



# THE NATIONAL LIFESAVING CHAMPIONSHIPS 2011

## RULES & REGULATIONS

Each Branch should make available a copy of these rules to every competitor entering its Branch Heats

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**Registered Charity No: 1046060**  
**Company Limited by Guarantee**  
**Company No. 3033781**

## Significant Items of Note/Additions to 2011 Rules

### 1) Diving into Shallow Water

Competitors wishing to start an event entering the water by diving must comply with one of the two new control measures. Each competitor must either:

- Be certified by their Club Coach who has personally evidenced that competence has been demonstrated. (The club coach will be asked to sign a document stating that the competitor has met the full range of competencies outlined in the RLSS UK Competitive Starts Competency Check List).

#### OR

- Hold the ASA preliminary dive start award (This is not suitable for Speeds).

Organisers of the competition should ensure that anyone diving into the pool is doing so at the end of the pool with the greater depth.

Coaches or guardians must indicate to the referee if their entrant is **not** able to dive into water, they should then start the event in the water holding the starting edge.

2) Staff and Volunteers assisting in the heats and finals of the RLSS UK National Lifesaving Championships are required to comply with the RLSS UK Policy on Safeguarding. All volunteers are required to comply with the RLSS UK Self disclosure procedure and certain positions will be subject to full Criminal Records Disclosure certification.

NB it is the responsibility of the event Welfare Officer to identify positions requiring Disclosure Certification.

3) **F.3 (j) For the Aquatic Initiative Test** – A manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.

4) **F.4 (j) For the Life Support Initiative Test** - - A manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.

### 5) Swimwear

(b) In Initiatives/SERC competitors may wear corrective eyewear such as glasses/spectacles and contact lens. Loss of such eyewear shall not be grounds for protest. Corrective goggles or masks are not permitted.

(c) The rope catcher will be permitted to wear spectacles in the Line Throw.

#### Swimming Hats

(d) Each Competitor will wear a swimming hat throughout the whole competition.

### 6) Swim & Tow

(b) The tow shall be by a method prescribed in the current RLSS UK Handbook 'Lifesaving' **WITH THE EXCEPTION OF THE WRIST TOW**, and shall ensure the safety of the Subject. Any competitor using an invalid tow will result in the attempt being declared invalid. No further attempt will be permitted. The competitor will be awarded the slowest valid time for the event, plus 10 seconds.

### 7) Competitors are requested to note the following statements:

#### a) Pre-existing Medical Condition

Lifesaving is a strenuous activity. In an emergency it helps if we are aware of pre existing medical conditions. Please notify your Team Manager about any health issues. Always seek medical advice before competing with any known condition.

#### b) Exclusion of photography

If there is an event photographer at this event, athletes may wish to exclude themselves from this service and this option will be available by notification to the event organiser on the day.

# THE NATIONAL LIFESAVING CHAMPIONSHIPS

## RULES & REGULATIONS 2011

### 1. GENERAL

#### By 1 April

Branches, to publish details of their Branch Heat - competition date, fees payable and closing date for entries - no later than 1 April.

Branches to supply all entrants with any additional details to that of the return at least two weeks prior to the Competition date (Rule B.6 refers). Branch Management Committees are urged to avoid holding Branch Heats on dates that clash with regionally, nationally or internationally organised events.

#### 9-24 April

(Band 2) Regional Committees to confirm arrangements made under Rule C.2, at its Band 1 29 January – 6 February).

#### 15 July

Last date for receipt at RLSS UK Headquarters of Branch Entry Return Forms Entry Forms of Competitors who qualify for Regional Heats and Branch Entry Fee of £100 cheque made payable to "RLSS UK".

#### 26 August

Last date for receipt at RLSS UK Headquarters of 2010 Championships Winners Trophies.

Any individual or affiliated organisation failing to return a trophy by the specified return date, may be disqualified from competing in that year's Final.

#### 22 August

Date by which RLSS UK headquarters will have supplied all Regional Heat Organisers with Entry Forms for competitors who qualify for their Regional Heat.

#### 30 August

Date by which Regional Heat Organisers will have supplied all Competitors qualifying for Regional Heat with their full written details.

#### 2– 23 September (for guidance only)

Dates for Regional Heats (taking into account the impact of other events on competitors and officials).

\* 10 September is the date set for National Committees to meet

#### 7 October

Last date for receipt at RLSS UK Headquarters of Entry Forms from Competitors who qualify for the RLSS UK Finals.

#### 31 October

Date by which Competitors who qualify for the RLSS UK Finals and Regional Team Managers will have received details of the National Finals from the appropriate Regional Heat Organiser.

### SATURDAY 19 NOVEMBER

THE NATIONAL LIFESAVING CHAMPIONSHIPS FINALS at Ponds Forge, Sheffield.

## **2. PROTEST FEE / COMPLAINT FEE**

- (a) The Protest Fee for the 2011 Championships under Rule G.4 is £20.00
- (b) The Complaint Fee for the 2011 Championships under Rule G.5 is £10.00.

## **3. FINANCE**

- (a) Individual/Team Entry Fee to Branch competitions, as decided by each Branch, is to be sent to the Branch Competition Secretary or designated Branch Officer with the Official Entry Form (Rule A.6 refers).
- (b) The Branch Entry Fee to Regional Competition shall be £100 (Rule A.7 refers). This is submitted with the Branch Entry Return Form and the Entry Forms for Competitors who qualify for the Regional Heat. Cheques/ POs should be made payable to RLSS UK.

## **4. ENTRY PROCEDURES**

- (a) All entries must be on Official Entry Forms, obtainable from Branch Hon Secretaries, nominated Branch Officers or from RLSS UK Headquarters.

