

LIFESAVING INTER-PROVINCIALS: CONDITION OF ENTRY, CHAMPIONSHIPS CONDITIONS AND POINT SCORE

1. Introduction

The 2018 Lifesaving South Africa Inter-Provincial Championships shall be conducted over two days and one evening – a day and an evening in the swimming pool for the pool events and a day at the beach for the surf and beach events. The programme is based on the International Lifesaving Federation’s Lifesaving World Championships events and rules.

2. Age Groups

The Inter-Provincial Championships is staged for the following age categories:

- Nippers (12 to 13 years old)
- Youth (14 to 18 years old)
- Open (19 years and older)

For the purpose of determining an age group, all competitors must have a common age category calculated as at midnight on 30th September each calendar year, i.e. the age at midnight on 30th September designates the competitor’s age category for competition as listed below:

AGE GROUP	AGE	PARTICIPATION IN INDIVIDUAL EVENTS	PARTICIPATION IN TEAM EVENTS
NIPPERS	12 years (proficient)	Competes as a Nipper only.	Competes in the Nipper team events only.
	13 years (proficient)	Competes as a Nipper only.	Competes in the Nipper team events only.
YOUTH	14 years (proficient)	Competes as a Youth only Note: U/15 cannot compete in the Open age group competition.	Competes in the Youth team events only.
	15 years (proficient)	Competes as a Youth only Note: U/16 cannot compete in the Open age group competition.	Competes in the Youth team events only.
	16 years (proficient)	Competes as a Youth Note: U/17 cannot compete in the Open age group competition.	Competes in the Youth team events only.
	17 years (proficient)	Competes as a U/19. With an LA can compete either as in the Youth team or Open team, but not both, i.e. must decide to compete for the Youth Team or Open Team.	Competes in the Youth team events only.
	18 years (proficient)	Competes as a U/19. With an LA can compete either as in the Youth team or Open team, but not both, i.e. must decide to compete for the Youth Team or Open Team.	Competes in the Youth team events only.
OPEN	19 years and above (proficient)	Competes as an Open	Competes in Open Team events only.

3. Team Composition

Competitors enter the Lifesaving South Africa Inter-Provincial Lifesaving Championships only as members of a Provincial Team, not as individuals. A team may consist of a minimum of one competitor and a maximum of ten females and a maximum of ten males, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors in a team. Teams may not increase the number of male or female competitors beyond ten. This is applicable to Nipper, Youth and Open Teams. i.e 10 Nipper Male and 10 Nipper Female; 10 Youth Male; 10 Youth Female, 10 Open Male and 10 Open Female.

Inter-Provincial competitors who are 17–18 years of age may enter individual events in *either* Open competition *or* Youth competition *but not both*. Regardless, team size remains 10 males and 10 females maximum.

4. Events to be conducted

The Open, Youth and Nipper championships shall be conducted in male and female categories in the events listed below:

Pool Events	Nipper Teams Maximum entries per Province	Youth Teams Maximum entries per Province	Open Teams Maximum entries per Province
Obstacle Swim: 200 m	-	4 competitors	4 competitors
Obstacle Swim: 100 m	4 competitors	-	-
Manikin Carry: 50 m	4 competitors	4 competitors	4 competitors
Rescue Medley: 100 m	4 competitors	4 competitors	4 competitors
Manikin Carry with Fins: 100 m	4 competitors	4 competitors	4 competitors
Manikin Tow with Fins: 100 m	-	4 competitors	4 competitors
Super Lifesaver: 200 m	-	4 competitors	4 competitors
Super Nipper: 100 m	4 competitors	-	-
Line Throw	-	1 team	1 team
Manikin Relay: 4 x 25 m	1 team	1 team	1 team
Obstacle Relay: 4 x 50 m	1 team	1 team	1 team
Medley Relay: 4 x 50 m	1 team	1 team	1 team
Pool Lifesaver Relay: 4 x 50 m	-	1 team	1 team
Rescue Torpedo Buoy Medley Relay: 4 x 50 m	1 team	-	-

SERC Event	Nipper Teams Maximum entries per Province	Youth Teams Maximum entries per Province	Open Teams Maximum entries per Province
Simulated Emergency Response Competition	-	1 team	1 team

