**ALBERTA & NORTHWEST TERRITORIES**

# LIFESAVING
# SPORT

# Alberta and Northwest Territories Competition Manual

Rules, Standards and Procedures for Alberta and Northwest Territories Sanctioned Competitions and Championships

# 2025 Edition

# Alberta and Northwest Territories Competition Manual

## Rules, Standards and Procedures for Alberta and Northwest Territories Sanctioned Competition and Championships

2025 Edition; First Printing September 2025

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and Lifesaving Sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for Lifesaving Sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

# Acknowledgment

# Introduction

Lifesaving Sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing, and paddling races, and in emergency response competition.

Lifesaving Sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through Lifesaving Sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

In Canada, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970s. The Society organized the first Alberta Lifeguard Championship in 1973, followed by the first Canadian Lifeguard Championships which took place in Winnipeg in 1977.

Today, residents of Alberta and the Northwest Territories compete internationally in world and commonwealth championships, nationally in separate pool, surf, and emergency response championships, and provincially in the following Alberta and Northwest Territories championships:

- Alberta and Northwest Territories Pool Lifesaving Junior Games
- Alberta and Northwest Territories Pool Lifesaving Championships

Details for Alberta and Northwest Territories Championships are posted at Sport.Lifesaving.org.

# Preface to the 2025 Edition

The Lifesaving Society Alberta and Northwest Territories is the Provincial Sport Organization and governing body for Lifesaving Sport in Alberta and Northwest Territories. As the Provincial Sport Organization, the Lifesaving Society is the standard setter and certifying body for all Lifesaving Sport programs and competitive lifesaving activities. The Alberta and Northwest Territories Competition Manual is used to identify rules, standards, and procedures for lifesaving competition in Alberta and Northwest Territories.

It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in:

- *Canadian Lifesaving Sport Competition Rulebook* – Current Edition
- *ILS Competition Rule Book* – Current Edition
- *ILS Technical Bulletins* – Applicable to current edition of the *ILS Competition Manual*

Officials, coaches and athletes should refer to the appropriate reference materials.

**NEW IN THIS EDITION** In addition to minor editorial changes, highlights of the revisions in this edition of the Alberta and Northwest Territories Competition Manual include:

## Section 1 - Lifesaving Sport

- Clarified Sanction process
- Removed details of specific international competitions from 2015 and previous. International competition participation is now covered on the Lifesaving Society website (https://www.lifesaving.org/lifesaving-sport/lifesaving-sport-history)

## Section 2 – Renamed - Lifesaving Sport Policies and Procedures

This section specifies policies and procedures for all sanctioned competitions.

- Editorial changes to ensure policies apply to all competitions and not just championships
- Host clubs are responsible for providing equipment for competitions
- Changed Bronze Medallion requirement to Bronze Star
- Clarified process to transfer athletes between clubs including the removal of the 90 day rule
- Updated coach requirement for clubs to have at least one certified Lifesaving Sport Coach at sanctioned competitions
- Re-classification of age groups/divisions: 10&U, 11-12, 13-14, Youth, Open, and Masters
- Changed athlete age to be age as of December 31$^{st}$ of the competition year
- Changes to some events based on new age groups
- Removal of 100 m Super Lifesaver
- Addition of Pool Lifesaver Relay for Youth, Open, and Masters divisions
- Relaxation of swim up rules for relays (including line throw)
- Addition of mixed relays
- Addition of expectation for participating clubs to provide officials for competitions
- Addition of option to use mixed seeding
- Addition of option to run heats and finals for a sanctioned competition
- Masters athletes no longer earn points at competitions
- Records from age groups used for the 2024/2025 and earlier seasons will be retired
- Records for the age groups used for the 2025/2026 season and forward will include masters age groups broken down as 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+ as well as mixed relays

- Clarification on record eligibility for Youth, Open, and Masters divisions
- Clarification for 11-12 and 13-14 line throw records to be valid both competitors must be in the same age group
- Clarification on record approval process
- Change to eligibility for use of fiberglass or carbon fins to age 15+

## Section 3 – New section – Alberta and Northwest Territories Championships

This section provides information specific to the Pool Lifesaving Championships and Junior Games. Changes from the old section 2 include:

- Require out of province and out of country athletes to compete as exhibition athletes
- Program of Events to be established by the Lifesaving Society in the event package each year
- Entry deadline no later than 7 days prior to the first day of competition
- NT or "No Time" entries not accepted
- Addition of small team banner for both the Junior Games and the Championships. Team size is determined as of the entry deadline. Clubs with 10% or more of all athletes registered for the competition will be considered large teams. Clubs with less than 10% of all athletes registered for the competition will be considered small teams.
- Masters medals will be awarded to the top 3 overall masters, not divided by individual masters age groups
- Addition of multi-age super seeding for individual and team events

## Section 4 – Alberta and Northwest Territories – Pool Events

This section describes the rules for short course pool events in Alberta and Northwest Territories.

- Updated reference to *Canadian Lifesaving Sport Competition Rulebook*
- Included URL for competition manuals on the Lifesaving Society website
- Added the option for an in water start for all events except Manikin Relay, which is always an in water start
- Added more detailed event descriptions rather than just referring to the *ILS manual*
- Manikin handler is not required to wear a team cap
- Specific event changes as follows:

### Obstacle

- Clarification that "surfacing" means the competitor's head breaks the plane of the surface of the water.

### Manikin Carry

- No changes.

### Rescue Medley

- Clarification that competitors can take a break at the 75 m mark as long as they remain in contact with the wall/edge/block until they submerge.

### Manikin Carry with Fins

- 11-12 year old age group is 25 m swim / 25 m carry with half-full manikin.

### Manikin Tow with Fins

- 10 and under competitors can clip anywhere on the collar, not just on the O-ring.
- All ages/divisions – wrapping the line of the rescue tube around the manikin or otherwise shortening the line during the race is no longer a disqualification.

- Athletes who intentionally shorten the line of the rescue tube prior to the start of the race will be disqualified.

### Super Lifesaver

- Removal of 100 m Super Lifesaver.
- Wrapping the line of the rescue tube around the manikin or otherwise shortening the line during the race is no longer a disqualification.

### Line Throw

- Competitors are allowed to have backward movement within their 2 m throw zone.
- Relaxed rules for the thrower in the starting position (heels together and hands at sides not required).
- After the race has started, the victim does not have to be in contact with the crossbar until they grasp the throw line.

### Manikin Relay

- Outgoing competitors are allowed to touch the incoming manikin prior to the incoming competitor touching the wall as long as the outgoing competitor remains in contact with the wall.

### Obstacle Relay

- Clarification that "surfacing" means the competitor's head breaks the plane of the surface of the water.

### Medley Relay

- The third competitor will be disqualified for shortening the tow line/rope of the rescue tube prior to starting their leg.
- Clarification that the third swimmer can touch the wall with any part of their body at the 150 m mark.
- Clarification that the third competitor must maintain contact with the rescue tube or clip with both hands during the turn at 175 m.

### Pool Lifesaver Relay

- New event added to Competition Manual.

### Simulated Emergency Response Competition (SERC)

- Removal of reference to Alberta and Northwest Territories Scoring Sheets.

# Table of Contents

## Section 4 - Pool Events

## Appendix A - Oath Scripts

## Appendix B - Short Course Events

# Appendix C - Long Course Events

# Section 1 - Lifesaving Sport

## 1.1 | Lifesaving Sport History in Alberta and Northwest Territories

Lifesaving often comes down to a race in the water to rescue a person in distress before the victim drowns. Being prepared (with fitness, skill, knowledge, and judgment) to win that race means being prepared to save lives. So, it should be no surprise that the promotion of competition was part of the aims of the Royal Life Saving Society (RLSS) at its formation in 1891.

In the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

In 1973, the Society hosted the first Alberta and Northwest Territories Lifeguard Championships which featured emergency response and physical events.

In 2000, the Alberta and Northwest Territories Branch sent its first inter-club team to the Inter-club World Life Saving Championships, Rescue 2000 in Sydney, Australia.

In 2001 the Alberta and Northwest Territories Branch hosted the first Canadian Pool Lifesaving Championships to include International Lifesaving Federation (ILS) pool lifesaving events.

In June 2009, the Lifesaving Society Alberta and Northwest Territories Branch hosted the RLSS Commonwealth Pool Lifesaving Championships in Edmonton, Alberta.

The Alberta and Northwest Territories Branch has had representatives participate on national teams at Lifesaving World Championships and Commonwealth Championships since 2000.

## 1.2 | The Lifesaving Society

The Lifesaving Society – Canada's lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management services, and Lifesaving Sport.

### Alberta and Northwest Territories Lifesaving Sport Authority

As the governing body for Lifesaving Sport in Alberta and Northwest Territories, the Lifesaving Society establishes rules for the purpose of having a safe and fair system, within which sanctioned lifesaving competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Alberta and Northwest Territories lifesaving or lifeguard championships in age-group, open or Masters age groups.

The words "Provincial", "Alberta and Northwest Territories", "AB/NWT" and "Lifesaving Society" shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

## 1.3 | Sanctioning

The Lifesaving Society alone may sanction lifesaving or lifeguard competitions in Alberta and Northwest Territories. The Lifesaving Society may authorize other event-specific championships as appropriate.

### To receive sanctioning, the following terms must be met:

All competitors must be eligible to compete as defined in Eligibility and the Right to Participate (refer to Section 2.1).

- Sanctioned competitions will be conducted using the Alberta and Northwest Territories Competition Manual for rules, standards, and procedures. Sanctioned competitions are setup and run at the discretion of the Meet Manager and should address the items in Section 2 of this manual.
- The competition management committee must have an appropriate safety plan, safety equipment, and a Safety Officer in place.

- Using the website, affiliated sport clubs may request sanctioning for a competition. All the information identified on the website must be completed and submitted before the competition will be sanctioned.

-  The Lifesaving Society does not recognize results or records set in unsanctioned competitions.

- The host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the competition.

- A Lifesaving Society representative will be appointed for sanctioned competitions. Affiliated sport clubs should contact the Lifesaving Society office for rules, standards, and supports for open water and lifeguard emergency response competitions.

# Section 2 - Lifesaving Sport Policies & Procedures

## 2.1 | Competition Framework

The Lifesaving Society's Lifesaving Sport Policies and Procedures shall govern all sanctioned competitions in Alberta and the Northwest Territories. Section 3 – Alberta and Northwest Territories Championships provides additional requirements for the following Alberta and Northwest Territories Championships:

- Alberta and Northwest Territories Pool Lifesaving Junior Games
- Alberta and Northwest Territories Pool Lifesaving Championships

### Management Committee

The host club of sanctioned competitions shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate Club Representative
- Facility Liaison (if applicable)
- Meet Manager
- Chief Referee
- Safety Officer

The host club shall be responsible for the provision of equipment and material required to establish and maintain the competition.

### Eligibility and Right to Participate

Sanctioned competitions are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving. To be eligible to compete in sanctioned competitions, athletes must:

- Be an individual member in good standing with the Lifesaving Society
- Be an Alberta Registered Athlete
- For certain competitions a current (within 24 months of the date of certification) Lifesaving Society Bronze Star or National Lifeguard certification may be required

Competitors from other provinces and countries may compete in Alberta and Northwest Territories sanctioned competitions, if endorsed (in writing) by their provincial or national sport organization. These competitors represent their club.

### Club Composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Registered athletes must be a member of an affiliate club and may not be registered as an unattached competitor. Unattached athletes should contact the Society for support to find a club.

Athletes may compete for only one affiliate club at a time. In order to transfer an athlete from one club to another, the new club must contact the Lifesaving Society to initiate a transfer request. The original club must verify that there are no outstanding fees owing or ongoing code of conduct investigations that would prevent the transfer from being approved.