**(b) Altered, inaccurate or incomplete Entry Forms may not be accepted. Those signing Entry Forms to confirm their accuracy will bear the responsibility for the non-acceptance of Entries should there be any errors or omissions. Parents/Guardians signing on behalf of those under 16 years of age are signing that they have read the rules and that their competitors are of the correct age for the event they are entering; this will be confirmed by entering the entrant's date of birth.**

- (c) At the Branch Heat the Entry Forms of Competitors qualifying for the Regional Heat will be endorsed by the Branch Competitions Secretary or another nominated Branch Officer and despatched to RLSS UK Headquarters (as outlined in B7) - asking for Advice of Delivery - **TO ARRIVE NO LATER THAN MIDDAY on Friday 15 July 2011.**
- (d) The Championships Organising Committee will arrange for notifications to be sent to Individuals and Masters whose entries are invalid; Team Managers will be notified in respect of Senior and Junior Pairs Teams, and the relevant information will be copied to the Branch.
- (e) RLSS UK Headquarters will send copies of the Entry Forms for the Regional Heat Qualifiers to Regional Heat Organisers by Friday .
- (f) At the Regional Heat the Entry Forms of all Competitors qualifying for the National Finals will be endorsed by the Regional Heat Organiser and sent to RLSS UK Headquarters by Recorded Delivery - asking for Advice of Delivery - **TO ARRIVE NO LATER THAN MIDDAY on FRIDAY 7 OCTOBER 2011.**
- (g) **On submitting entry forms for competitors the Branch Heat Organiser or other nominee is signifying that the competitors in their event FULFIL the entry requirements of the rules as prescribed in this document.**

## **A. GENERAL CONSIDERATIONS**

### **TIMING**

- A.1.** The National Sport & Recreation Committee (or subsequent working group) shall agree the date for the RLSS UK Finals and fix the date bands in which Branch and Regional Heats shall be held.

### **HEATS & FINALS**

- A.2** Those taking part should proceed from a Branch Heat to the Regional Heat and to the RLSS UK Finals if successful at each respective stage.

### **NATIONAL RESPONSIBILITY**

- A.3** The National Sport & Recreation Committee (or subsequent working group) is responsible for making the overall arrangements for the Championships, including the Rules and for publishing these each year, subject to any overall directions given by the RLSS UK Management Board. Current rules will be placed on the web site.

## **DEFINITION OF BRANCH ENTRY**

**A.4 Individual and Masters Competitors must submit Official Entry Forms to the RLSS UK Branch in which they are normally resident and of which they are currently in membership; Team entries must be submitted on Official Entry Forms to the RLSS UK Branch in which the Club is based and to which the Club is affiliated.**

## **BRANCH & REGIONAL RESPONSIBILITY**

**A.5** The specific responsibilities of Branches & Regions for the holding of their respective Heats are set out below. It is the duty of every Branch and Region to promote, where necessary, a Heat and to implement these Rules and to observe any other regulations prescribed by RLSS UK for the Championships.

### **ENTRY FEE COMPETITORS**

**A.6** Each Branch Management committee may decide upon an Entry Fee to be paid to them by those entering the Championships. The Fee (if any) must be paid at the time at which the entry is made to the RLSS UK Branch hosting the competition. Payment of the entry fee will be considered as acceptance of the rules contained herein.

### **ENTRY FEE BRANCHES**

**A.7** Those Branches forwarding entries for the Regional Heats are required to pay the Branch Entry Fee as determined by The National Sport & Recreation Committee (or subsequent working group) - 2011 £100.00.

### **ENTRY FORMS**

**A.8** All entries for the Branch Heat shall be made on the Official Entry Form for the Championships signed by the Branch Competition Secretary or other nominated Branch Officer of the RLSS UK Branch. Entry Forms will be available from RLSS UK Branch Hon Secretaries or other nominated Branch Officers.

Completion of the official entry form will be considered as acceptance of the rules contained herein.

### **DUPLICATION**

**A.9** Only one entry can be made on behalf of any Competitor, Reserve or Substitute in any one Championship.

### **ONE ENTRY IN ONE YEAR ONLY**

**A.10** Competitors in any Championships may not enter more than once in any year as Individuals, Masters or Members of Teams in the National Lifesaving Championships. Where qualified to participate in more than one Championship category, Competitors must choose the Championship category in which they wish to be entered in that year.

## **ENTRY FORM DETAILS**

### **INDIVIDUAL/MASTERS**

**A.11** Individual and Masters entries shall include all the required details in full. They each shall bear responsibility for the non-acceptance of the Entry should there be any errors or omissions.

### **TEAMS**

**A.12** Team entries shall include all the required details in full. All must be countersigned by a senior representative of the Team - this is to confirm the correctness and completeness of the Entry and to bear responsibility for the non-acceptance of the Entry should there be any errors or omissions.

### **RESERVES**

**A.13** Reserves may not be otherwise entered as Competitors in the same or any other Championship category. A Reserve may be entered in a team category. They may, however, be withdrawn as a reserve and entered in the Championship if this is completed by the close of entries.

## **SUBSTITUTES**

**A.14** Each Branch/Region shall nominate one substitute in each Championship category. Only one substitute can be forwarded in each Championship heat or final.

If substitution is necessary, then notice, in writing is required by close of registration. This must be done by a Branch Official to the Regional Heat Organiser and in the case of the RLSS UK Finals by the Regional Team Manager to the Chairman of the Championships Organising Group or another identified person. **Only named Substitutes are allowed.** No other substitutes are permitted.

## **ACCEPTANCE OF ENTRY**

**A.15** Acceptance of entries by the Branch Competition Secretary - or other nominated Officer - will be accepted provided that all entry conditions are satisfied and that each Entry Form is correct and complete in every detail and accompanied by any fee due.

## **MEMBERS OF THE SOCIETY**

**A.16** All competitors for the Championships must be in a current individual category of membership by midday on the **Monday** prior to the Branch Competition (if one is held), **or** by midday on the **Monday** prior to the closing date (if a Branch Heat is not held). All competitors must remain in membership throughout their participation in the competition.

Those who hold an RLSS UK NPLQ, NBLQ or Assistant Beach Lifesaver are not necessarily in membership of the Society and will need separate individual membership.

**Membership is defined as having a membership application received, approved and recorded at River House.** As a safeguard, competitors should take out NEW membership using <https://wam.rlss.org.uk/rlsssite/MemberRegistration/MemberRegistration.aspxwebsite> or renew current membership or set up a direct debit method of payment through River House and obtain proof of posting. RLSS UK is not responsible for undelivered or late or inaccurate membership applications.

