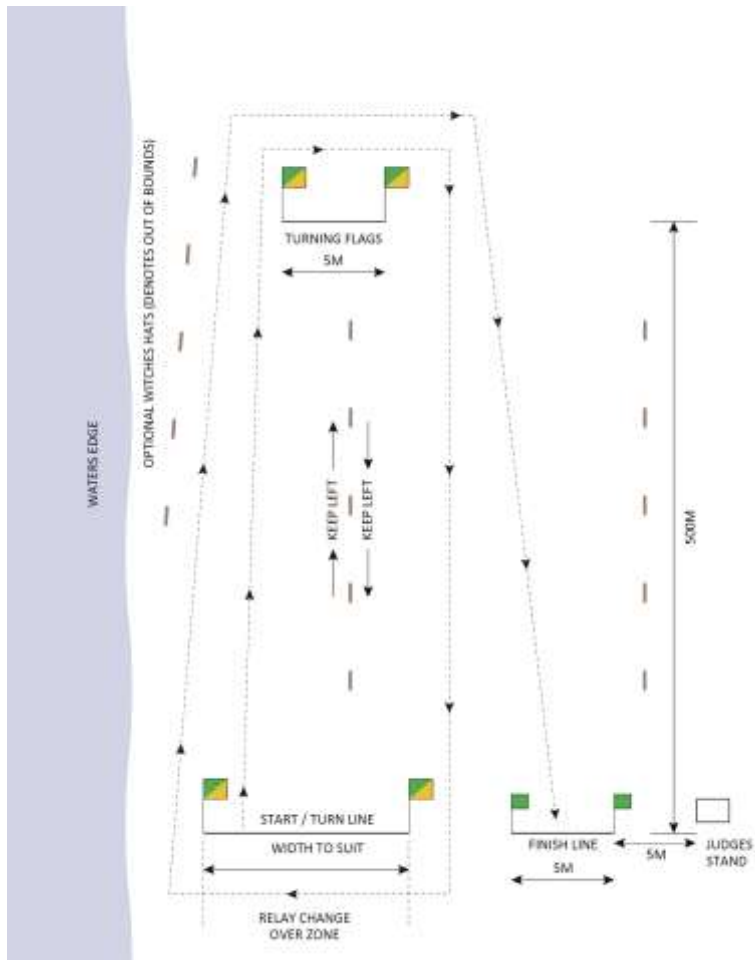
A Judge shall be positioned at the turning poles to ensure no unnecessary jostling or interference occurs.

Finish Judges shall select placings.

5.5.5 Disqualification

In addition to the General Conditions in Section 2 and those outlined in 5.5 through 5.3, the following behaviour shall result in disqualification:

- *Failure to complete the course as defined and described.*



2 x 1 km Beach Run Relay

SECTION 6: MULTI DISCIPLINARY EVENTS

Section 6: Multi-Disciplinary Events: Section 6.4: Taplin Relay Race: Par. 6.4.3: Procedure: Par. 4: to read:

“As the beach sprint leg is always the last leg the **runner** shall remain at the water’s edge no deeper than knee deep until tagged by the **swimmer**. The **runner** then rounds one turning flag, right hand in and passes on the shoreward side of the other turning flag, and continuing to the finish between the two finish flags.”

Reason for amendment: To stop the abuse of the intent of having a runner by the selection of a second swimmer who could be tagged at the last turning buoy when the swim leg is the last water leg. Also should not be allowed to enter the water in board & ski legs for safety reasons

SECTION 8: NATIONAL CHAMPIONSHIPS

Section 8: National Championships: Par. 8.7: Masters National Championships – Under Team Events add “2x1 km Beach Run Relay for all age groups”. In addition add an additional note:

Note 7: In 2 Competitors team events: board rescue race, 2 x 1 km beach run relay; double ski race and mixed double ski race the age category is determined by the age of the younger competitor. Male and female compete in the same event together and the age categories are as follows: 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years and 70 years and over.

Reason for amendment: With the inclusion of the 2 x 1 km Beach Run Relay, the following changes needs to be made.

Section 8: National Championships: Par. 8.8.3: Point Score Blocking –_Delete par. as there will be no blocking applied.

Reason for amendment: Blocking is unfair to the competitors.

Section 8: National Championships: Par. 8.9 Competitor of the Championships. First sentence to read:

At the conclusion of a competition or championships, a “Competitor of the Championships” is declared. The title is determined by the total amount of individual points the competitor achieved in their respective age groups for individual events only and only from the points allocated to them for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and 8th placings. Delete from sentence:only in respect to the club’s allocation as specified under Inter Club Aggregate Championship. “

SECTION 10: PROTESTS, APPEALS AND DISCIPLINE

Section 10: Protests, Appeals And Discipline: Par. 9.2.3: Adjudication of Protests: Par. 3 to read “30 minutes” instead of 15 minutes after posting of the results.