Athlete transfers for the sole purpose of competing with a new club for one or more regular season competitions and then transferring back to the original club are not permitted without approval from the Lifesaving Society. Approvals will generally only be granted to accommodate extenuating circumstances (e.g. pool closure for part of a season, temporary transfer due to work contract, etc.). There must be a reasonable expectation that the transfer will be for the rest of the season to be approved.

## Coach Requirements

Each club is required to have at least one certified Lifesaving Sport Coach on deck at sanctioned competitions.

## Divisions

The following age divisions are established for Alberta and Northwest Territories sanctioned competitions:

| Division | Age (As of December 31st of Competition Year) |
| --- | --- |
| Age Group | 10 years and under |
| Age Group | 11-12 years old |
| Age Group | 13-14 years old |
| Youth | 15-18 years old |
| Open | 16 and older |
| Masters | 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+ |

# 2.2 | Eligible Events

The following events can receive sanctioning at Alberta and Northwest Territories Sanctioned Competitions. Events will be conducted according to the information in Section 3 of this manual.

| Event | Individual (Female & Male) | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
| | Age Group | | | Division | | |
| | 10 Years & Under | 11-12 Years | 13-14 Years | Youth 15-18 Years | Open 16 + Years | Masters 18+ Years |
| Obstacle Swim | 50 m (35 cm obstacle) | 50 m (35 cm obstacle) | 100 m (35 cm obstacle) | 200 m (70 cm obstacle) | 200 m (70 cm obstacle) | 200 m (70 cm obstacle) |
| Manikin Carry | 50 m (empty manikin) | 50 m (half-full manikin) | 50 m (half-full manikin) | 50 m (full manikin) | 50 m (full manikin) | 50 m (full manikin) |
| Manikin Carry with Fins | 50 m (empty manikin) | 50 m (half-full manikin) | 100 m (half-full manikin) | 100 m (full manikin) | 100 m (full manikin) | 100 m (full manikin) |
| Manikin Tow with Fins | 50 m (empty manikin) | 50 m (half-full manikin) | 100 m (half-full manikin) | 100 m (half-full manikin) | 100 m (half-full manikin) | 100 m (half-full manikin) |
| Rescue Medley | Not Eligible | | | 100 m (manikin at 12.5 m) | 100 m (manikin at 12.5 m) | 100 m (manikin at 12.5 m) |
| Super Lifesaver | | | | 200 m | 200 m | 200 m |

NOTE: Competitors may register in only one division for individual events and must remain in the selected division throughout the competition.

NOTE: Athletes in the Youth and Open division may compete in their division or in one division above (Masters would swim down in the Open division). Age group athletes are not allowed to swim up for individual events.

| Event | Teams (Female, Male, & Mixed) | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
| | Age Group | | | Division | | |
| | 10 Years & Under | 11-12 Years | 13-14 Years | Youth 15-18 Years | Open 16+ Years | Masters 18 + Years |
| Line Throw | 6 m | 8 m | 8 m | 12.5 m | 12.5 m | 12.5 m |
| 4x25 m Manikin Carry | 4x25 m (manikin empty) | 4x25 m (manikin half-full) | 4x25 m (manikin half-full) | 4x25 m (manikin full) | 4x25 m (manikin full) | 4x25 m (manikin full) |
| 4x50 m Obstacle Relay | 4x50 m (35 cm obstacle) | 4x50 m (35 cm obstacle) | 4x50 m (35 cm obstacle) | 4x50 m (70 cm obstacle) | 4x50 m (70 cm obstacle) | 4x50 m (70 cm obstacle) |
| 4x50 m Medley Relay | 4x50 m | 4x50 m | 4x50 m | 4x50 m | 4x50 m | 4x50 m |
| SERC | 4x50 m | 4x50 m | 4x50 m | 4x50 m | 4x50 m | 4x50 m |
| 4x50 m Pool Lifesaver Relay | Not Eligible | | | Eligible | | |

**Team Events:** Competitors may swim up into higher age groups or divisions (i.e. a competitor in the 11-12 years division is eligible to compete as a member of a team in the 13-14 years division). For manikin relay, athletes in the 10 years and under age group are not eligible to swim up. This swim up rule includes Line Throw. With the exception of the Masters division, competitors may not swim down into a lower age group/division. Competitors may only swim in one age group/division per team event.

**NOTE:** Relay teams with Master athletes and Youth or Open athletes are not eligible to swim in the Masters division. The team would swim in the Open division.

**NOTE:** Mixed Relays (if offered) must comprise of 2 male and 2 female competitors with the exception of Line Throw which must comprise of 1 male and 1 female competitor. Competitors may swim in only one relay category per event - female, male, or mixed.

## 2.3 | Entries

Entry deadlines will be established by the Competition Management Committee. Affiliated clubs and coaches will refer to the registration package for meet entries requirements.

## 2.4 | Awards

Sanctioned competitions may or may not provide awards for competitors. Details of awards must be included in the event package.

## 2.5 | Officials

Participating clubs are expected to provide officials for sanctioned competitions. The event package shall include details on how to sign up.

## 2.6 | Seeding

Competitors shall be senior seeded for each event based on entry times. Seeding may be sorted by gender or as mixed seeding.

## 2.7 | Scoring

### Finals

Host clubs have the option of running heats and finals or time finals for their competitions. Events will be scored as time-finals if there are no finals.

### Point Allocation

Competitors in each division except for masters shall be allocated points as outlined in the following chart:

| Place | Points | Place | Points | Place | Points | Place | Points |
|-------|--------|-------|--------|-------|--------|-------|--------|
| 1st | 20 | 5th | 13 | 9th | 8 | 13th | 4 |
| 2nd | 18 | 6th | 12 | 10th | 7 | 14th | 3 |
| 3rd | 16 | 7th | 11 | 11th | 6 | 15th | 2 |
| 4th | 14 | 8th | 10 | 12th | 5 | 16th | 1 |

*Masters swimmers will not score points.

## 2.8 | Results and Records

The Lifesaving Society publishes the official results electronically on the Lifesaving Society website Sport.Lifesaving.org following the conclusion of sanctioned competitions and championships.

The Lifesaving Society recognizes and publishes men's and women's individual, and men's, women's and mixed team Alberta and Northwest Territories records for long and short course events listed in Section 4.

As the Provincial Sport Organization, the Lifesaving Society has authority over all Lifesaving Sport Provincial Sport Records and data. All records are considered unofficial until approved by the Lifesaving Society.

Line Throw will not have separate records maintained for long and short course.

Simulated Emergency Response Competition (SERC) will not have a record maintained.

Obstacle swim and obstacle relay events must use appropriate sized gates based on pool depth for safety. Separate records will not be maintained for 35 cm depth and 70 cm depth obstacles.

In the event that an event description is changed, the Lifesaving Society reserves the right to review and retire records.

### Eligibility for Records

- Must be an Alberta and Northwest Territories registered athlete.
- Records can be set at Alberta and Northwest Territories sanctioned competition or championships. Records set at Canadian championships or ILS sanctioned competitions require documentation submitted to the branch for review.
- For individual events, eligibility for records is determined by athlete age as of December 31st of the year of competition. Age group competitors are only eligible for individual event records in their current age division. Youth competitors can set records in the Youth, Open (if 16-18) and Masters (if 18) age division. Open competitors can set records in the Youth (if 16-18), Open and Masters (if 18 or older) division. Masters competitors can set records in the Youth (if 18), Open and Masters division. Masters records are broken down by age category as follows: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+
- For individual events, eligibility for records requires using the event distance and equipment rules for the age division as per Section 3 of this manual.
- For team events, eligibility for records is determined by the age division the relay team competed in. For 11-12 and 13-14 Line Throw records to be official, both competitors must be in the same age group.

- The Lifesaving Society will accept Alberta and Northwest Territories records only when times are reported by automatic officiating equipment or by a minimum of two timekeepers.
- Event must be run with uniform equipment meeting all criteria outlined in the event description and Section 2.10 of the *Alberta and Northwest Territories Competition Manual*.

### Alberta and Northwest Territories Record Approval Process

1. Current Alberta and Northwest Territories records will be updated in Hytek prior to each competition.
2. Once an event is scored, results should be reviewed for potential records. If any potential records are identified, print a Hytek Record Form Report for the potential record. The Record Report must be reviewed and signed by the Meet Manager and Referee.
3. Upload a digital copy of the signed record report, proof of time, and signed copy of the event results to the Lifesaving Sport Website.
4. Upon receipt of competition results and record application documentation, the Lifesaving Society will review the information and determine approval of pending records on the Lifesaving Society website.
5. Records achieved at sanctioned competitions outside of Alberta and Northwest Territories will be reviewed on a case by case basis.

## 2.9 | Uniforms and Equipment

### Swim Fins

Competitors must provide their own fins. Fins are measured while not worn.

Swim fins used by competitors 14 years of age and under (as of December 31$^{st}$ of the competition year) shall comply with the following specifications:

- **Length:** Maximum overall length 60 cm, including 'shoe' or ankle strap (ankle strap extended).
- **Width:** 25 cm maximum at the widest point of the blade
- **Construction:** The fin blade shall be constructed of flexible rubber or plastic (no fibreglass or carbon)

Swim fins used by competitors 15 years of age and older (as of December 31$^{st}$ of the competition year) shall comply with the following specifications:

- **Length:** Maximum overall length 65 cm, including 'shoe' or ankle strap (ankle strap extended).
- **Width:** 30 cm maximum at the widest point of the blade
- **Construction:** The fin blade shall be constructed of flexible rubber, plastic, fibreglass, or carbon

### Obstacles

Obstacles used by competitors 14 years of age and under shall be 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes.

Obstacles used by competitors 15 years of age and over shall be 70 cm* high and fixed at right angles onto lane ropes in a straight line across all lanes.

*The 35 cm high obstacles may be used for all divisions if necessary due to pool depth; however provincial records can only be approved for 70 cm high obstacles.*

### Manikins Half Full

The manikin is filled with water so that it floats with the top of its transverse line at the surface. The manikin may be positioned horizontally or vertically, depending upon the event.

### Manikin Collar

Collars shall be secured around the neck of the manikin with roughly one finger width between the collar and the neck of the manikin.

# Section 3 - Alberta and Northwest Territories Championships

## 3.1 | Competition Framework

The Lifesaving Society's Lifesaving Sport Policies and Procedures shall govern all sanctioned competitions in Alberta and the Northwest Territories. This section provides additional requirements for the following Alberta and Northwest Territories Championships:

- Alberta and Northwest Territories Pool Lifesaving Junior Games
- Alberta and Northwest Territories Pool Lifesaving Championships

### Management Committee

The Lifesaving Society shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate Club Representative
- Facility Liaison (if applicable)
- Meet Manager
- Chief Referee
- Safety Officer

The Lifesaving Society shall inspect championships venues to ensure that the needs of the competition can be satisfied prior to approving the location.

The Lifesaving Society in cooperation with the host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the championships.

### Eligibility and Right to Participate

Alberta and Northwest Territories Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving. To be eligible to compete in Alberta and Northwest Territories Championships, athletes must:

- Be an individual member in good standing with the Lifesaving Society
- Be an Alberta Registered Athlete

Competitors from other provinces and countries may compete in Alberta and Northwest Territories Championships, if endorsed (in writing) by their provincial or national sport organization. These competitors represent their club and will compete as exhibition athletes that are not eligible for individual, team or club awards.

## 3.2 | Program of Events

The program of events for Alberta and Northwest Territories Championships shall be established by the Lifesaving Society and published in the Event Package each year.

## 3.3 | Entries

The entry deadline will be no later than 7 days prior to the first day of competition and will be established by the Competition Management Committee.

NT or "No Time" entries will not be accepted. Coaches must enter estimated times if an athlete or team does not have a seed time.