**Entry to Branch, Regional and National Final competitions will be rejected if proof of current membership cannot be verified.**

**Any competitor subsequently found not to be in current membership at the time of Branch or Regional Heats will be excluded from further participation in the competition.**

If anyone is in any doubt, please contact RLSS UK membership department.

## **ARBITRATION OF BRANCH ENTRY**

**A.17** The Convenor of the College of Referees or Deputy will arbitrate upon any question relating to entries; the Convenor's decision will be final.

## **FIRST AID AND RESCUE COVER**

**A.18** The Organising Group must ensure the provision of Lifeguards and First Aid facilities in accordance with the advice given in "Managing Health & Safety in Swimming Pools". All Lifeguards must hold a current RLSS UK NATIONAL POOL LIFEGUARD QUALIFICATION and be clearly identifiable.

## **RISK ASSESSMENT**

**A.19** All Branch Heats / Regional Heats must have a completed a Risk Assessment in accordance with RLSS UK. This should be produced prior to the competition and given to all officials, team coaches and made aware to all competitors of the risks that have been identified. (Sample document can be provided from River House on request).

## **CHILD PROTECTION**

**A.20** Staff and Volunteers assisting in the heats and finals of the RLSS UK National Lifesaving Championships are required to comply with the RLSS UK Policy on Safeguarding. All volunteers are required to comply with the RLSS UK Self disclosure procedure and certain positions will be subject to full Criminal Records Disclosure certification.

NB it is the responsibility of the event Welfare Officer to identify positions requiring Disclosure Certification

## **CLOTHING/JEWELLERY ETC**

**A.21** The following regulations relate to dress and jewellery for Competitors and Subjects:

## Swimwear

- (a) Competitors shall have swimwear suitable for competition. Swimwear must not provide the competitor with any flotation assistance. The referee of a competition has the authority to exclude any competitor whose costume does not comply with this rule: All swim wear must comply with FINA Regulations.
- (b) In Initiatives/SERC competitors may wear corrective eyewear such as glasses/spectacles and contact lens. Loss of such eyewear shall not be grounds for protest. Corrective goggles or masks are not permitted.
- (c) The rope catcher will be permitted to wear spectacles in the Line Throw.

## Contact Lens

- (d) The use of contact lens is, at any time, a matter for the wearer.

## Swimming Hats

- (e) Each Competitor will wear a swimming hat throughout the whole competition.

## Footwear

- (f) Competitors shall not wear footwear in any competition event; Unless they are required to move between the Aquatic and Life Support Tests.

## Jewellery

- (g) In the interest of safety for both Competitors and Subjects, all jewellery and associated items must be removed. However, wedding rings may be worn. Finger and toenails should be cut short.

## PROHIBITED ACTIVITY & EQUIPMENT

### A.22

- (a) No apparatus is permitted within the pool building that could be used for purposes set out in A.22 (b) or radio inter-communication within the building in which the Championships are held other than that authorised by the Championships Organising Group;
- (b) The televising or broadcasting of the Championships by any means is prohibited;
- (c) Specific exceptions to (a) and/or (b) above may be authorised in writing as follows:
  - at RLSS UK Finals level - by the Championships Organising Group; see (e) below
  - at Branch and Regional level - by the Branch Hon Secretary, Regional Secretary or other officer appointed by the Branch Management/Regional Committee for the purpose;
- (d) Flash photography is prohibited during the competition. (See also e)
- (e) In line with recommendations in RLSS UK Safeguarding & Protecting Children Policy, all persons wishing to engage in any form of video, photography or electronic reproduction should register their details with the Organiser (or their representative) **before** carrying out such photography. The Organiser (or their representative) reserves the right of entry to this event and reserves the right to decline entry to any person unable to meet or abide by these conditions.

Any concerns regarding inappropriate or intrusive taking of images should be reported to the Event Organiser (or their representative).

**All** persons wishing to film or take photographs/images must:

- i) register their name and address and particulars, covering or including:
  - a) The names of the subject;
  - b) The relationship of the photographer and subject;
  - c) The reason or use the images are being or intended to be put to (e.g. family record);
  - d) A signed declaration that the information provided is valid and that the images will only be used for the reasons given;
- ii) wear identification provided by the Organiser (where appropriate);
- iii) not be given unsupervised access to children.
- iv) If there is an event photographer, competitors may exclude themselves from this service and this option will be available by notification to the event organiser on the day.

## **DRAW ORDER FOR COMPETING**

**A.23** The Event Organiser will carry out a draw. This will take place before the date of the competition under the guidance of an independent person to allow the printing of the programmes. A separate draw will be made for each category of competitor/team. All eligible competitors/teams will be included in the draw.

## **COMPETITOR CONTROL**

**A.24** All Competitors must start, finish and compete in their defined area at all times and must remain in that area until told to leave by the Referee or Nominee. This Rule applies to all categories of the Championships and to the Subjects and equipment used by the Competitors.

## **DRUG TESTING**

### **A.25**

**(a)** A Competitor or Subject in an RLSS UK event shall not use any drug or other substance, which is on the IOC list of Banned Substances in force at the time of the Championships; (details can be found on the IOC website);

**(b)** Drug Testing may take place in accordance with current Sports Council Doping Control Unit Testing Procedures;

**(c)** Competitors, or Parent/Guardian for those under the age of 16 years at the date of the RLSS UK Championships, must sign their Entry Form as their acceptance of these conditions, prior to the start of the Championship.

## **CCPR CHARTER**

### **A.26 Central Council for Physical Recreation 'Fair Play in Sport' Charter**

To establish and maintain standards of conduct and behaviour conducive to good sportsmanship, RLSS UK has incorporated the CCPR Charter within the rules of its National Championships.

Local Branch and Regional competition organisers are advised to give study to the Charter and take the necessary action to incorporate its relevant principles into local competition rules.

**NOTE:** Teams or Individuals not abiding by the CCPR Charter will be disqualified from the Championships.

## **TERMS OF THE CHARTER**

### **Governing Bodies**

- i. Must ensure that their rules are fair, thoroughly understood by Competitors and Officials and properly enforced.
- ii. Must make every effort to ensure that the rules are applied consistently and with absolute impartiality.
- iii. Must make every effort to impress upon Participants and Officials the absolute need to maintain the highest standards of sportsmanship in the organisation and practice of their sport.