Reason for amendment: Fairer to the team management

SECTION 10: EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES

Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.6: Add additional Para: 10.7

Boards to be used per age group.

Age Group		Type of Board			
		2.6m Soft Board	2.9m Soft Board	2.9m Hard Board	3.2m Board
Nippers	U/9	Yes	No	No	No
	U/10	Yes	No	No	No
	U/11	Yes	Yes	Yes	No
	U/12	Yes	Yes	Yes	No
	U/13	Yes	Yes	Yes	Yes
	U/14	Yes	Yes	Yes	Yes
Juniors	U/15	No	No	No	Yes
	U/16	No	No	No	Yes
	U/17	No	No	No	Yes
	U/19	No	No	No	Yes
Open	Open	No	No	No	Yes
Masters	Masters	No	No	No	Yes

Reason for amendment: Clarify size of boards to be used

Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.6.4: to read:

All craft (that is Single Ski, Double Ski, Boards, but excluding the Nipper 2.6m and 2.9m Soft Boards and 2.9m Hard Board, must display a decal advising that the craft has been manufactured in accordance to the LSA specification. If a Nipper (U/13 and U/14 only) uses a 3.2m Board – it requires a decal.”

Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.9 – Nipper Board Specifications. Replace section with following.

“10.9 NIPPER HARD BOARD

Maximum length: 2.9m

Minimum radii: Nose and Tail in plan view (see Fig 24)

Minimum radii: Leading edge Nose and trailing edge Tail in elevation view (see Fig 24) 3mm

Minimum Width: Not specified.

Only one fin is permitted. Fin must have minimum profile radius of 25mm at any point, minimum leading edge radius of 3mm and minimum trailing edge radius of 2.5mm. The leading edge extends from underside of the board to the lowest point of the fin.

The board may be constructed of foam sandwich core with a composite laminate skin or of thermoplastic construction solid or hollow with or without a soft foam surface.

Boards must contain a minimum flotation in the form of foam or other approved material to provide buoyancy of 20kg mass. If the buoyancy foam used in the

manufacturing of the board absorbs water, a permanent sticker must be applied advising the user "if the outer protective layer is pierced the board will absorb water". Boards to be of mono construction.

All newly manufactured/approved boards shall have highly visible coloured tips. The colours may include High Visibility safety colours or vivid colours (including black) that contrast sharply against white or sky coloured backgrounds. Pastel tones that do not provide such contrast are not to be used. Tips are to be applied with colourfast paint, resin or thermoplastic adhesive film from the tip of the nose and back from the end of the tail to a length of 100mm. This can be part of the logo or design. Where the deck and hull (bottom and top) join an allowance of 10mm disconnect, is acceptable. It is recommended that High Visibility safety colours or vivid colours be applied to all existing craft.

Section 10: Equipment Standards and Scrutineering Procedures: Par. 10.10 – Nipper Soft Board Specifications. Replace section with following.

10.10 NIPPER SOFT BOARD

1. Maximum length: 2.6m.
2. Minimum Nose Radii: Nose and Tail in plan view (see Fig 24) – 25mm.
3. Minimum Radii: Leading edge Nose and trailing edge Tail in elevation view (see Fig 24) – 3mm.
4. Minimum Structural Weight: Not specified.
5. Minimum Width: Not specified.
6. Durometer hardness: Durometer reading will cover the complete radius of the rail, deck, nose and tail. The Durometer reading is type Shore A, hardness no greater than 70.
7. Only one fin is permitted. Fin must have minimum profile radius of 25mm at any point and minimum leading edge radius of 3mm and minimum trailing edge radius of 2.0mm. The fin is to be of flexible rubber/plastic material or moulded foam. The leading edge extends from underside of the board to the lowest point of the fin.
8. The board must be constructed of foam with solid core construction. No solid reinforcing stringers(e.g. fibreglass, wood, etc.) are permitted. No hard plastic/fibreglass type coverings over the foam are permitted, i.e., the surface of the craft must be flexible.

NOTE: Plastic/rubber handles and plug attachments are permitted.

Boards constructed of Polyethylene or similar flexible material may incorporate internal stringers to provide rigidity. Such stringers must be adequately covered and approved by the LSA Director: Sport.

Boards must contain a minimum floatation in the form of foam or other approved material to provide buoyancy of 20kg mass. If the buoyancy foam used in the manufacturing of the board absorbs water, a permanent sticker must be applied advising the user "if the outer protective layer is pierced the board will absorb water".

Reason for amendment: To clarify the usage of Nipper Boards.