Note: The SERC team will comprise of Males and Females

Surf Events	Nipper Teams Maximum entries per Province	Youth Teams Maximum entries per Province	Open Teams Maximum entries per Province
Surf Swim Race	4 competitors	4 competitors	4 competitors
Beach Flags	4 competitors	4 competitors	4 competitors
Beach Sprint	4 competitors	4 competitors	4 competitors
Board Race	4 competitors	4 competitors	4 competitors
Ironman/Ironwoman Race	-	4 competitors	4 competitors
Iron Nipper Race	4 competitors	-	-
Single Ski Race	-	4 competitors	4 competitors
Rescue Tube Rescue Race	-	1 team	1 team
Beach Relay	1 team	1 team	1 team
Board Rescue Race	-	1 team	1 team
Board Relay Race	1 team	1 team	1 team
Single Ski Relay Race	-	1 team	1 team
Taplin Relay Race	1 team	1 team	1 team
Surf Swim Relay Race (2 Male and 2 Female)	1 team	-	-

5. Event Rules

The event rules, as set out in the Surf Sport Manual (15th Edition, October 2015) to be read with Circular 02/17 of 4th January 2017 and Circular 203/17 of 17 November, 2017 and Still Water Sport Manual (14th Edition, February, 2016) and Circular 08/18 of 16th January 2018 shall apply to the Championships along with the rules for events as stipulated in section 5.1 to 5.4.

Event Rule References as per Stillwater Sport Manual:

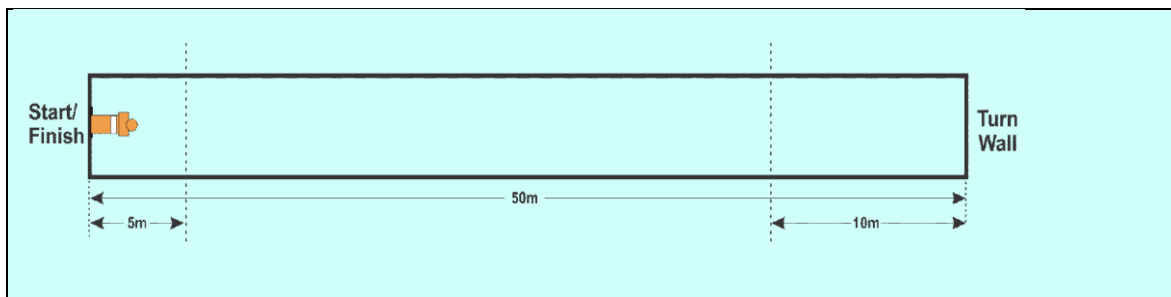
Event	Stillwater Sport Manual 14 th Edition, February, 2016
Obstacle Swim: 200 m	Par.: 3.1.1 – Section 3: Page 2
Obstacle Swim: 100 m	Par.: 3.1.2 – Section 3: Page 2
Manikin Carry: 50 m	Par.: 3.2 – Section 3: Page 4
Rescue Medley: 100 m	Par.: 3.3 – Section 3: Page 5
Manikin Carry with Fins: 100 m	Par.: 3.4 – Section 3: Page 6
Manikin Tow with Fins: 100 m	Par.: 3.5 – Section 3: Page 7

Event	Stillwater Sport Manual 14 th Edition, February, 2016
Super Lifesaver: 200 m	Par.: 3.6 – Section 3: Page 9
Line Throw	Par.: 3.7 – Section 3: Page 12
Manikin Relay: 4 x 25 m	Par.:3.8 – Section 3: Page 14
Obstacle Relay: 4 x 50 m	Par.: 3.9 – Section 3: Page 16
Medley Relay: 4 x 50 m	Par.: 3.10 – Section 3: Page 17
Simulated Emergency Response Competition	Section 4

Surf Events	Surf Sport Manual 15 th Edition, October, 2015
Surf Swim Race	Par.: 3.3 – Section 3: Page 5
Beach Flags	Par. 5.3 – Section 5: Page 6
Beach Sprint	Par. 5.3 – Section 5: page 1
Board Race	Par.: 4. 4 – Section 4: Page 4
Ironman/Ironwoman Race	Par.: 6.2 – Section 6: Page 2
Iron Nipper Race	Par.: 6.3 – Section 6: Page 5
Single Ski Race	Par.: 4.2 – Section 4: Page 1
Rescue Tube Rescue Race	Par.: 3.2 – Section 3: Page 1
Beach Relay	Par.:52 – Section 5: Page 4
Board Rescue Race	Par.: 6.7 – Section 6: Page 9
Board Relay Race	Par. 4.7 – Section 4: Page 7
Single Ski Relay Race	Par.: 4. 7 – Section 4: Page 7
Taplin Relay Race	Par.: 6.4 – Section 6: Page 6

The following events that will be contested are not in the above mentioned manuals and the rules applicable are:

5.1 POOL LIFESAVER RELAY: 4 x 50 m



Event description

The first competitor: On an acoustic signal, with a dive start the first competitor swims 50 m freestyle *without* fins.