### **Coaches**

- i. Must insist that Competitors understand and abide by the principles of good sportsmanship.
- ii. Must not countenance the use of drugs by Competitors.
- iii. Must never employ methods or practices that might involve risks to the long-term health or physical development of their charges.
- iv. Must not attempt to manipulate the rules to the advantage of their charges.

### **Competitors**

- i. Must abide both by the laws and spirit of their sport.
- ii. Must accept the decisions of Umpires and Referees without questions or protestation.
- iii. Must not cheat and in particular must not attempt to improve their performance by the use of drugs.
- iv. Must exercise self-control at all times.
- v. Must accept success and failure, victory and defeat, with good grace and without excessive display of emotion.
- vi. Must treat their Opponents and fellow Participants with due respect at all times.

## **Sponsors and Promoters**

- i. Must not seek improperly to influence the outcome of non-professional competitions by financial inducements.
- ii. Must understand and agree that the administration operation and arrangements for the conduct of competitions and events are the exclusive responsibility of the governing bodies.

## **B. BRANCH HEATS**

### **RULES TO BE OBSERVED**

**B.1** It shall be an obligation upon participating RLSS UK Branches to accept entries and conduct Heats in accordance with these Rules and with any other Regulations made from time to time by RLSS UK and notified to them.

**THE EVENT DISTANCES CONTAINED WITHIN THE RULES CANNOT BE VARIED.** In the case of difficulties with the pool, these must be reported to the Chair of the College of Referees who will solely determine if any action is necessary.

### **RESPONSIBILITY FOR ARRANGEMENTS**

**B.2** The responsibility for making all necessary arrangements for the Branch Heat and entries shall be that of the Branch Management Committee; this may be delegated in whole or in part to the Branch Competitions Secretary or any other Branch Officer. **The Branch shall appoint the Chief Referee and ensure that the minimum qualification held by the person appointed for this task shall be a Level 2/Regional Judge.** The RLSS UK College of Referees can confirm which individuals hold Level 2 or National Judge Qualification. Where possible other officials appointed by the Branch should be at least Level 1/Branch judges. (a copy of all Level 2 Regional Judges to be sent to Competition secretaries to enable them to have the correct official.

(Note: Any Deputy Referees appointed shall not come from the same organisation as the Chief Referee).

### **OBLIGATION TO HOLD HEAT**

**B.3** If a Branch is in receipt of more valid entries than is their entitlement in the respective Regional Heat for any of the Championship categories, it will be obliged to hold a Branch Heat for that Championship Category in order to determine which entries are forwarded to the Regional Heat. Competitors in categories where there are insufficient entries will receive a bye into the Regional Heat.

### **PUBLICATION OF BRANCH ENTRY, HEAT & DETAILS**

**B.4** Not later than 1 April each year, each participating Branch shall make available through its Competition Secretary (or any other nominated Branch Officers) details of the closing date for entry, the entry fee and other arrangements made by the Branch for the Branch Heat.

**B.5** Not later than 2 weeks before any Branch Heat, the Branch shall send to all those properly entered for that Heat, written details of the time, date and venue of the Heat.

### **SELECTION OF THE BRANCH HEAT DATE**

**B.6** The date selected for any Branch Heat shall permit the submission to RLSS UK Headquarters of the qualifying Competitors for the Regional Heat by the date announced.

### **FORWARDING OF HEAT QUALIFIERS**

**B.7** The Branch shall forward the original copies, whilst keeping a photocopy of the submitted paper work, of the following items to RLSS UK Headquarters to arrive by midday **Friday 15 July 2011** in order to make a valid entry to a Regional Heat:

- (a) The Entry Forms of those Competitors who have qualified for the Regional Heat endorsed by the Branch Competitions Secretary, or nominee;
- (b) The forms of the Substitutes clearly marked '**SUBSTITUTE**';
- (c) The completed Branch Entry Return Form;
- (d) Copy of the results countersigned by the referee
- (e) The Branch Entry Fee in the form of a cheque payable to 'RLSS UK'. The fee for 2011 is £100.00.

## **C. REGIONAL HEATS**

### **RESPONSIBILITY FOR ARRANGEMENTS**

**THE EVENT DISTANCES CONTAINED WITHIN THE RULES CANNOT BE VARIED.** In the case of difficulties with the pool, these must be reported to the Chair of the NSRC who will solely determine if any action is necessary.

### **OBLIGATION TO HOLD REGIONAL HEAT**

**C.1** A Region shall determine the number of entries in each category. If a Region is in receipt of more valid entries than is their entitlement in the respective National Final, it will be obliged to hold a Regional Heat for that Championship Category in order to determine which entries are forwarded to the National Final. Competitors in categories where there are insufficient entries will receive a bye into the National Finals.

**C.2** The responsibility for making all necessary arrangements for the Regional Heats shall be that of the Regional Committee; this may be delegated in whole or in part to a Regional Heat Organiser (RHO) specifically appointed by the Regional Committee.

**C.3** Each Regional Committee shall make the following arrangements:

- (a)** The appointment of a Regional Heat Organiser;
- (b)** The booking of a venue for the Heat;
- (c)** The announcement of Date, Time and Heat venue;
- (d)** The delegation of such other arrangements as they see fit to the Regional Heat Organiser;
- (e)** Determine the number of qualifying places, which shall be allocated equally to each of the Branches within the Region;

The RLSS UK College of Referees will:

**(f)** Appoint the Chief Referee who shall have the minimum qualification of National Judge as listed by the RLSS UK College of Referees;

**(g)** Appoint other senior judges who shall be qualified to a minimum of Level 1/Branch Judges.

(Note: Any Deputy Referees appointed shall not come from the same organisation as the Chief Referee)

### **NOTIFICATION OF ARRANGEMENTS**

**C.4** The Regional Committee shall notify RLSS UK Headquarters of **all information** listed in Rule C.3 by 15 July 2011.

**C.5** It shall be an obligation on each Regional Committee to accept only those entries or approved substitutes for the Regional Heat that are forwarded from RLSS UK Headquarters to the Regional Heat Organiser.

**C.6** Not later than 2 weeks before any Regional Heat, the Region shall send to all those properly entered for that Heat, written details of the time, date and venue of the Heat.