Update to Appendix 7: Masters Summary Sheet

Replace Appendix 7 with table below

EVENT	LIMITATION	TIME LIMIT (May extend by 5 min)	DISTANCE/ COURSE	TEAM
Beach Flags	16 heat/ 8 final	Nil	15m	Individual event
Beach Relay	10/ heat 8/ final	Nil	70m/leg	Team of 3 Teams Mixed
Beach Run	60 Competitors	15 Minutes	All age groups: 2 000 m Male: 60+ 1000 m Female: 55+ 1000 m	Individual event
2 x 1 km Beach Run Relay	60 Competitors	15 Minutes	All age groups: 2 000m (2 x 1 km)	Team of 2
Beach Sprint	10/ heat 8/ final	Nil	70m	Individual event
Board Race	16 Competitors	10 Minutes	Board Buoys	Individual event
Board Rescue	8 teams	15 Minutes	Use swim buoys Patient also race	Team of 2
Double Ski	16 teams	10 Minutes	Ski buoys	Team of 2
Iron Man & Iron Woman	16 Competitors	20 Minutes	Swim: Swim buoys; Board: Board Buoys; Ski: Ski buoys; Finish with a run	Individual event
Run/Swim/Run	32 Competitors	15 Minutes	Swim buoys 2x100m run leg	Individual event
Surf Ski	16 Competitors	10 Minutes	Ski buoys	Individual event
Surf Swim	32 Competitors	15 Minutes	Swim buoys	Individual event
COMPOSITION OF TEAM EVENTS				
No. Competitors	Events	Categories: Determined by aggregate age of Competitors as at 30 th September of the previous year		
3 Competitors	Beach Relay	110+, 130+, 150+, 170+ years		
2 Competitors	Board Rescue, 2 x 1 km Beach Run Relay, Double Ski	Age determined by the youngest Competitor		
AGE GROUPS				
30-34 = A, 35-39 = B, 40-44 = C, 45-49 = D, 50-54 = E, 55-59 = F, 60-64 = G, 65-69 = H and 70 years+ = I				
BOUY DISTANCES & COLOURS				
EVENT	DISTANCE	COLOURS		
Swim	120m	Red/Yellow, Black, Green/White, Red, Blue/White, Yellow, White/Black, Orange, Green/Yellow		
Board	200m	Black/White		
Ski	Turning Buoys: 250m Apex Buoy: 300m (Single Ski) Apex Buoy: 350m (Double Ski)	Orange Orange Orange		

Reason for amendment: Update table due to changes made to manual

Update to Appendix 8: Juniors and Seniors Summary Sheet

Replace Appendix 8 with table below

EVENT	LIMITATION	TIME LIMIT (May extend by 5 min (Ocean events))	DISTANCE COURSE	TEAM
Beach Relay	10heat/ 8 final	Nil	90m/leg	Team of 4 competitors
Beach Sprint	10 in heat/ 8 final	Nil	90m	Individual event
Beach Run	60 Competitors	15 Minutes	U/15 – 1400m U/17 – 1600m U/19 – 1800m Senior/Open – 2000m	Individual event
Beach Flags	16 in heat/ 8 final	Nil	20m	Individual event
Board Relay	16 teams	20 Minutes	Around Board Buoys and finish with a run	Team of 3 competitors
Board Rescue	9 heat/ 8 final	15 Minutes	Use Swim Buoys Patient also race	Team of 2 Racing Patient
Board Race	16 Competitors	10 Minutes	Board Buoys	Individual Event
Double Ski	16 teams	10 Minutes	Ski buoys	Team of 2 competitors
Iron Man & Iron Woman	16 Competitors	20 Minutes	Swim: Swim buoys Board: Board Buoys Ski: Ski Buoys Finish with a run	Individual event Junior U/15, U/17 & U/19
Surf Ski	16 Competitors	10 Minutes	Ski Buoys	Individual event
Taplin Relay	16 teams	20 Minutes	Swim: Swim Buoys Board: Board Buoys Ski: Ski Buoys Finish with a run	Team of 4 competitors nominated
Surf Ski Relay	16 teams	20 Minutes	Ski buoys	Team of 3
Rescue Tube Rescue	9 heat/ 8 final	15 Minutes	Use swim buoys Patient also race	Team of 4 competitors nominated – racing patient
Surf Swim	32 Competitors	15 Minutes	Swim Buoys	Individual event
Surf Boat	6 boats	15 Minutes	Surf Boat Buoys	Team of 5 competitors
Run/Swim/Run	32 Competitors	15 Minutes	Swim Buoys 2x100m run leg	Individual event
BOUY DISTANCES & COLOURS				
EVENT	DISTANCE		COLOURS	
Swim	120m		Red/Yellow, Black, Green/White, Red, Blue/White, Yellow, White/Black, Orange, Green/Yellow	
Board	200m		Black/White	
Ski	Turning Buoys: 250m		Orange	

EVENT	LIMITATION	TIME LIMIT (May extend by 5 min (Ocean events))	DISTANCE COURSE	TEAM
	Apex Buoy: 300m (Single Ski)		Orange	
	Apex Buoy 350m (Double Ski)		Orange	

Reason for amendment: *Update*