The second competitor: After the first competitor touches the turn-wall, the second competitor swims 50 m with fins and dives to retrieve a submerged manikin. The second competitor does not need to touch the turn-wall before passing the manikin to the third competitor.

Note:

1. The Second competitor is permitted to swim the whole lap underwater before surfacing with the manikin. He/she may also surface one or more times after the start and before diving to retrieve the manikin.
2. The Second competitor does not need to touch the turn-wall before passing the manikin to the third competitor.
3. Manikins are to be placed on the pool bottom to a maximum depth of 3 m. In pools deeper than 3 m, “platforms” may be used to hold manikins at the 3 m depth (see Section 8.1.11 d)

The third competitor: The third competitor is waiting in the water (**without fins**) in contact with the turn-wall or starting block with at least one hand. The third competitor takes the manikin from the second competitor after the manikin breaks the surface of the water. The third competitor then carries the manikin 50 m and touches the turn-wall before passing the manikin to the fourth competitor.

The fourth competitor: The fourth competitor (**with fins**) is holding the turn-wall or starting block with at least one hand before taking the manikin. The fourth competitor then carries the manikin to touch the finish-wall with any part of the competitor’s body.

Change-over zone:

- a) The incoming second and third competitors may assist their outgoing competitors, but only as long as the manikin’s head remains within the changeover zones.
- b) Flags shall indicate the changeover zones for the manikin carry legs:
 - At the 2nd to 3rd competitor changeover - 5 m from the pool wall.
 - At the 3rd to 4th competitor changeover – 10 m from the pool wall.
- c) Competitors may not release the manikin until the next competitor has **grasped** it (i.e., one hand of each competitor must be in contact with the manikin).
- d) The third and fourth competitors are not judged on “carrying the manikin” criteria (defined in 3.3) within the changeover zones. Carrying the manikin criteria does apply within the finish zone at the end of the relay.
- e) The third and fourth competitors may push off the wall with hand, arm, or feet after taking the manikin for their respective legs.
- f) The event is complete when the fourth competitor touches the finish-wall of the pool while still correctly carrying the manikin.
- g) 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.

Retrieving **lost fins**: The second and fourth competitors may retrieve fins lost after the start and the team may continue in the race. The team will not be permitted to start again in another heat.

Equipment

Manikin: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

Swim fins: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

Disqualification

In addition to the *General Rules* in Section 2 the following behaviour shall result in disqualification:

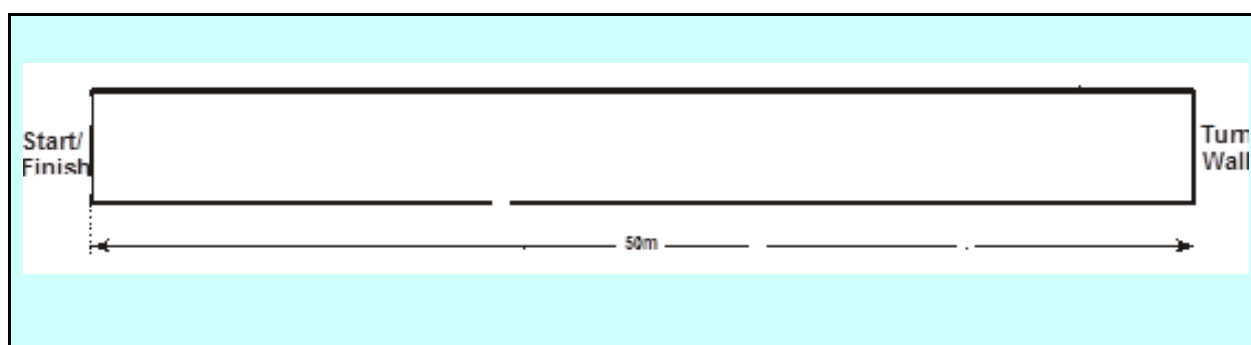
1. **Failure** to touch the finish-wall. (DQ15)
2. **Taking assistance** from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool. (DQ25)
3. Too **early take over and start**: Releasing contact with the pool before touching the manikin and a too early start of the following competitor.(DQ41)