### **SUPPORT & FUNDING**

**C.7** The Regional Committee and the constituent Branches of each Region shall give such support and assistance to the Regional Heat Organiser as is necessary and the Region shall bear the costs of the Regional Heats.

### **ENTRY TO NATIONAL CHAMPIONSHIPS**

**C.8** Each region automatically receives one entry into each age group of the national finals.

**C.9** Three additional regional places will be awarded based on the results of the previous National Lifesaving Championships Finals. The extra places will be allocated in each category based on the previous year's results in that category. No Region shall be allocated more than two finals places in any given category. The number of places awarded to a Region will be indicated in the Regional Heat mailing which include the entry forms.

### **REGIONAL HEAT ORGANISER'S RETURN**

**C.10** The Regional Heat Organiser must return the paperwork from their competition by recorded post to RLSS UK Headquarters by midday on **Friday 7 October 2011** ensuring that the following are enclosed:

- (a) The Entry Forms of those Competitors who have qualified for the National Finals endorsed by the Regional Heat Organiser;
- (b) The forms of the Substitutes clearly marked '**SUBSTITUTE**';
- (c) **Copy of the regional competition results countersigned by the referee.**
- (d) A copy of the Risk Assessment.

## **D. OFFICIALS & DUTIES**

### **D.1 Organising Committee**

(a) The Organising Group is responsible for the allocation of all equipment, facilities and personnel during the Championships with the exception of the appointment of referees and judges and the conduct of the competitive events themselves - which is the responsibility of the Convenor of the College of Referees and Event Referee(s) respectively. The College of Referees is responsible for the selection of competition officials, i.e. referees and judges. The Championship's Organising Group is also responsible for the selection and fair deployment of the Subjects and appointing the Jury of Appeal before the commencement of the Championships.

(b) **The Jury of Appeal will include:**

i. A Chairperson who shall be a:

Senior Member of Branch (for Branch competition) or

Senior Member of Region (for Regional competition) or

A member of a National Committee

ii. A member of the College of Referees who is not officiating in the event or another independent person from the above;

iii. Competition Organiser – This person should know and understand the rules of the championship.

The Jury of Appeal shall meet to consider protests where the appellants and where a written protest has been submitted with the appropriate protest fee have not accepted the ruling of the Event Referee. The protesters have the right to appeal to the Jury. The determination of the Jury is final. There is no further right of appeal.

### **Referees**

(c) Referees are responsible for the overall conduct of their events in accordance with these Rules; have the power to intervene at any stage to ensure the observance of these Rules; disqualify or penalise (as appropriate) any Individual/Team not complying with them; and make a final decision where the appropriate officials fail to agree on matters of fact.

Referees shall arrange for the information regarding any disqualification or penalties to be relayed to the Competitors/Team Manager.

Referees and senior judges appointed shall have a minimum qualification of National Judge.

(Note: Any Deputy Referees appointed shall not come from the same club as the Chief Referee).

### **Chief Timekeepers**

(d) Chief timekeepers are responsible to the Referee and for the following:

i. The assignment of Timekeepers to lanes for which they shall be responsible; if necessary, direct a reserve timekeeper to time the lane of a timekeeper whose timer fails to start or stops prematurely, or who for any other reason is unable to record the time. Should there be no reserve timekeeper available, the Chief Timekeeper should time the lane himself.

ii. The checking of the accuracy of all timers prior to the commencement of the competition;

iii. The collection of times from each Timekeeper and the inspection of timers - when necessary;

iv. The recording of the official time for each lane and the reporting of these times to the Referee;

v. The giving of a signal to indicate when timers are to be reset after each event.

## **Starters**

(e) Starters are responsible to the Referee for the operation of an adequate starting signal for all events. They will use the 'one start' rule.

## **Judges**

(f) Judges are responsible to the Referee(s).

## **Placing Judges**

(g) Placing Judges shall:

- i. Take positions where, in all events and at all times, they have a clear view of the whole of the course and be in line with the finish when it is taking place;
- ii. Act as Turning Judges at the finishing line unless other Turning Judges have been appointed at the finishing end;
- iii. After each event individually record and then decide the order of finishing and report it to the Referee.

## **Timekeepers**

(h) Timekeepers are responsible for:

- i. Taking the time of the assigned Competitor by starting the timer when the starting signal is given and stopping it when the Competitor has completed the event;
- ii. Recording the time immediately after each event and before consulting with any other Timekeeper;
- iii. Presenting the timer for inspection if required and resetting it when signalled to do so; or when the Referee indicates the next race is about to commence;
- iv. Divulging times only to the Chief Timekeeper or to the Referee;
- v. Where there is more than one Timekeeper per lane, the official time shall be in accordance with ASA Law. (I.e. the slower of the recorded times).

## **Competitors' Stewards**

(i) Competitors' Stewards are responsible for the movement of the Competitors in the competition and for their security, prior to the Initiative Tests, and marshalling to the start position for the Line Throw and the Swim & Tow.

## **Recorders**

(j) Recorders are responsible for collating and recording times, marks and points for each event and for calculating the results in accordance with the Rules.

## **Trophy Steward**

(k) The Trophy Steward is responsible for collecting trophies, their subsequent security until presentation, co-ordinating of trophy and other presentations and for the compilation of a list of Trophy holders for transmission to the Branch or Regional Competition Organiser, Chairman Organising Committee in the case of the RLSS UK Finals, as appropriate.

## **Competitors Liaison Official**

(l) The Competitors Liaison Official is responsible, at the event, for supporting and/or assisting competitors who may have difficulty with understanding competition rules or of decisions which have been made regarding their own performance. The CLO must be totally familiar with the rules of the Championship. The CLO may attend at a meeting of a Jury of Appeal to support a competitor if a club coach or similar person cannot accompany that competitor.

## **Competitors Welfare Officer**

(m) The Competitors Welfare Officer is responsible, at the event, for supporting and/or assisting young competitors who may have a problem, which might impinge on child protection. The CWO must be an individual member of the Society and be totally familiar with Lifesavers Child Protection Policy.

The CWO is responsible to the Organiser and Event Administrator of the Championship.