## 3.4 | Awards

### Small and Large Club Banners

Small and large club champions shall be declared for both the Pool Lifesaving Junior Games and the Pool Lifesaving Championships. Banner presentations shall occur during the closing ceremonies of each competition.

Club size shall be determined based on entries received as of the entry deadline. Scratches received after the entry deadline will still count in the club size calculation. Clubs that have 10% or more of the total number of participants shall be considered large clubs and those with less than 10% of the total number of participants shall be considered small clubs.

### Event Winners

Medals shall be presented to the 1st, 2nd and 3rd place male, female, and mixed (team only) event winners in each age group/division. Note that Masters medals will be awarded as an overall division.

Ribbons shall be awarded to the 4th through 16th place male, female, and mixed (team only) event winners for Junior Games participants in each age group.

## 3.5 | Officials

The Lifesaving Society shall have full control and authority over all aspects of competition for Alberta and Northwest Territories Championships.

The Lifesaving Society shall appoint the following Key Officials:

- Meet Manager
- Chief Referee
- Safety Officer

The Meet Manager shall appoint all other officials for Alberta and Northwest Territories Championships.

## 3.6 | Seeding

Multi-age super seeding will be used (the fastest heat has the top entries for the highest age group, the second fastest heat has the top entries for the next age group and so on. After the fastest heat for each age group has been seeded, the remaining heats will be mixed by age and sorted by time as in normal senior seeding).

## 3.7 | Scoring

### Finals

Events will be scored as time-finals if there are no finals.

### Point Allocation

Competitors in each division except for Masters shall be allocated points as outlined in the following chart:

| Place | Points | Place | Points | Place | Points | Place | Points |
|-------|--------|-------|--------|-------|--------|-------|--------|
| 1st | 20 | 5th | 13 | 9th | 8 | 13th | 4 |
| 2nd | 18 | 6th | 12 | 10th | 7 | 14th | 3 |
| 3rd | 16 | 7th | 11 | 11th | 6 | 15th | 2 |
| 4th | 14 | 8th | 10 | 12th | 5 | 16th | 1 |

*Masters swimmers will not score points.

## 3.8 | Results and Records

The Lifesaving Society will publish the official results electronically on the Lifesaving Society website Sport.Lifesaving.org following the conclusion of the championships.

The Lifesaving Society recognizes and publishes men's & women's individual and men's, women's and mixed team Alberta and Northwest Territories records for long and short course events listed in Section 4.

# Section 4 - Pool Events

## Pool Events Summary

The following pool events are described in this section:

- Obstacle Swim – 50 m, 100 m, and 200 m
- Manikin Carry – 50 m
- Rescue Medley – 100 m
- Manikin Carry with Fins – 50 m and 100 m
- Manikin Tow with Fins – 50 m and 100 m
- Super Lifesaver – 200 m
- Line Throw – 6 m, 8 m, and 12.5 m
- Manikin Relay – 4x25 m
- Obstacle Relay – 4x50 m
- Medley Relay – 4x50 m
- Pool Lifesaver Relay – 4x50 m
- Simulated Emergency Response Competition (SERC)

With the exceptions specified below, sanctioned competitions, Lifesaving Pool Championships and Lifesaving games are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Lifesaving Sport Competition Rulebook*. View or download the manuals at https://www.lifesaving.org/lifesaving-sport/competition/competition-manuals .

## 4.1 | Obstacle Swim

*Reference: ILS Competition Rule Book, 3.7* except:
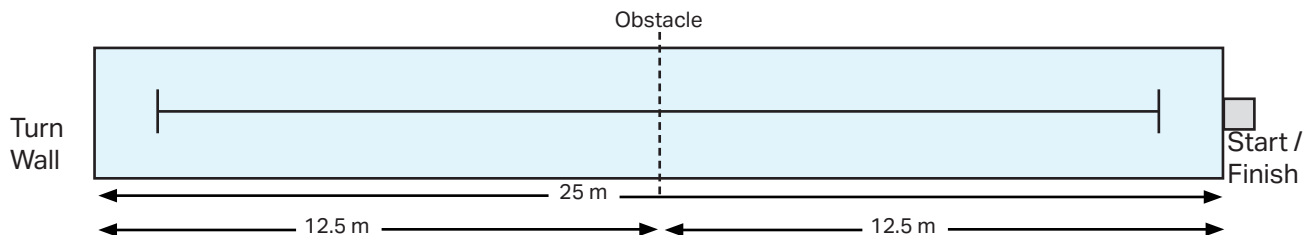


### 4.1.1 | Event Description (50 m, 100 m, and 200 m Short Course)

With a dive or in-water start on an acoustic signal, the competitor swims the course passing under the immersed obstacle to touch the finish wall/edge of the pool.

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

b. Competitors may push off the pool bottom when surfacing from under each of the obstacles. "Surfacing" means the competitor's head breaks the plane of the surface of the water.

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

Note: The competitor will pass under the obstacle:

- 50 m – Two times (Ages 12 and Under)
- 100 m – Four times (Ages 13-14)
- 200 m – Eight times (Youth, Open, and Masters)

### 4.1.2 | Equipment

Obstacles: See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures.* Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the start wall/edge, in the middle of the pool. The dimensions of the obstacle may need to be adjusted to allow for a narrower lane width and/or a shallower pool depth.

### 4.1.3 | Disqualification

Refer to the *ILS Competition Rule Book Section 2 and Section 3 (3.1, 3.2.3 and 3.7.4)*

## 4.2 | Manikin Carry

*Reference: ILS Competition Rule Book, 3.8* except:
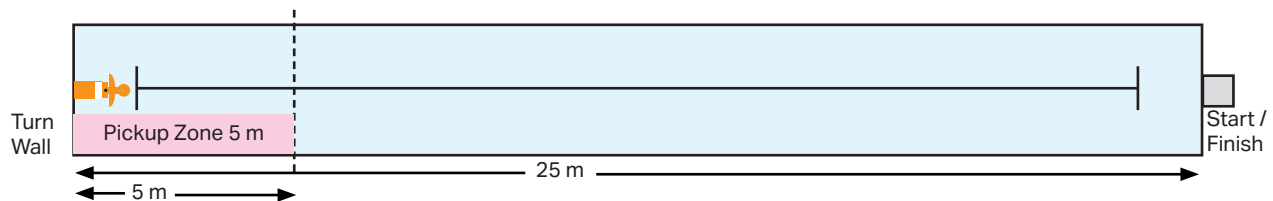


### 4.2.1 | Event Description (50 m Short Course)

**14 Years and Under:** With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle and recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

**Youth, Open, and Masters:** With a dive or in-water start on an acoustic signal, the competitor swims 25 m and recovers a submerged manikin positioned at the wall. The competitors then surface within 5 m of the pickup line and swim the manikin 25 m to the finish wall/edge of the pool.

**NOTE 1:** The competitor must surface before diving down to recover the manikin.

**NOTE 2:** Competitors need not touch the turn wall/edge of the pool when recovering the manikin.

### 4.2.2 | Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

**Manikin (Empty) (10 Years and Under):** The manikin is empty and sealed for the event.

**Manikin (Half-full) (11-14 Years):** The manikin is half-full with water and sealed for the event.

**Manikin (Full) (Youth, Open, and Masters):** The manikin is completely filled with water and sealed for the event.

### 4.2.3 | Manikin Positioning

**Positioning the Manikin (14 Years and Under):** Before the start and when the swimmer intentionally touches the manikin, the manikin handler positions the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

**Positioning the Manikin (15 Years and Over):** The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

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

### 4.2.4 | Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviours shall result in disqualification:

**a.** Not surfacing before recovering the manikin.

**g.** Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.

**h.** Manikin handler pushing the manikin towards the competitor or the finish wall/edge.

**i.** Manikin handler positioning the manikin incorrectly.

**j.** Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

## 4.3 | Rescue Medley

*Reference: ILS Competition Rule Book, 3.9* except:
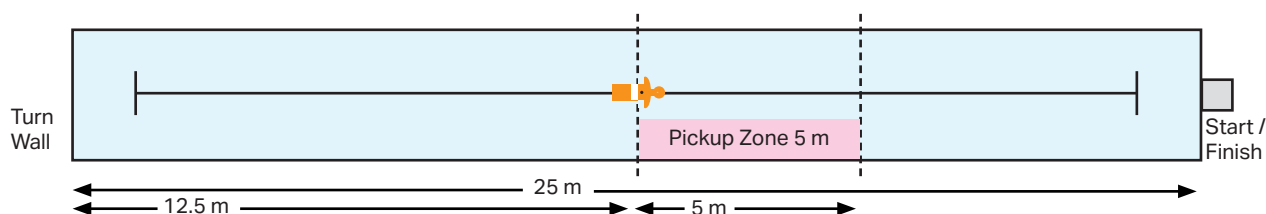


### 4.3.1 | Event Description (100 m Short Course)

With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle to turn, dive, and swim underwater to a submerged manikin located 12.5 m from the turn wall/edge.

**NOTE 1:** Competitors may hold onto or touch the pool wall (side or top) at the 75 m mark while taking one or more breaths before submerging to retrieve the manikin.

**NOTE 2:** Competitors may breathe during the turn at 75 m, but not after their feet leave the turn wall/edge until they surface with the manikin.

**NOTE 3:** At the 75m turning wall, after the competitor touches the wall, they must remain in contact with the wall and when their feet leave the wall, they must be fully submerged and remain submerged until they retrieve the manikin as per the event description.

### 4.3.2 | Manikin Positioning
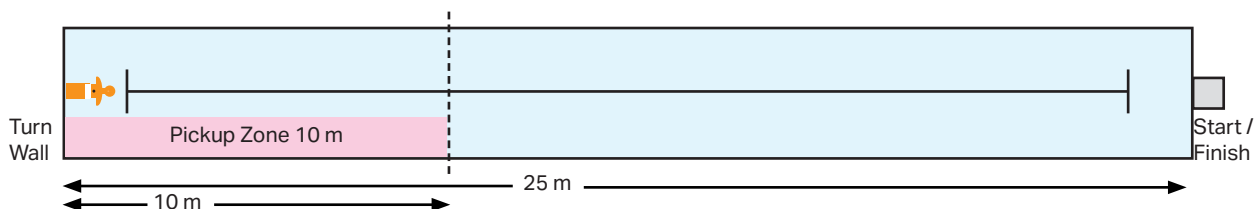
The manikin is positioned on its back, head in the direction of the finish, with the top of the transverse line on the 12.5 m line.

## 4.4 | Manikin Carry with Fins

**NOTE:** The 100 m version of this event is DIFFERENT than the ILS Short Course race (5.4.3). The swim is 75 m with a 25 m carry rather than 50 m swim and 50 m carry.

*Reference: ILS Competition Rule Book, 3.10* except:

### 4.4.1 | Event Description (50 m Short Course)

**12 Years and Under:** With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle wearing fins and recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

### 4.4.2 | Event Description (100 m Short Course)

**13-14:** With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

### 4.4.3 | Event Description (100 m Short Course)

**15 Years and Over:** With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall.

**NOTE 1:** Competitors need not touch the turn wall/edge of the pool when recovering the manikin at the 25 m (12 and under) or 75 m (13 and over) mark.

**NOTE 2:** Competitors may push off the pool bottom when surfacing with the manikin (15 and over).

**NOTE 3:** Carrying of the manikin rules apply, including that once a manikin has been recovered, the competitor must remain in contact with the manikin at all times until the race is completed.