4. **Assistance from a third competitor** during the exchange between the incoming and outgoing competitor. (DQ39)
5. **Releasing the manikin** before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin) (DQ43).
6. Not having the manikin in the **correct carrying position** before the top of the manikin's head passes the change-over zone at the 5 m and 10 m zones. (DQ23)
7. Using an incorrect carrying technique as described in 2.16 manikins (DQ19)
8. Competitor **competing two or more legs** of the event. (DQ40)
9. A competitor **re-entering the water** after completing the leg of the relay. (DQ50)

Note:

1. Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria applies.
2. After the second competitor has surfaced with the manikin, he or she may assist in the exchange with the third competitor anywhere within the 5 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 5 m line.
3. After the third competitor has touched the turn-wall, he or she may assist in the exchange with the fourth competitor anywhere within the 10 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 10 m line.

5.2 RESCUE TORPEDO BUOY MEDLEY RELAY: 4 X 50 m



RESCUE TORPEDO BUOY MEDLEY RELAY: 4 X 50 m

1. Event description

At an acoustic signal, with a dive start, the first competitor swims 50 m freestyle *without fins*.

When the first competitor touches the turn-wall, with a dive start the second competitor swims 50 m freestyle *with fins*.

When the second competitor touches the turn-wall, with a dive start third competitor swims 50 m freestyle towing a Rescue Torpedo Buoy (RTB).

When the third competitor touches the turn-wall, the fourth competitor is in the water wearing fins with at least one hand on the turn-wall or starting block, dons the harness. The third competitor, playing the role of "patient", holds the RTB with both hands while being towed 50 m by the fourth competitor to the finish.

Note:

1. Both the fourth and the third competitor (patient) must leave from the turn-wall. The patient must be in contact with the RTB before passing the 5m line. The line of the RTB must be fully extended beyond the 10 m line.
2. The event is complete when the fourth competitor touches the finish-wall of the pool with the patient in contact with the RTB.
3. The patient may kick while being towed, but no other assistance is permitted.
4. The patient must grip the main body of the RTB – not the rope.
5. The patient must hold onto the RTB with both hands while being towed, but may reposition his or her hands on the RTB during the tow without disqualification.
6. While the fourth competitor must have at least one hand on the turn-wall or starting block when the third competitor touches the turn-wall, the fourth competitor may push off the wall with hand, arm, or feet. The fourth competitor may not touch any part of the RTB, its harness or line, until after the third competitor has touched the turn-wall.
7. The first and second competitors must leave the water upon finishing their respective legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

2. Equipment

- a. **RTB and swim fins:** See Section 7 – Facility and Equipment Standards and Scrutineering Procedures. Competitors must use the RTB supplied by organisers.
- b. **Starts with RTB:** For the third competitor's start, the RTB and RTB line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of RTB and line.
- c. **Wearing of RTB:** RTB must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion. Assuming the RTB was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach or tow.
- d. **Towing the patient:** Competitors must tow the patient with the line of the RTB fully extended.
- e. **Retrieving lost fins:** Competitors may retrieve fins lost after the start and the team may continue in the race. The team will not be permitted to start again in another heat.
- f. **RTB defects:** If in the Chief Referee's opinion, the RTB, line or harness (belt) presents a technical defect during the race, the Chief Referee may allow the team to repeat the race.

3. Disqualification

In addition to the *General Rules* in Section 2, the following behaviours shall result in disqualification:

1. Leaving the start before the previous competitor has touched the turn-wall (DQ41).
2. The fourth competitor touching the RTB harness, line or any part of the RTB before the third competitor touches the turn-wall (DQ44).
3. The patient holding the RTB by the rope (DQ46).
4. The patient helping with arm movements or not holding the RTB with both hands (DQ47).
5. The patient losing the RTB after passing the 5 m line (DQ48).
6. The fourth competitor towing the patient without the line of the RTB fully extended beyond the 10 m line (DQ49).
7. One competitor completing two or more legs of the event (excludes third competitor acting as patient) (DQ40).
8. Failure to touch the finish-wall (DQ15).
9. A competitor re-entering the water after completing his or her leg of the relay (DQ50).