## **Aquatic Initiative and Life Support Initiative Test Organisers**

(n) The Test Designer(s) are responsible for the design and setting of the Aquatic Initiative Tests and the Life Support Initiative Tests and, if in attendance, for the briefing of Judges who will thereafter be responsible for briefing Subjects.

D.2 The Referee(s) shall ensure that all Officials, Runners and Subjects are positioned and clothed in such a way as to prevent confusion or hindrance to the Competitors. No club colours should be worn.

## **E THE CHAMPIONSHIPS**

E.1 Championships shall be held in the following categories:

- (a) Junior Girls
- (b) Junior Boys
- (c) Senior Girls
- (d) Senior Boys
- (e) Ladies Individual
- (f) Men's Individual
- (g) Masters Ladies - Age Groups 30-39; 40-49; 50-59; 60 +.
- (h) Masters Men's - Age Groups 30-39; 40-49; 50-59; 60 +.

### **AWARD PRE-REQUISITES**

E.2 Competitors shall, at the date of entry for the Branch Heat, fulfil the following conditions:

(a) Masters, Individuals - hold a current RLSS UK Bronze Medallion, Award of Merit, Distinction Award or Beach or Pool Lifeguard qualification, including Assistant Beach Lifeguard.

(b) Senior Boys and Senior Girls - hold a current RLSS UK Lifesaving 3, Bronze Medallion, Award of Merit or Distinction Award or Beach or Pool Lifeguard qualification, including Assistant Beach Lifeguard.

(c) Junior Boys and Junior Girls - hold a current RLSS UK Lifesaving 3, Bronze Medallion, Rookie Silver Level 3, or Assistant Beach Lifeguard.

### **AGE PRE-REQUISITES**

E.3 Competitors shall conform to the following age pre-requisites at **31 December 2011**;

- (a) Members of Junior Boys and Junior Girls Pairs Teams shall be between 12 and 14 years of age;
- (b) Members of Senior Boys and Senior Girls Pairs Teams shall be aged between 15 and 17 years of age;
- (c) Men's and Ladies Competitors must be 16 years or over;
- (d) Men's and Ladies Masters shall compete in one age band from the following:-  
30-39 years; 40-49 years; 50-59 years; 60 + years.

### **TEAM MEMBERSHIP**

E.4 In Pairs Teams both members must belong to the same RLSS UK affiliated lifesaving group, which is registered on the database at River House. An ATC **does not** count as an 'Affiliated Group' unless it has paid separate membership in the appropriate category.

### **PROOF OF SOCIETY MEMBERSHIP**

E.5 If requested, each Competitor must produce proof of current membership of the Society at any time during the Championships to the Organiser or referee of the event.

## **F. CHAMPIONSHIPS EVENTS**

### **SAFETY**

F.1 Safety is of paramount importance. All Championships officials have a duty to ensure the safe conduct of the event. The Championships organising committee and/or the referees have the authority to take appropriate action to discontinue or prevent any unsafe practices.

## LIST OF EVENTS

F.2 Each of the Championships shall comprise four (4) events:

- (a) Aquatic Initiative Test
- (b) Life Support Initiative Test
- (c) Line Throw
- (d) Swim & Tow (this should start at the end of the pool with the deeper water across the starting edge)

**The running order of events in 2011 shall be (a), (b), (c) and (d). Competitors must take part in all four events. Failure to do so will result in disqualification from the Championships.**

## DIVING INTO SHALLOW WATER - WARNING!!!

**Competitors wishing to start an event entering the water by diving must comply with one of the two new control measures.** Each competitor must either:

· Be certified by their Club Coach who has personally evidenced that competence has been demonstrated. (The club coach will be asked to sign a document stating that the competitor has met the full range of competencies outlined in the RLSS UK Competitive Starts Competency Check List).

### OR

· Hold the ASA preliminary dive start award (This is not suitable for Speeds).

Organisers of the competition should ensure that anyone diving into the pool is doing so at the end of the pool with the greater depth.

Coaches or guardians must indicate to the referee if their entrant is not able to dive into water, they should then start the event in the water holding the starting edge.

## AQUATIC INITIATIVE TEST

### F.3

- (a) Competitors will have 90 seconds to respond to an Aquatic Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs;
- (b) Competitors will be held in Security from the time the Security Room closes until called to compete;
- (c) Competitors will take part in draw order;
- (d) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.
- (e) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;
- (f) CPR must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;
- (g) The system of marking shall conform to the Directed System of marking under which the mark sheet provides guidance on the principle areas of assessment;
- (h) One or more manikins may be used as Subjects.

### Subjects

- (i) Subjects may be required to wear and/or use other items in the Aquatic Initiative Test; No clothing to be marked with information regarding lifesaving or lifesaving club names.
- (j) For the Aquatic Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.
- (k) Any competitor who is deemed to treat a subject(s) roughly and in a manner which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

## LIFE SUPPORT INITIATIVE

### F.4

(a) Competitors will have 90 seconds to respond to a Life Support Initiative Test, which will not be previously known to them. Teams will be required to deal with this Test in pairs;

**Life Support shall be in accordance with the current Edition of 'Life Support'.**

Competitors are not required to explain their actions.

(b) Competitors will be held in a secure area until called to compete;

(c) Competitors will take part in draw order;

(d) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships; competitors will be placed last in their category;

(e) Every effort will be made to ensure that each Individual/Team is presented with the same emergency situation;

(f) Chest Compressions must only be performed on a manikin. Chest compressions performed on a live casualty will result in invalidation of the test and last place allocated;

(g) The system of marking shall conform to the Directed System of marking under which the Mark Sheet provides guidance on the principle areas of assessment;

(h) One or more manikins may be used as Subjects.

### Subjects

(i) Subjects may be required to wear and/or use other items in the Life Support Initiative Test; No clothing of competitors can be marked with information regarding lifesaving or lifesaving club names.

(j) For the Life Support Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made.

(k) Any competitor who is deemed to treat a subject(s) roughly and in a manner which would harm or frighten the subject may be disqualified but in any case will not be awarded points and be placed in the last available position.

## LINE THROW

### F5

(a) Each Competitor will compete once in this event, which entails coiling, and throwing an unweighted line to a Subject in the water, 12 metres from the side and pulling the Subject back to the side.