### 4.4.4 | Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

**Manikin (Empty) (10 Years and Under):** The manikin is empty and sealed for the event.

**Manikin (Half-full) (11-14 Years):** The manikin is half-filled with water and sealed for the event.

**Manikin (Full) (Youth, Open, and Masters):** The manikin is completely filled with water and sealed for the event.

### 4.4.5 | Manikin Positioning

**Positioning the Manikin (14 Years and Under):** Before the start and when the swimmer intentionally touches the manikin, the manikin handler positions the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

**Positioning the Manikin (15 Years and Over):** The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

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

### 4.4.6 | Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book,* the following behaviours shall result in disqualification:

**f.** Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.

**g.** Manikin handler pushing the manikin towards the competitor or the finish wall/edge.

**h.** Manikin handler positioning the manikin incorrectly.

**i.** Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

## 4.5 | Manikin Tow with Fins

**NOTE:** The 100m version of this event is DIFFERENT than the *ILS Short Course race (5.5.2)*. The swim is 75 m with a 25 m tow rather than 50 m swim and 50 m tow.

*Reference: ILS Competition Rule Book, 3.11* except:
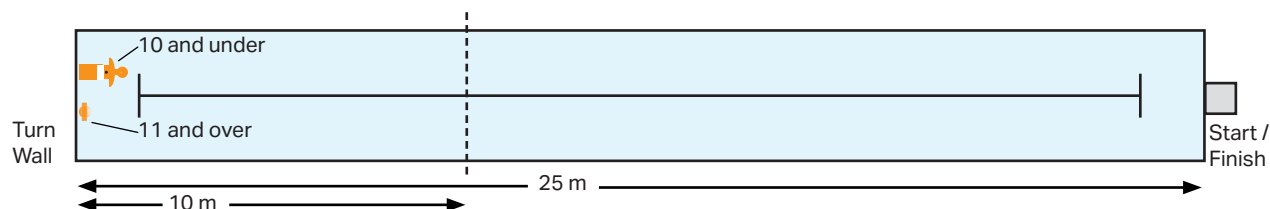


### 4.5.1 | Event Description (50 m Short Course)

**12 Years and Under:** With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turning wall, and within the 10 m pickup zone, the competitor fixes the rescue tube correctly to a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.

### 4.5.2 | Event Description (100 m Short Course)

**13 and Over:** With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube. After touching the turning wall, and within the 10 m pickup zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.

**NOTE 1:** Competitors shall not be disqualified if the line of the rescue tube becomes wrapped around the manikin or is otherwise shortened by a competitor during the conduct of a race.

**NOTE 2:** Although the rescue tube and rescue tube line may be positioned at the competitor's discretion for the start (including the line/rope being wrapped around their body, tucked into swimsuits, etc.), competitors shall be disqualified if the rescue tube tow line/rope is tied/knotted or clipped within itself to intentionally shorten the line/rope prior to the commencement of a race.

### 4.5.3 | Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

**Manikin (Empty) (10 Years and Under):** The manikin is empty and sealed for the event. The manikin has a collar around its neck.

### 4.5.4 | Manikin Positioning

**Positioning the Manikin (10 Years and Under):** Before the start and during the race, the manikin handler positions the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

### 4.5.5 | Securing the Manikin

**10 Years and Under:** After first touching the turn wall/edge, the competitor then secures the manikin correctly by clipping the rescue tube anywhere on the collar around the manikin's neck within the 10 m pickup zone.

### 4.5.6 | Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviours shall result in disqualification:

**a.** Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when fixing the rescue tube to the collar around the manikin's neck/around the manikin – not including the bottom of the pool.

**g.** At 25 m (for 50 m event)/75 m (for 100 m event), not touching the pool wall/edge before intentionally recovering the manikin.

**i.** For competitors 10 years and under, not securing the rescue tube to the collar around the manikin's neck within the 10 m pickup zone, judged at the top of the manikin's head.

**n.** The rescue tube and manikin become separated after the rescue tube has been secured correctly to/around the manikin.

# 4.6 | Super Lifesaver (Short Course)

**NOTE:** This event is DIFFERENT than the ILS Short Course race (5.6.2). The swim with fins is 75 m with a 25 m tow rather than 50 m swim and 50 m tow.

*Reference: ILS Competition Rule Book, 3.12* except:
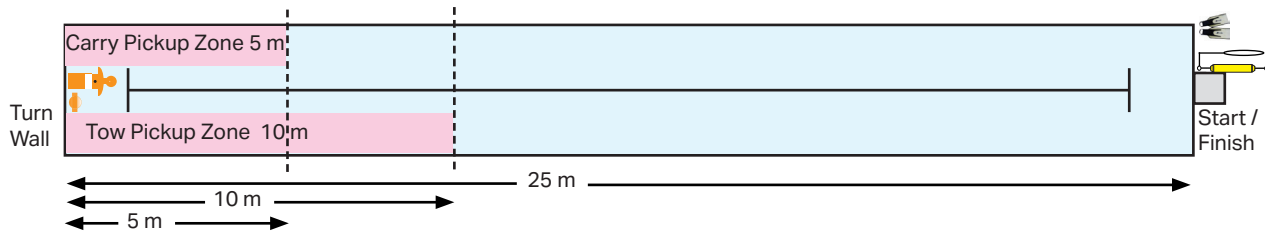


### 4.6.1 | Event Description (200 m Short Course)

With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pickup zone and carries it 25 m to the turn wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor puts on fins and rescue tube and swims 75 m freestyle. After touching the wall/edge, and within the 10 m pickup zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

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

**NOTE 1:** Although the rescue tube and rescue tube line may be positioned at the competitor's discretion for the start (including the line/rope being wrapped around their body, tucked into swimsuits, etc.), competitors shall be disqualified if the rescue tube tow line/rope is tied/knotted or clipped within itself to intentionally shorten the line/rope prior to the commencement of a race.

### 4.6.2 | Equipment

**Positioning the Manikin for the Carry:** The manikin is positioned on its back in contact with the pool bottom, with its head in the direction of the finish and its base touching the pool wall.

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

### 4.6.3 | Donning Rescue Tube and Fins

In the water, the competitor dons fins and rescue tube and swims 75 m.

### 4.6.4 | Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- Not touching the pool wall/edge at 175 m before intentionally touching the manikin.

## 4.7 | Line Throw

*Reference: ILS Competition Rule Book, 3.13 except:*
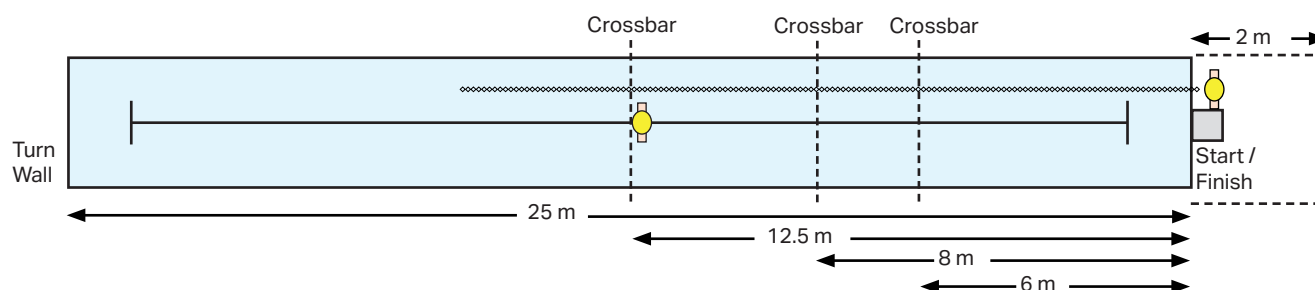


### 4.7.1 | Event Description

In this 45-second event, the competitor throws an unweighted line from a throw zone on the edge of the pool to a fellow team member located in the water on the near side of a rigid crossbar located either 6 m, 8 m, or 12.5 m distant. The competitor pulls this "victim" back to the finish wall/edge of the pool.

**Throw Zone:** The throw zone is the area bounded by each team's allocated lane. It extends from the vertical edge of the pool wall to 2 m beyond that edge. Backward movement by the competitor within this area is not a disqualification providing that the thrower maintains at least one foot wholly within the marked 2 m back line of their throw zone.

**Preparing for the Start:** The surplus line/rope is extended beyond the crossbar mark.

**Starting Position - Thrower:** The thrower is free to adopt a position within their throw zone for the start with the proviso that the end of the throw line/rope must be held in one hand and the thrower is not permitted to wrap the line/rope around the hand holding the line/rope.

**Starting Position – Victim:** The victim grasps the crossbar with one or two hands and is not required to be in contact with the throw line/rope at the start of the event.

**Fair Throw:** Victims may grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the crossbar before grasping the throw line with the other hand.

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

**NOTE 1:** The victim may release their contact with the crossbar after the starting signal without penalty, but they must be grasping the crossbar with their hand when using any part of their body to attempt to gather or to grasp the line/rope with the other hand.

### 4.7.2 | Equipment

**Throw Lines**

The throw line must be the following length:

| DIVISION | OBSTACLE DISTANCE | ROPE LENGTH |
|----------|-------------------|-------------|
| 10 Years and Under | 6 m | Minimum 7 m; Maximum 8 m |
| 11-14 Years Old | 8 m | Minimum 10 m; Maximum 11 m |
| 15 Years and Older | 12.5 m | Minimum 16.5 m; Maximum 17.5 m |

### 4.7.3 | Disqualification

Reference: As per active rule according to the *ILS Competition Rule Book*.

## 4.8 | Manikin Relay

*Reference: ILS Competition Rule Book, 3.14* except:
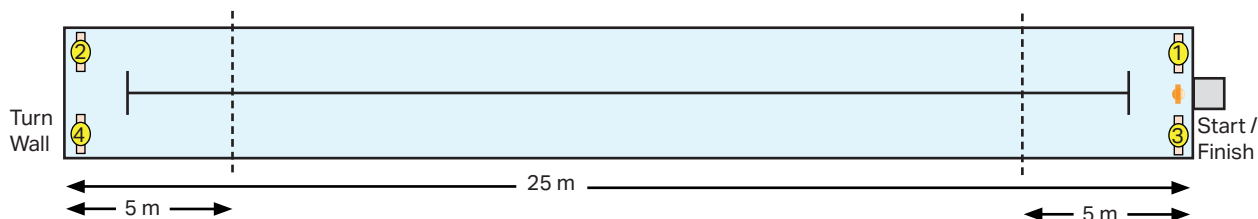


### 4.8.1 | Event description (4 x 25 m Short Course)

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

**The First Competitor:** Starts in the water holding a manikin with one hand and the start wall/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the second competitor who is in contact with the turn wall/edge or starting block with at least one hand. The second competitor may touch or grasp the manikin with one hand before the first competitor touches the turning wall/edge or starting block but must not release contact with the turning wall/edge or starting block until the first competitor has touched the turning wall/edge.

**The Second Competitor:** Carries the manikin 25 m to touch the finish wall/edge and passes the manikin to the third competitor who is in contact with the finish wall/edge or starting block with at least one hand. The third competitor may touch or grasp the manikin with one hand before the second competitor touches the finish wall/edge or starting block but must not release contact with the finish wall/edge or starting block until the second competitor has touched the finish wall/edge.

**The Third Competitor:** Carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the fourth competitor who is in contact with the turn wall/edge or starting block with at least one hand. The fourth competitor may touch or grasp the manikin with one hand before the third competitor touches the turning wall/edge or starting block but must not release contact with the turning wall/edge or starting block until the third competitor has touched the finish wall/edge.

**The Fourth Competitor:** Completes the event by carrying the manikin with at least one hand and/or arm to touch the finish wall/edge with any part of the competitor's body.

**Changeovers:** Only the incoming and outgoing competitors may participate in the manikin exchange within their changeover zones. The incoming competitors may assist outgoing competitors, but only as long as the top of the manikin's head remains within the changeover zones. The hand and/or arm of one competitor must be in contact with the manikin at all times, even in the changeover zone.

### 4.8.2 | Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

**Manikin (Empty) (10 Years and Under):** The manikin is empty and sealed for the event.

**Manikin (Half-full) (11-14 Years):** The manikin is half-filled with water and sealed for the event.

**Manikin (Full) (Youth, Open, and Masters):** The manikin is completely filled with water and sealed for the event.

### 4.8.3 | Disqualification

General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book* shall result in disqualification.