5.3 SUPER NIPPER: 100 m

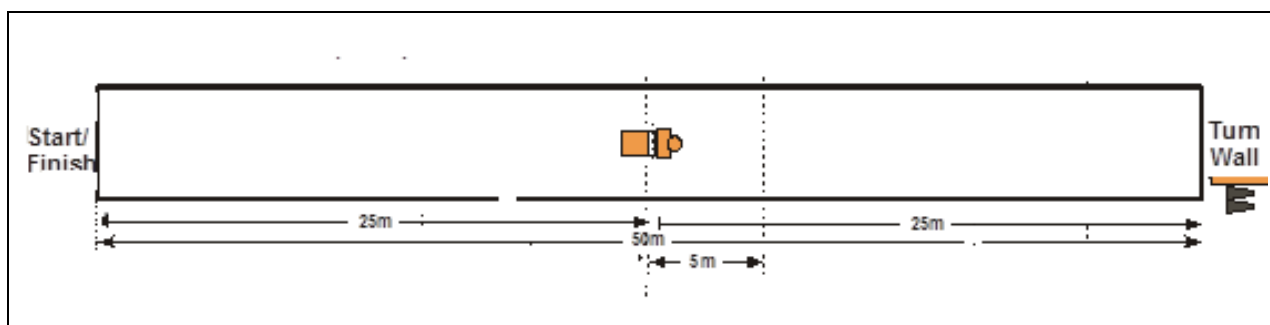


FIGURE: SUPER NIPPER: 100 m

1. Event description

At an acoustic signal, with a dive start the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn-wall. After touching the wall the competitor releases the manikin.

The competitor dons the fins and the rescue tube and tows the rescue tube to the finish. The event is complete when the competitor touches the finish-wall of the pool.

2. Equipment

Manikins, fins, rescue tubes: See Section 7 – Facility and Equipment Standards and Scrutineering Procedures. Competitors must use the manikins and rescue tubes supplied by organisers.

Note: The U/11 to U/14 Manikin (Midi Manikin) is used as described in Section 7 par. 7.4 is.

- Placement of fins and rescue tubes:** Prior to the start, competitors must place the fins and rescue tube on the pool deck – not the starting block/podium – within the confines of their allotted lane.
- Positioning the manikin for the carry:** The manikin is completely filled with water and sealed for the event. The manikin 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.
- The manikin is positioned on its back, head in the direction of the turn-wall with the transverse line in the middle of the manikin's thorax on the 25 m line.
- Surfacing the manikin:** Competitors may push off the bottom of the pool when surfacing with the manikin.

3. Procedure

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

Donning tube and fins: After first touching the turn-wall, the competitor discards the manikin. In the water, the competitor dons fins and rescue tube.

Wearing rescue tubes: Rescue tubes must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion. 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 during the competitor's approach to the manikin or during the manikin tow. The rescue tube remains unclipped.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification.

Rescue tube defect: If in the opinion of the Chief Referee, the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to repeat the race.

4. Disqualification

In addition to the *General Rules* in Section 2, the following behaviour shall result in disqualification:

1. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – excludes the bottom of the pool when surfacing the manikin (DQ17).
2. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick-up zone (DQ18).
3. Using an incorrect carrying technique as described in 2.16 *Manikins* (DQ19).
4. Carrying the manikin face down (see 2.16 *Manikins*) (DQ20).
5. Releasing the manikin before touching the turn-wall. (DQ21).
6. Touching the finish-wall without the rescue tube (DQ37).
7. Failure to touch the finish-wall (DQ15).

5.4 SURF SWIM RELAY RACE

The Course

The course shall be as detailed in the diagram as for surf swim race (3.3). In the event that it is necessary to lay special turning buoys for surf swimming events, then not less than two buoys shall be laid (a minimum distance of 10 m apart).