(b) For Junior teams, Masters 50/59 and 60+: subjects will be placed 10 metres from the side.

(c) The line shall be of the polypropylene type 8mm in diameter, plaited and floating, not longer than 17.5 metres and nor less than 16.5 metres. The lines should be of the same specification as those currently supplied through Lifesavers Direct..

(d) The centre of the cross rope in each lane will be identified with tape and the subject in each lane must hold onto this throughout the event.

(e) In the Team Championships, members will alternate as Subject and Rescuer. In the Individual and Masters Championships, Subjects will be nominated by the Competitor, and shall be of like gender and a minimum body weight of 50kg.

(f) Prior to the start each Competitor shall stand in an upright position at the edge of the pool with heels together, arms by their sides and with one hand holding the end of the line, facing their Subject.

(g) Subjects will be placed in the centre of each lane, one hand holding their Competitor's line the other holding the centre of the crossline or boom within their lane. The crossline/boom is positioned at 10 or 12 metres respectively from the end of the pool. The surplus line will trail in the water behind the Subject.

(h) On the starting signal Subjects will release their respective Competitor's line. Competitors will coil their line and throw it to their Subject. Provided that the line falls within reach in the appropriate lane, the Subject shall take hold of their Competitor's line using their free hand. Subjects are not permitted to release their hold on the centre of the cross boom until the appropriate throwing line is grasped. Subjects may signal to Competitors when they have taken hold of the line. If a subject pulls the line/boom forward or lets go of the centre of the cross line/boom to reach the thrown line, the throw shall be declared invalid and a time of 2 minutes awarded.

- (i) Subjects being drawn through the water must hold the line with both hands with their arms outstretched and keep their heads up, looking forward to the person pulling them to the pool edge. They shall remain on their front, (prone position), and not offer any propulsion to the poolside. Failure to comply will mean the throw being declared invalid and a time of 2 minutes awarded.
- (j) Competitors, whilst throwing or pulling in their line, must remain in front of a clearly defined area, indicated by a rope or other marking on the poolside. A line running parallel to the poolside 1.5 metres from it shall define this area. If any part of the Competitor's body comes into contact with the floor on or over the line while the Heat is in progress the throw shall be declared invalid and a time of 2 minutes awarded. Should there be a raised portion at the pool edge, the 1.5 metre line shall be drawn from the back of any such raised portion.
- (k) Any Competitor who allows their line to impede another Competitor, or allows any part of the structure of the pool or building to assist in directing the line, shall be awarded an invalid throw and a time of 2 minutes will be allocated. Only the Competitor whose throw has been impeded shall be offered a re-throw.
- (l) The time allowed will terminate when each Competitor has recorded a time, or after 60 seconds whichever is the fastest.
- (m) The timing shall commence with the starting signal and end when the Subject touches the poolside.
- (n) An invalid throw or a throw not completed in 60 seconds shall be awarded a time of 2 minutes.

## SWIM & TOW

### F.6

- (a) Competitors are required to enter the water, swim over a prescribed distance, pick up the Subject in their respective lanes and tow that Subject over the prescribed distance, to the end of the pool designated as the finishing point.
- (b) The tow shall be by a method prescribed in the current RLSS UK Handbook 'Lifesaving' **WITH THE EXCEPTION OF THE WRIST TOW**, and shall ensure the safety of the Subject. Any competitor using an invalid tow will result in the attempt being declared invalid. No further attempt will be permitted. The competitor will be awarded the slowest valid time for the event, plus 10 seconds.
- (c) Tumble turns will be permitted, but not during the pick up of the subject.
- (d) The Subject shall not kick or move or assist the Competitor in any other way whatsoever during the tow. This will result in an invalid attempt and the competitor shall be awarded the slowest time plus 10 seconds.
- (e) **For Senior Pairs, Men and Women & Masters 30-39 and 40-49:** The total distance of the Swim & Tow shall not be less than 90 metres and not more than 105 metres and the swim and tow component shall be of equal distance. At the National Finals 50m Swim & 50m Tow.
- For Junior Pairs Age Groupings and Masters 50-59 and 60+:** The total distance of the Swim & Tow shall not be less than 40 metres and not more than 50 metres and the swim and tow component shall be of equal distance. At the National Finals 25m Swim & 25m Tow.
- (f) Each Competitor will be timed from the starting signal until they touch the end of the pool at the completion of the tow.
- (g) Subjects will be positioned in the centre of each lane and shall be facing away from the direction in which they are to be towed. On commencing the tow the Competitor will proceed in the reverse direction to the approach swim. The Competitor must touch the end of the pool whenever a turn is required but not on pick up of the Subject. The subjects shall be vertical in the water with their elbows and shoulders below the water level. In the event of a 25 metre pool the subject will hold onto and face the wall opposite the start end. The competitor will pick-up the casualty and proceed in the reverse direction to the approach swim.
- (h) In the Team Championships Competitors will alternate as Subject and Rescuer. In the Individual and Masters Championships, Subjects will be nominated by the Competitors; such Subjects must be of like gender and a minimum body weight of 50 kg. Where a subject does not perform to a satisfactory standard a second alternative will not be allowed.
- (i) In the Finals in Senior Teams, Individual and Masters 30-39 and 40-49 each Competitor will swim 50m to a subject who shall be holding and facing the end wall. After picking-up the subject the competitor will tow the subject 50 metres in the reverse direction and will complete the event by touching the finish wall.

**(j)** In all Championships any assistance on the part of the Subject will result in the attempt being declared invalid. No further attempt will be permitted. The Competitor will be awarded the slowest valid time for that event plus 10 seconds.

## **STARTING**

### **F.7 The 'One Start' rule will be used.**

**(a)** Under the 1-start rule, any competitor starting before the starting signal has been given, shall be deemed to have false started and awarded, in the case of the line throw, a time of two minutes and, in the case of the swim & tow, the slowest time for the event plus 10 seconds.

**(b)** If the starting signal sounds before the false start is declared, the race shall continue and the competitor(s) shall be informed of the false start at its completion and awarded last place except in the case of Pairs where they will be awarded the slowest time plus 10 seconds.