## 4.9 | Obstacle Relay

Reference: ILS Competition Rule Book, 3.15 except:

Obstacle

Turn Wall

Start / Finish

25 m

12.5 m    12.5 m
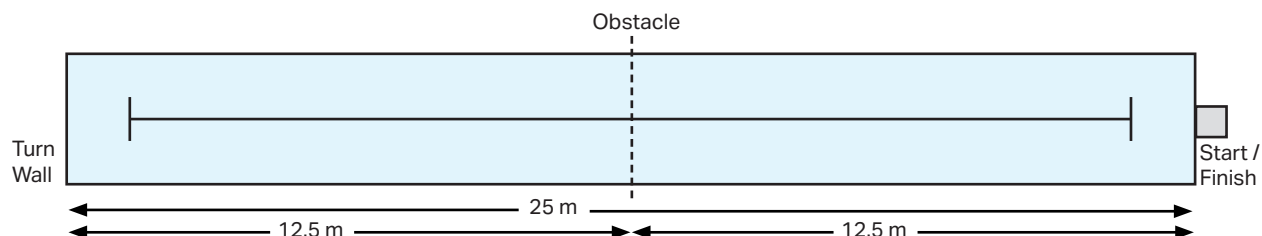
### 4.9.1 | Event description (4x50 m Short Course)

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle passing under an obstacle on each lap. After the first competitor touches the turn wall/edge the second, third, and fourth competitors repeat the procedure in turn.

   a. Competitors must surface after the dive or in-water start before the obstacle and after passing under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water.

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

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

### 4.9.2 | Equipment

**Obstacles:** See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the start wall in the middle of the pool. The dimensions of the obstacle may need to be adjusted to allow for a narrower lane width and/or a shallower pool depth.

### 4.9.3 | Disqualification

Reference: As per active rule according to the *ILS Competition Rule Book*.

## 4.10 | Medley Relay

Reference: ILS Competition Rule Book, 3.16 except:

Turn Wall

Start / Finish

Pickup Zone  10 m

25 m

10 m
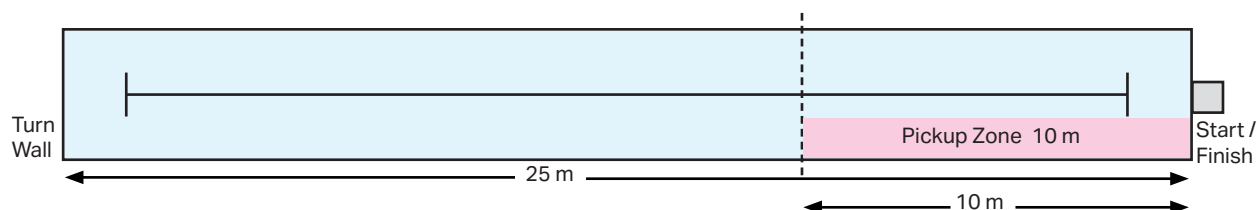
### 4.10.1 | Event Description (4x50 m Short Course)

**The First Competitor:** With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

**The Second Competitor:** With a dive or in-water start after the first competitor touches the start/finish wall/edge, the second competitor swims 50 m freestyle with fins.

**The Third Competitor:** With a dive or in-water start after the second competitor touches the start/finish wall/edge, the third competitor swims 50 m freestyle without fins towing a rescue tube. The third competitor touches the start/finish wall/edge.

**NOTE 1:** Teams shall be disqualified if the tow line/rope of the rescue tube is intentionally shortened prior to the commencement of the third competitor's leg of the race for the purpose of towing the victim (e.g. looping and tying/knotting or clipping the line/rope)

**The Fourth Competitor:** The fourth competitor, in the water wearing fins with at least one hand on the start/finish wall/edge or starting block, dons the harness. The third competitor, playing the role of "victim", holds the rescue tube and/or clip with both hands while being towed 50 m by the fourth competitor to the finish.

**NOTE 2:** The fourth competitor must touch the turning wall/edge with any part of their body at the 175 m mark.

**NOTE 3:** The third competitor (victim) need not touch the 175 m turn wall/edge.

**NOTE 4:** The third and fourth competitors are permitted to stand/walk after touching the turning edge at 175 m and before the victim's head has passed the 10 m line with the victim in contact with the rescue tube.

## 4.11 | Pool Lifesaver Relay

Reference: As per active rule according to the *ILS Competition Rule Book*
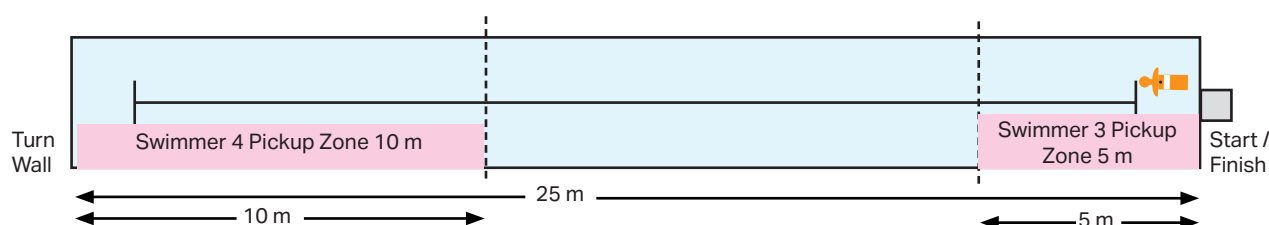


### 4.11.1 | Event Description

Four competitors in turn swim a distance of 50 m undertaking different tasks.

**The First Competitor:** With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

**NOTE 1:** The first competitor must break the surface of the water (competitor's head must break the plane of the surface of the water) before touching the turning wall/edge.

**The Second Competitor:** With a dive or in-water start after the first competitor touches the 50 m wall/edge, the second competitor swims 50 m with fins and dives to retrieve a submerged manikin. The second competitor does not need to touch the 100 m wall/edge before passing the manikin to the third competitor.

**NOTE 2:** The second competitor is permitted to swim the whole distance underwater before surfacing with the manikin or may surface one or more times after the start and before diving to retrieve the manikin.

**The Third Competitor:** The third competitor is waiting in the water (without fins) in contact with the wall/edge or starting block with at least one hand. The third competitor may touch (but cannot grasp) the manikin before it surfaces. After the manikin's head breaks the surface of the water the competitor may then take control of the manikin and release their hold on the 100 m wall/edge or starting block. The third competitor then carries the manikin 50 m and touches the 150 m wall/edge before passing the manikin to the fourth competitor.

**NOTE 3:** The second competitor is not required to touch the finish wall/edge when surfacing with the manikin, but manikin must not be released by the second competitor until the third competitor has grasped it.

**The Fourth Competitor:** The fourth competitor (with fins) is holding the wall/edge or starting block with at least one hand until taking the manikin. The fourth competitor may touch the manikin prior to the third competitor touching the wall, but the third competitor must not release the manikin prior to touching the wall. The fourth competitor must remain in contact with the 150 m wall/edge with their hand until the third competitor touches the wall. The fourth competitor then carries the manikin 50 m to touch the finish wall/edge with any part of the competitor's body.

**NOTE 4:** Competitors must touch the turning wall/edge with any part of the body at the 25, 75, 125, and 175 m turning marks.

**NOTE 5:** At the turns competitors may push off the turning wall/edge with their feet.

**NOTE 6:** All other event conditions are as per the *ILS Competition Rule Book*.

### 4.11.2 | Disqualification

Reference: As per active rule according to the *ILS Competition Rule Book.*

## 4.12 | Simulated Emergency Response Competition (SERC)

### 4.12.1 | Event Description

Refer to *ILS Competition Rule Book, Section 5*.

# Appendix A - Oath Scripts

## Oath Scripts

Appendix A contains the scripts for the Competitors, Officials, Coaches and Guardians/Caregivers Oaths to be used in Alberta and Northwest Territories Sanctioned Competitions.

### A.1 | Competitors Oath

*"In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play."*

### A.2 | Officials Oath

*"In the name of all officials, I promise that we shall officiate in this competition with impartiality, honoring the rules which govern this competition and the spirit of fair play which inspires them."*

### A.3 | Coaches Oath

*"In the name of all the coaches, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld in accordance with the fundamental principles of Lifesaving."*

### A.4 | Guardians and Caregivers Oath

*"In the name of all guardians and caregivers, I promise that we shall participate in this competition as a spectator and supporter with respect, honouring the rules which govern this competition and the spirit of fair play which inspires them."*
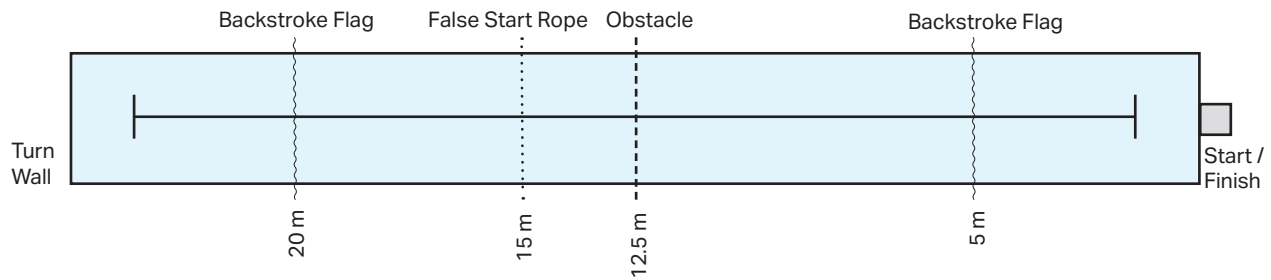
# Appendix B - Short Course Events
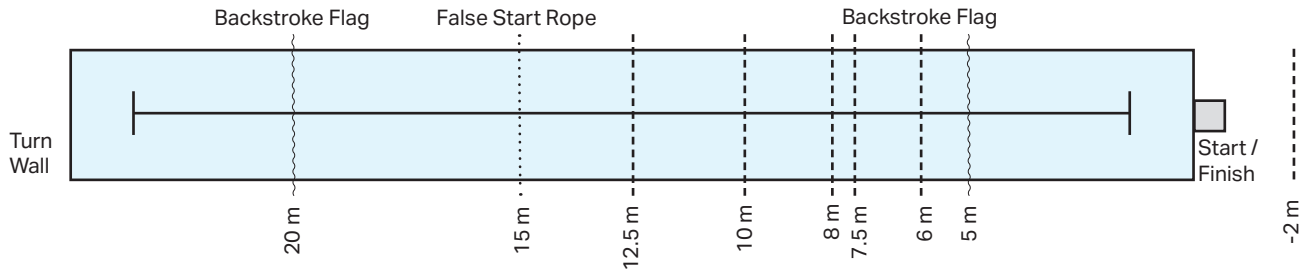


## Overall Setup Notes

The diagram above represents all possible marking locations required for short course events:

- The Meet Managers, Chief Referee, and Equipment Manager will make sure that all markings required for each event are in place prior to each event.
- Markings will be to indicate equipment placement or distance markers important to event rules.
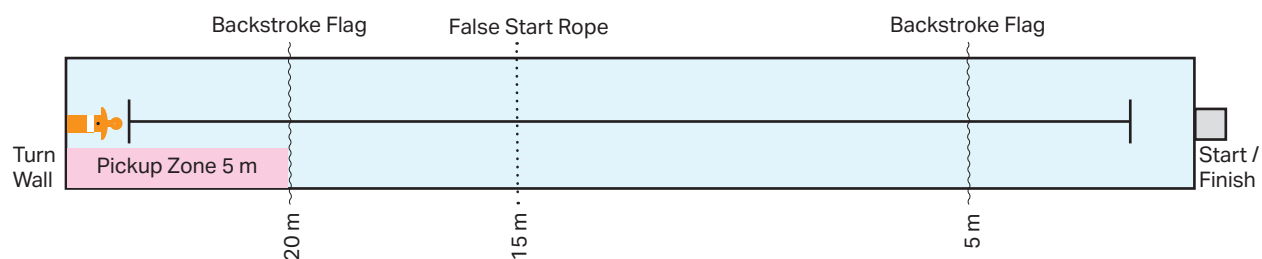
## Disqualification Codes - General

| | |
|---|---|
| 1 | Not completing the event in accordance with the event description or general rules. |
| 2 | A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly.<br><br>Examples of "competing unfairly" include:<br><br>• Committing a doping or doping-related infraction<br>• Impersonating another competitor<br>• Attempting to defeat the ballot or draw for events or positions<br>• Competing twice in the same individual event<br>• Competing twice in the same event in different teams<br>• Purposely interfering with a course to gain advantage<br>• Jostling or obstructing another competitor or handler so as to impede his or her progress<br>• Receiving physical or material outside assistance (other than verbal or other direction)<br>• Participating contrary to the spirit of the competition (as described in the code of fair play) |
| 3 | Competitors may not be permitted to start in an event if they are late reporting to the marshaling area. |
| 4 | A competitor or team absent from the start of an event shall be disqualified except for the A or B final. |
| 5 | Activities that result in willful damage to the venue sites, accommodation sites, or the property of others will result in disqualification of the individuals involved from competition. |
| 6 | Abuse of officials may result in disqualification from the competition. |
| 7 | Using sticky, tacky, or adhesive substances (liquid, solid, or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip, or push off the bottom of the pool. |
| 8 | Taking assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim and Relay, 4x25 m Manikin Relay, Manikin Tow, Super Lifesaver, and Medley Relay). |
| 9 | Leaving the water after an event before permission is given by the official. |
| 10 | Initiating a starting motion before the starting signal has been given. |

## Appendix B | Short Course



| Obstacle Swim Description | Setup Notes |
|---|---|
| The competitor swims the course passing under the immersed obstacle each length. The event finishes when the competitor touches the finish wall. | • 70 cm depth obstacles will be used for competitors 15 years of age and over.<br>• 35 cm depth obstacles will be used for competitors 14 years of age and under.<br>• 35 cm obstacles may be used for all divisions if necessary due to pool depth.<br>• Provincial records can only be set for competitors 15 years of age and over if 70 cm obstacles are used. |

| Age Group / Division | Distance |
|---|---|
| 10 Years and Under | 50 m |
| 11-12 Years | 50 m |
| 13-14 Years | 100 m |
| Youth (15-18 Years) | 200 m |
| Open (16 Years and Older) | 200 m |
| Masters (18 Years and Older) | 200 m |

### Disqualification Codes - General

| | |
|---|---|
| 11 | Passing over an obstacle without immediately returning over or under that obstacle and then passing under it. |
| 12 | Failure to surface after the dive entry or after a turn before passing under an obstacle. |
| 13 | Failure to touch the wall during the turn. |
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |

| Manikin Carry Description | Setup Notes |
|---|---|
| The competitor swims 25 m freestyle then recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall. | • Manikins should be filled according to the manikin fill chart below. |

| Age Group / Division | Distance | Manikin Fill |
|---|---|---|
| 10 Years and Under | 50 m | Empty |
| 11-12 Years | 50 m | Half-full |
| 13-14 Years | 50 m | Half-full |
| Youth (15-18 Years) | 50 m | Full |
| Open (16 Years and Older) | 50 m | Full |
| Masters (18 Years and Older) | 50 m | Full |

## Disqualification Codes - Manikin Carry Specific

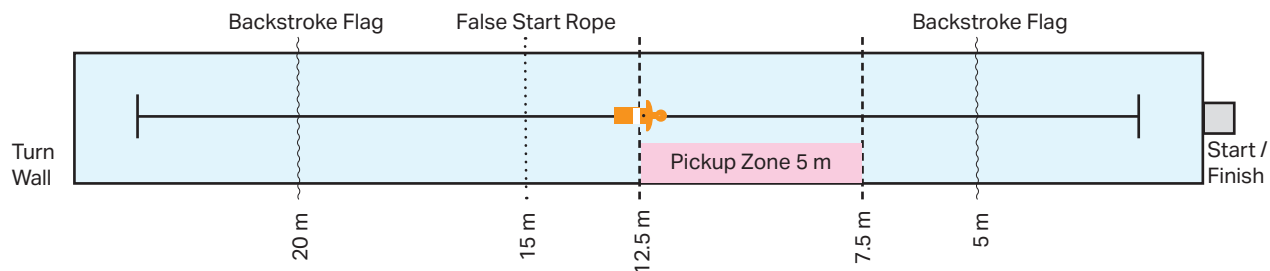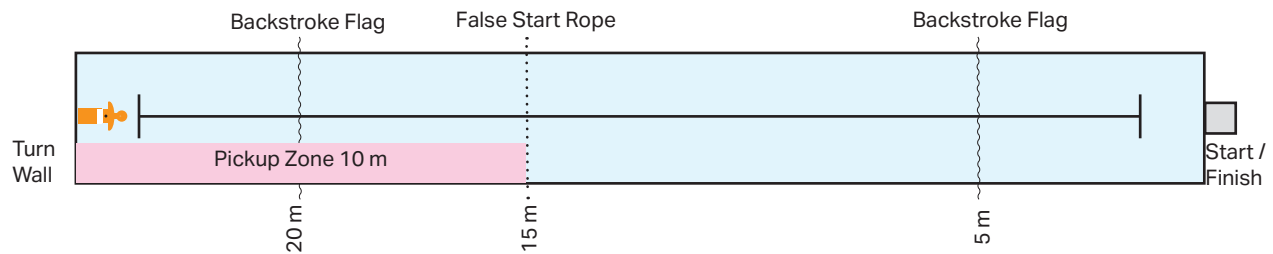| | |
|---|---|
| 14 | Failure to touch the finish wall. |
| 15 | Not surfacing before recovering the manikin. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall. |

## Disqualification Codes - Defined in Alberta and Northwest Territories Competition Manual

| | |
|---|---|
| g | Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin. |
| h | Manikin handler pushing the manikin towards the competitor or the finish wall/edge. |
| i | Manikin handler positioning the manikin incorrectly. |
| j | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |

| Rescue Medley Description | Setup Notes |
|---|---|
| The competitor swims 75 m freestyle then swims underwater to a manikin positioned at 12.5 m from the turn wall. The competitor brings the manikin to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall. | • The manikin is positioned on its back, head in the direction of the finish wall, with the transverse line in the middle of the manikin's thorax located on the 12.5 m line. |

| Age Group / Division | Distance |
|---|---|
| All Age Groups with Competitors Under 15 Years of Age | Not Eligible |
| Youth (15-18 Years) | 100 m |
| Open (16 Years and Older) | 100 m |
| Masters (18 Years and Older) | 100 m |

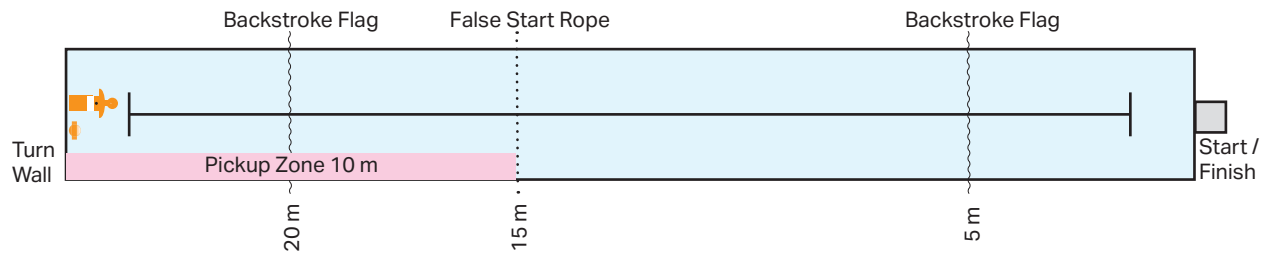| Disqualification Codes - Rescue Medley Specific | |
|---|---|
| 15 | Failure to touch the finish wall. |
| 16 | Competitor not surfacing after the dive entry and before touching the 25 m turning wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall or the turn wall. |
| 22 | Surfacing after turning and before lifting the manikin. |

| Manikin Carry with Fins Description | Setup Notes |
|---|---|
| The competitor swims freestyle wearing fins and on the final turn recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 10 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall. | • Manikins filled according to the manikin fill chart below. |

| Age Group / Division | Distance | Manikin Fill |
|---|---|---|
| 10 Years and Under | 50 m | Empty |
| 11-12 Years | 50 m | Half-full |
| 13-14 Years | 100m | Half-full |
| Youth (15-18 Years) | 100 m | Full |
| Open (16 Years and Older) | 100 m | Full |
| Masters (18 Years and Older) | 100 m | Full |

### Disqualification Codes - Manikin Carry with Fins Specific

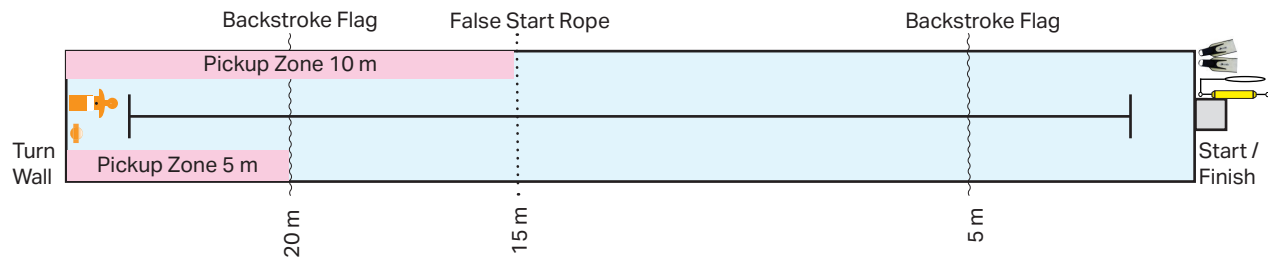| 14 | Failure to touch the finish wall. |
|---|---|
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall. |
| 23 | Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line. |

### Disqualification Codes - Defined in Alberta and Northwest Territories Competition Manual

| f | Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin. |
|---|---|
| g | Manikin handler pushing the manikin towards the competitor or the finish wall/edge. |
| h | Manikin handler positioning the manikin incorrectly. |
| i | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |

| Manikin Tow with Fins Description | Setup Notes |
|---|---|
| The competitor swims freestyle wearing fins and a rescue tube. After touching the final turning wall, and within the pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it 25 m to the finish wall. The event finishes when the competitor touches the finish wall. | • Manikins filled according to the Manikin fill chart below.<br>• Empty manikins will have a manikin collar attached. |

| Age Group / Division | Distance | Manikin Fill |
|---|---|---|
| 10 Years and Under | 50 m | Empty |
| 11-12 Years | 50 m | Half-full |
| 13-14 Years | 100 m | Half-full |
| Youth (15-18 Years) | 100 m | Half-full |
| Open (16 Years and Older) | 100 m | Half-full |
| Masters (18 Years and Older) | 100 m | Half-full |