General Conditions

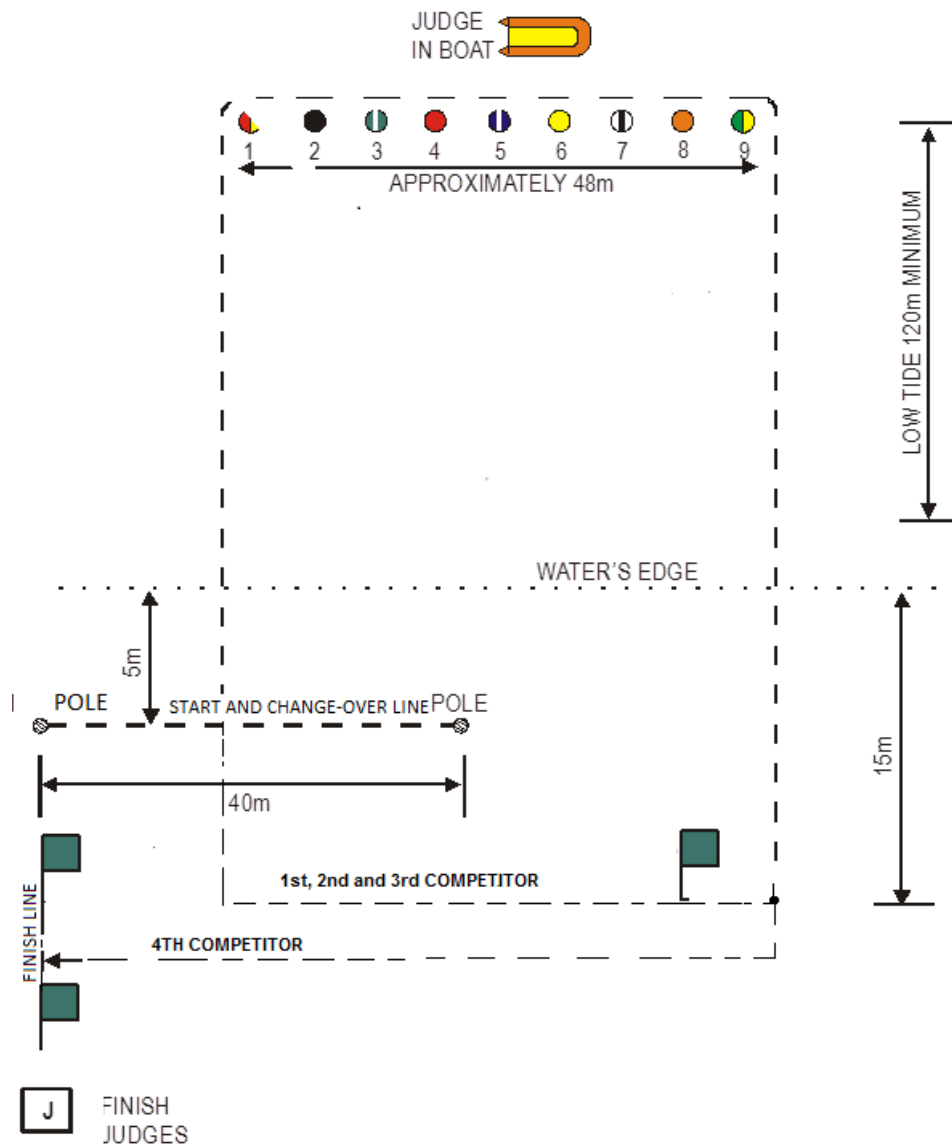
1. Surf swim relay races shall be conducted under Section 3.1, General Conditions of swimming events.
2. Teams shall consist of 4 competitors (2 males and 2 females).

The Finish

Where competitors are required to cross a finish line, and fail to do so correctly, competitors may recover and correctly re-cross the finish line to record their placing. The placing will be the re-crossed finish line position.

Procedure

1. Surf swim relay race shall be conducted under the General Conditions and Rules of the surf swim race (3.3).
2. Competitors must obey the Starter's or Check Starter's directions at the start.
3. **First competitor:** Competitors for the first leg of the relay shall be started and swim around the swim buoys. Having completed the course, the first competitor sprint round the two orange turning flags to tag the second competitor on the designated changeover line.
4. **Second competitor:** The second competitor completes the same course and tags the third competitor on the designated changeover line.
5. **Third competitor:** The third competitor completes the same course and tags the fourth competitor on the designated changeover line.
6. **Fourth competitor:** The fourth competitor completes the same course, rounds one orange turning flag, passes the other orange turning flag on the shoreward side, and finishes between the red finish flags.
7. Competitors must commence their leg of the event from the correct allotted position at the start/changeover line.



SURF SWIM RELAY RACE

6. Point Scoring

For every event the Province will score points towards an Inter-Provincial Grand Aggregate Championship for each category: Nippers, Youth and Open. There will be no difference in the points scored for individual or team events. The scoring will be:

PLACE	POINTS
1 st	8
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

The following Inter Provincial Grand Aggregate points will be calculated:

1. Nipper Inter-Provincial Grand Aggregate Pool
2. Nipper Inter-Provincial Grand Aggregate Surf
3. Nipper Over All Inter-Provincial Grand Aggregate

4. Youth Inter-Provincial Grand Aggregate Pool
5. Youth Inter-Provincial Grand Aggregate Surf
6. Youth Over All Inter-Provincial Grand Aggregate

7. Open Inter-Provincial Grand Aggregate Pool
8. Open Inter-Provincial Grand Aggregate Surf
9. Open Over All Inter-Provincial Grand Aggregate

10. Grand Inter-Provincial Aggregate of all age groups: Nipper, Youth and Open combined.