**(c)** If the false start is declared false before the starting signal, the signal shall not be given, but the remaining competitors called back, be reminded by the starter of the penalties, and start again.

**(d)** The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively if the referee or the referee's designate decides that the start is false, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated) and dropping of the false start rope.

**(e)** If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

## **G. GENERAL**

### **MARKING RESULTS & PROTESTS**

#### **G.1**

**(a)** The placing for each Championship will be determined in the following way:

**i.** Team, Individual and Masters will be placed in rank order, with points being awarded as per their position within the event, (e.g. 8th will gain 8 points, 12th will gain 12 points etc). In the Aquatic Initiative Test, the rank order points will be doubled (e.g. 1st will gain 2 points, 2nd will gain 4 points, 8th will gain 16 points etc).

**ii.** The rank order position allocated to Competitors tying for a place will be the position that the highest of them would have occupied had they not tied. (e.g. 3 Teams tying for third position in an event will all be placed as though they had come third in that event; the next Team will be placed sixth);

**iii.** Competitors who have their Line Throw declared invalid will be awarded 2 minutes; Competitors who have their Swim & Tow declared invalid will be awarded the slowest valid time for that event plus 10 seconds;

**iv.** Competitors will then be placed in a final rank order according to the number of points, which they have been allocated, with the lowest score first and the highest last.

**(b)** In the Team Championships the rank order for the Line Throw and Swim & Tow events shall be calculated by the addition of the two times for each member of the Team in each event and rank ordering the Teams according to the fastest to slowest cumulative total.

### **TIES**

**G.2** Should there be a tie on placings; Competitors who have tied will be placed according to the place achieved in the Aquatic Initiative Test. If the Competitors are still tied after this event the tie shall be decided by referring to the placings in the Life Support Initiative Test. If the equality is not then resolved a tie shall be declared.

### **DISQUALIFICATION AND INVALIDATIONS**

#### **G.3**

**(a)** The following Rules refer to situations when disqualification from the Championships may take place:

A 21(B); A.26; D.1 (c); F2(d), F.3 (d); F.3 (k); F4(d); F7 (a); F7(b)

**(b)** The following rules refer to situations when invalidation of an event may take place:

F. 3(f); F.4(f); F.5 (h), (i), (j) and (k); F.6(b), (d) and (j)

**(c)** The referee or event director must report any disqualifications and the reason to the competitor (Team Manager for junior or senior pairs) within 15 minutes of the decision.

## PROTESTS

**G.4** A Competitor or Team Manager may protest in writing to the Referee if it is believed that a Rule has been contravened, using the standard Protest Form, providing that:

(a) A verbal protest is given to the event referee within 10 minutes of the completion of the event and that a completed Protest Form is correctly completed and handed in to the Championships Referee, with the protest fee, within 30 minutes of the incident to which it relates;

(b) The National Sport & Recreation Committee (or subsequent Working Group) determines the Protest Fee. (For 2011 the Fee will be £20.) If the Protest is not upheld, the Protest Fee will be retained by the Branch, Regional or National Organising Committee towards the costs of the event.

If the Referee is unable to resolve the dispute to the satisfaction of the competitor the matter will be referred to the Jury of Appeal.

**Protest may not be made against a decision of the Referee or any other official regarding placing, fouling or any other facts of the Championships**

## COMPLAINTS

**G.5** A Complaint is a formal expression of dissatisfaction with an action of any person connected with the Championships. It is not about rule contravention, which is dealt with by a Jury of Appeal.

(a) Any Official, Coach, Team Manager or Competitor may make a Complaint. In the case of a Complaint involving a person under the age of 18 years, the Parents/Guardians of such person must be informed.

(b) A detailed written statement of the action with which the complainant is dissatisfied and the reasons for the dissatisfaction shall be sent to the Chief Executive of RLSS UK.

(c) The appropriate fee, stated in Regulation 2b, which is non-refundable, must accompany a Complaint. The complaint must be sent to the Chief Executive of RLSS UK not later than seven (7) days after the event to which it relates.

(d) Immediately upon receipt of a Complaint, the Chief Executive of RLSS UK shall nominate an individual to take charge of the process. The person so identified shall send a copy of the complaint to each of the parties involved.

(e) The nominee of the Chief Executive of RLSS UK shall arrange the date and venue of the hearing - which must be within 21 days of receipt of the Complaint - and notify all parties at the earliest opportunity of such date and venue.

(f) The nominee of the Chief Executive of RLSS UK shall appoint a Panel of at least four persons for the hearing, 3 members and a Chairman.

(g) At the hearing, each party shall have the right to state their case and call any witnesses. Persons under the age of 18 years shall be represented and accompanied by an adult.

(h) After the hearing the Chief Executive of RLSS UK shall advise all parties, in writing, of the decision, which shall be binding.

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## COLLEGE OF REFEREES

The UK College of Referees came into force in 2005. It is:-

*"A College within RLSS UK to control and maintain people who can answer "what, where, when, why, who and how" questions on National competitions organised by or within RLSS UK"*

The College of Referees is an official body of RLSS UK to whom it reports through the National Sport & Recreation Committee.

### Composition

The College of Referees is composed of a Convenor, three Vice-Convenors - one representing Still Water, one representing Open Water referees, and one representing referees in Simulated Emergency Response events - and, all the members who are elected to the College as either International A, B, or C Referees. Its role is described below:

- Will make every effort towards encouraging a life saving competition in the spirit of fair play.
- Will determine proper ways of achieving a fair competition.
- May propose to the RLSS UK S&RC all amendments to the National Technical Regulations they deem necessary.
- Will be responsible for the supervision of National and local Referee courses.
- Will be responsible for advising if an updating course has to be organised after the National Technical Regulations have undergone substantial amendments.
- Will be responsible for checking if proposed Referee candidates for National Competitions organised by RLSS UK are eligible to officiate.
- Will yearly evaluate and keep up to date the list of National (International C) and D Referees, and will upgrade, downgrade or relieve referees of their function where necessary.
- Will inform all National and local Referees of any possible amendments brought to the National Technical Regulations.
- Any further information may be gained from the Convenor of the College, Janet Castro, at [jintycaastro@gmail.com](mailto:jintycaastro@gmail.com)