## Disqualification Codes - Manikin Tow with Fins Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall. |
| 20 | Towing the manikin with the face below the surface (as described in *ILS Section 3.3*) |
| 24 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when fixing the rescue tube around the manikin, except where the minimum pool depth allows the competitor to stand while securing the rescue tube around the manikin. |
| 25 | At 25 m (for 50 m event)/ 75 m (for 100 m event), not touching the pool wall before intentionally touching manikin. |
| 26 | Manikin handler releasing the manikin before the competitor touches the turning wall/edge. |
| 27 | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |
| 28 | Competitor clipping the rescue tube into the ring before touching the turn wall. |
| 29 | Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring). For competitors 10 years and under, not securing the rescue tube to the collar around the manikin's neck. |
| 30 | Not securing the rescue tube around the manikin within the 10 m change-over zone (judged at the top of the manikin's head).  For competitors 10 years and under, not securing the rescue tube to the collar around the manikin's neck. |
| 31 | Pushing or carrying, instead of towing the manikin. |
| 32 | The line/rope of the rescue tube being intentionally shortened by a competitor prior to the commencement of a race for the purpose of towing the manikin. |
| 33 | The rescue tube and manikin become separated after the rescue tube has been secured correctly to/around the manikin. |
| 34 | Touching the finish wall without the rescue tube and manikin in place. |

| Super Lifesaver Description | Setup Notes |
|---|---|
| The competitor swims 75 m freestyle then recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the turn wall. After touching the turn wall the competitor dons fins and rescue tube and swims 75 m freestyle. After touching the final turning wall, and within the pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it 25 m to the finish wall. The event finishes when the competitor touches the finish wall. | • Fins and rescue tubes placed by competitors within their lane. |

| Age Group / Division | Distance |
|---|---|
| All Age Groups with Competitors Under 15 Years of Age | Not Eligible |
| Youth (15-18 Years) | 200 m |
| Open (16 Years and Older) | 200 m |
| Masters (18 Years and Older) | 200 m |

## Disqualification Codes - Super Lifesaver Specific

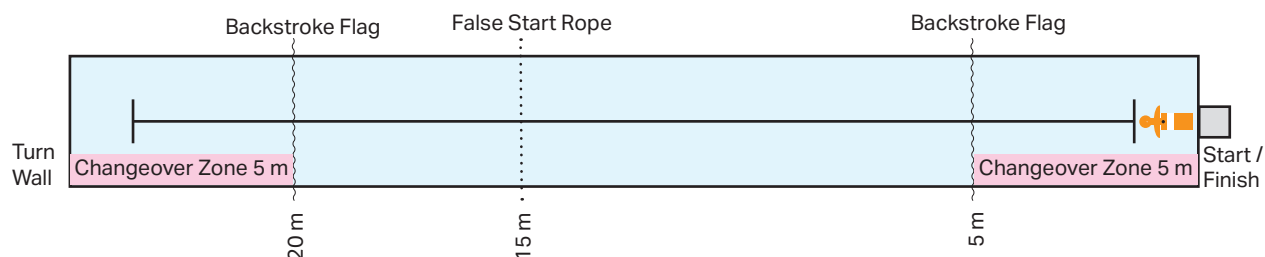| | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 16 | Competitor not surfacing after the dive entry and before touching the 25 m turning wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m pickup zone. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 20 | Towing the manikin with the face below the surface. |
| 21 | Releasing the manikin before touching the finish wall or the turn wall. |
| 24 | Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin, except where the minimum pool depth allows the competitor to stand while securing the rescue tube around the manikin. |
| 25 | At 175 m, not touching the pool wall before intentionally touching manikin. |
| 26 | Manikin handler releasing the manikin before the competitor touches the turning wall/edge. |
| 27 | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |
| 28 | Competitor clipping the rescue tube into the ring before touching the turn wall. |
| 29 | Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring). |
| 30 | Not securing the rescue tube around the manikin within the 10 m change-over zone (judged at the top of the manikin's head). |
| 31 | Pushing or carrying, instead of towing the manikin. |
| 32 | The line/rope of the rescue tube being intentionally shortened by a competitor prior to the commencement of a race, or by a handler, for the purpose of towing the manikin. |
| 33 | The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin. |
| 34 | Touching the finish wall without the rescue tube and manikin in place. |

| Line Throw Description | Setup Notes |
|---|---|
| In this timed event, the competitor throws an unweighted line to their team member located in the water and holding the crossbar. The competitor then pulls their "victim" back to the finish wall. The event finishes when the "victim" touches the finish wall. | • Crossbar placement and rope length according to the chart below. |

| Age Group / Division | Obstacle Distance | Rope Length |
|---|---|---|
| 10 Years and Under | 6 m | 7-8 m |
| 11-12 Years | 8 m | 10-11 m |
| 13-14 Years | 8 m | 10-11 m |
| Youth (15-18 Years) | 12.5 m | 16.5-17.5 m |
| Open (16 Years and Older) | 12.5 m | 16.5-17.5 m |
| Masters (18 Years and Older) | 12.5 m | 16.5-17.5 m |

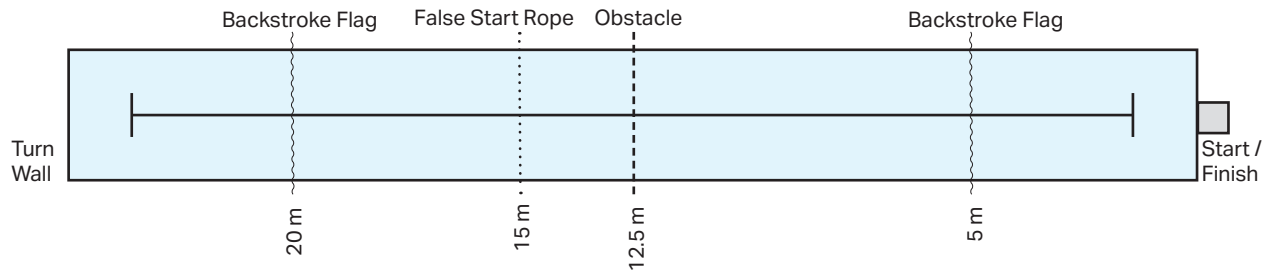| Disqualification Codes - Line Throw Specific | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 45 | Victim not keeping a grasp on the crossbar with their hand when using any part of their body to gather or to grasp the line for the pull to the finish wall/edge. |
| 46 | Line thrower who, after the start signal and before the 45-second acoustic completion signal, exits their allocated throw zone while rescuing their victim and, in doing so, interferes with other teams in the event. |
| 47 | Line thrower not hauling in using their arms and walking or running with the line/rope grasped in their hands or held around any part of their body or hauling in beyond the 2 m back line mark to return the victim to the pool finish wall/edge. |
| 48 | Victim grasping the throw line outside their lane. |
| 49 | Victim not on their front while being pulled to the finish wall. |
| 50 | Victim not holding the throw line with both hands while being pulled to the finish wall (victim may release the line with one hand for the sole purpose of touching the wall/edge). |
| 51 | Victim "climbing" the throw line hand-over-hand. |
| 52 | Line/rope thrower executing practice throws. |

**NOTE: Failure to get the victim to the finish wall within the 45-second time limit shall be designated "Did Not Finish" (DNF). See Section 4.8.**

| Manikin Relay Description | Setup Notes | Event Notes |
|---|---|---|
| Four competitors in turn carry a manikin approximately 25 m each. The event ends when the final team member touches the finish wall. | • All four competitors start in the water. | • Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria.<br>• Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria will apply. |

| Age Group / Division | Distance | Manikin Fill |
|---|---|---|
| 10 Years and Under | 4x25 m | Empty |
| 11-12 Years | 4x25 m | Half-full |
| 13-14 Years | 4x25 m | Half-full |
| Youth (15-18 Years) | 4x25 m | Full |
| Open (16 Years and Older) | 4x25 m | Full |
| Masters (18 Years and Older) | 4x25 m | Full |

| Disqualification Codes - Manikin Relay Specific | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the turning wall/edge or finish wall/edge. |
| 35 | Assistance from a third competitor during the exchange between the incoming and outgoing competitors. |
| 36 | One competitor repeating two or more legs of the event. |
| 37 | The second, third, or fourth competitor releasing contact with the wall/edge/starting block before the previous competitor has touched the wall/edge. |
| 38 | The manikin changing hands before or beyond the designated changeover zone. |
| 39 | Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin). |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

| Obstacle Relay Description | Setup Notes |
|---|---|
| Each competitor in turn swims 50 m passing under the immersed obstacle each length. The event finishes when the final team member touches the finish wall. | • 70 cm depth obstacles will be used for competitors 15 years of age and over.<br>• 35 cm depth obstacles will be used for competitors 14 years of age and under.<br>• 35 cm obstacles may be used for all divisions if necessary due to pool depth.<br>• Provincial records can only be set for competitors 15 years and older if 70 cm obstacles are used. |

| Age Group / Division | Obstacle Distance |
|---|---|
| 10 Years and Under | 4x50 m |
| 11-12 Years | 4x50 m |
| 13-14 Years | 4x50 m |
| Youth (15-18 Years) | 4x50 m |
| Open (16 Years and Older) | 4x50 m |
| Masters (18 Years and Older) | 4x50 m |

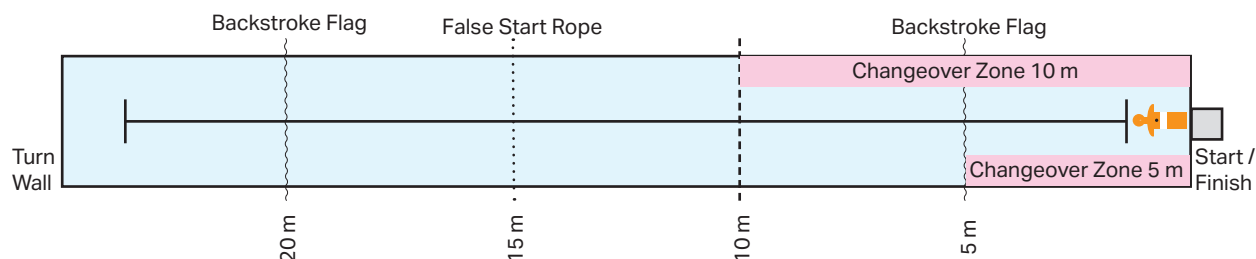| Disqualification Codes - Obstacle Relay Specific | |
|---|---|
| 11 | Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it. |
| 12 | Failure to surface after each dive entry or after a turn before passing under an obstacle. |
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing - not including the bottom of the pool. |
| 36 | One competitor repeating two or more legs of the event. |
| 37 | Leaving the starting block before the previous competitor has touched the wall/edge. |
| 44 | A competitor re-entering the water after completing their leg of the relay. |
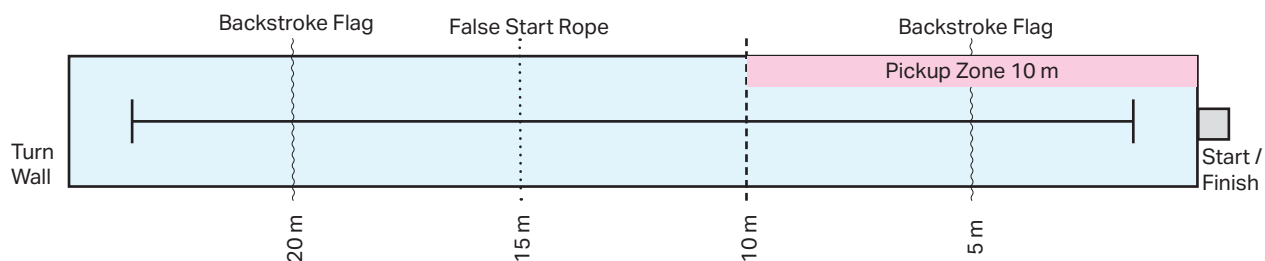
## Medley Relay Description

- Competitor 1: Swims 50 m freestyle.
- Competitor 2: Swims 50 m with fins.
- Competitor 3: Swim 50 m towing a rescue tube.
- Competitor 4: Swim 50 m with fins towing competitor 3 using the same rescue tube.

The event finishes when competitor 4 touches the finish wall.

| Age Group / Division | Obstacle Distance |
|---|---|
| 10 Years and Under | 4x50 m |
| 11-12 Years | 4x50 m |
| 13-14 Years | 4x50 m |
| Youth (15-18 Years) | 4x50 m |
| Open (16 Years and Older) | 4x50 m |
| Masters (18 Years and Older) | 4x50 m |

## Disqualification Codes - Medley Relay Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 16 | First competitor not surfacing after the dive entry and before touching the turning wall/edge. |
| 36 | One competitor completing two or more legs of the event. |
| 37 | Leaving the starting block or releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall. |
| 40 | The competitor clipping the rescue tube into the O-ring. |
| 41 | The victim holding the rescue tube by the rope. |
| 42 | The victim helping with arm movements or not holding the rescue tube and/or clip with both hands. |
| 43 | The victim not holding or losing the rescue tube after passing the 10 m line measured from the 150 m turn wall. |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

| Pool Lifesaver Relay Description | Event Notes |
|---|---|
| • Competitor 1: Swims 50 m freestyle.<br><br>• Competitor 2: Swims 50 m with fins and retrieves a submerged manikin. Once the manikin's head breaks the surface of the water it can be passed to the next competitor.<br><br>• Competitor 3 (in-water start): Swims 50 m carrying the manikin.<br><br>• Competitor 4 (in-water start): Swims 50 m with fins carrying the manikin.<br><br>The event finishes when competitor 4 touches the finish wall/edge while still correctly carrying the manikin. | • Competitor 2 does not need to touch the wall prior to competitor 3 taking control of the manikin.<br><br>• Competitor 3 can touch the manikin before it surfaces but cannot take control of the manikin and release their hold on the finish wall/edge until the manikin's head breaks the surface of the water.<br><br>• Competitors must touch the turning wall/edge with any part of the body, and may push off with their feet. |

| Age Group / Division | Obstacle Distance |
|---|---|
| All Age Groups with Competitors Under 15 Years of Age | Not Eligible |
| Youth (15-18 Years) | 4x50 m |
| Open (16 Years and Older) | 4x50 m |
| Masters (18 Years and Older) | 4x50 m |

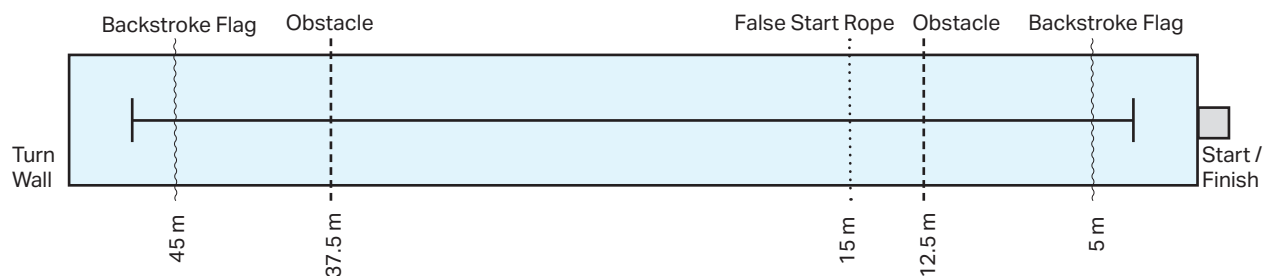| Disqualification Codes - Pool Lifesaver Relay Specific ||
|---|---|
| 15 | Failure to touch the turn wall/edge or finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g. lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | The third competitor not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using incorrect manikin carry technique as described in *ILS 3.3 Manikins*. |
| 23 | The fourth competitor not having the manikin in a correct carrying position before the top of the manikin's head passes the 10 m line. |
| 35 | Assistance from a third competitor during the exchange between the incoming and outgoing competitors. |
| 36 | One competitor completing two or more legs of the event. |
| 37 | The second or fourth competitor leaving the starting block/releasing contact with the starting block/edge before the previous competitor has touched the finish wall/edge. |
| 39 | Releasing the manikin before the next competitor has grasped it (i.e. one hand and/or arm of each competitor must be in contact with the manikin). |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

# Appendix C - Long Course Events
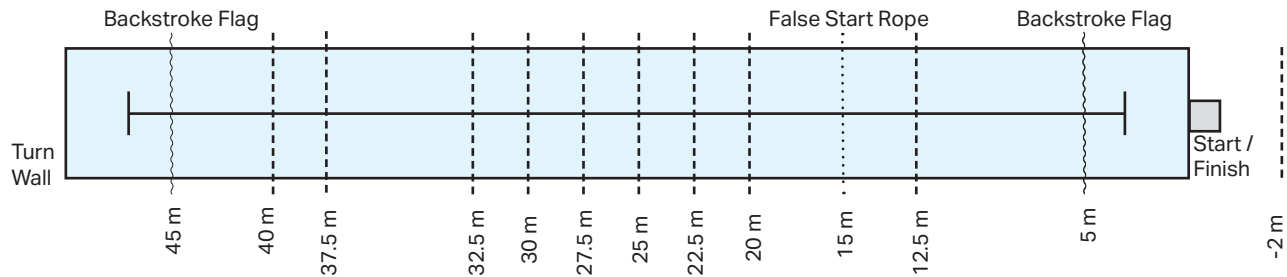


## Overall Setup Notes

The diagram above represents all possible marking locations required for long course events:

- The Meet Managers, Chief Referee, and Equipment Manager will make sure that all markings required for each event are in place prior to each event.
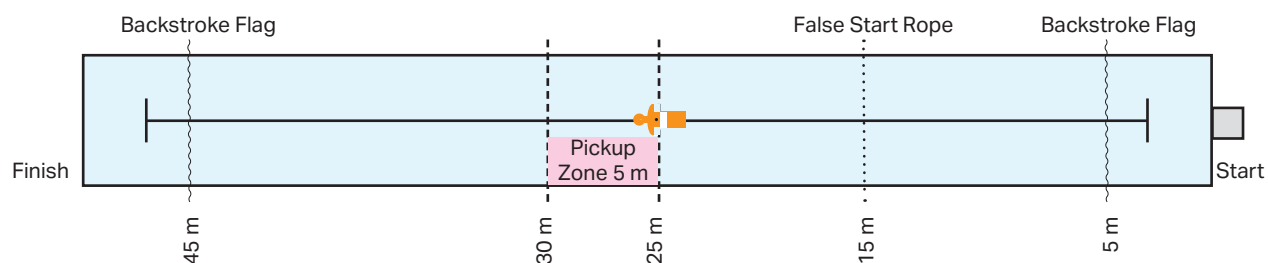- Markings will be to indicate equipment placement or distance markers important to event rules.

## Disqualification Codes - General

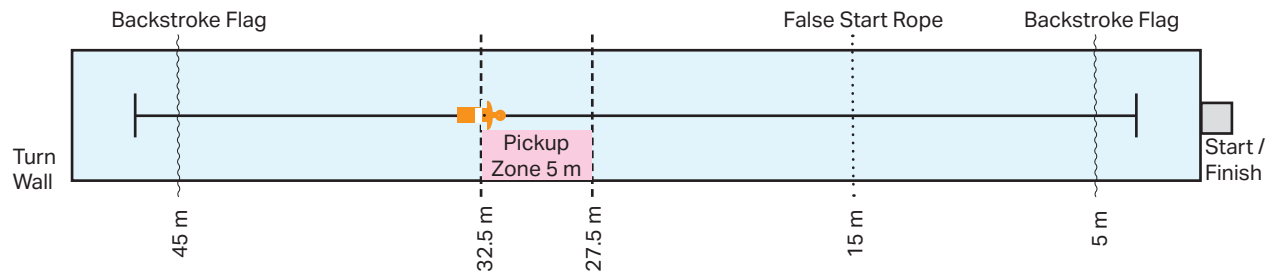| | |
|---|---|
| 1 | Not completing the event in accordance with the event description or general rules. |
| 2 | A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly.<br><br>Examples of "competing unfairly" include:<br>• Committing a doping or doping-related infraction<br>• Impersonating another competitor<br>• Attempting to defeat the ballot or draw for events or positions<br>• Competing twice in the same individual event<br>• Competing twice in the same event in different teams<br>• Purposely interfering with a course to gain advantage<br>• Jostling or obstructing another competitor or handler so as to impede his or her progress<br>• Receiving physical or material outside assistance (other than verbal or other direction)<br>• Participating contrary to the spirit of the competition (as described in the code of fair play) |
| 3 | Competitors may not be permitted to start in an event if they are late reporting to the marshaling area. |
| 4 | A competitor or team absent from the start of an event shall be disqualified except for the A or B final. |
| 5 | Activities that result in willful damage to the venue sites, accommodation sites, or the property of others will result in disqualification of the individuals involved from competition. |
| 6 | Abuse of officials may result in disqualification from the competition. |
| 7 | Using sticky, tacky, or adhesive substances (liquid, solid, or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push off the bottom of the pool. |
| 8 | Taking assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim and Relay, 4x25 m Manikin Relay, Manikin Tow, Super Lifesaver, and Medley Relay). |
| 9 | Leaving the water after an event before permission is given by the official. |
| 10 | Initiating a starting motion before the starting signal has been given. |

Backstroke Flag    Obstacle

False Start Rope   Obstacle   Backstroke Flag

Turn
Wall

Start /
Finish

45 m

37.5 m

15 m

12.5 m

5 m

| Obstacle Swim Description | Setup Notes | Event Notes |
|---|---|---|
| The competitor swims the 200 m course passing 8 times under the immersed obstacles. The event finishes when the competitor touches the finish wall. | • Equipment standards as per *ILS Competition Book, Section 8*. | • "Breaking the surface" means that the competitor's head must break the plane of the surface of the water. |

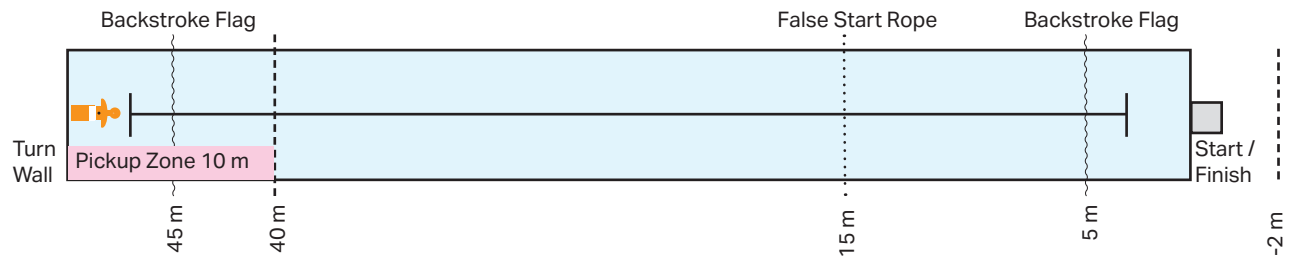| Disqualification Codes - Obstacle Swim Specific | |
|---|---|
| 11 | Passing over an obstacle without immediately returning over or under that obstacle and then passing under it. |
| 12 | Failure to surface after the dive entry or after a turn before and after passing under an obstacle. |
| 13 | Failure to touch the wall during the turn. |
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |

| Manikin Carry Description | Setup Notes |
|---|---|
| The competitor swims 25 m freestyle then recovers a manikin positioned at the turn wall bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall. | • Manikins filled according *ILS Competition Manual, 3.8*. Competitors only swim one length of the pool and will finish at the opposite wall to the start wall. |

| Disqualification Codes - Manikin Carry Specific ||
|---|---|
| 14 | Failure to touch the finish wall. |
| 15 | Not surfacing before diving to the manikin. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall. |

| Rescue Medley Description | Setup Notes | Event Notes |
|---|---|---|
| The competitor swims 50 m freestyle then swims underwater to a manikin positioned at 17.5 m from the turn wall. The competitor brings the manikin to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall. | • The manikin is positioned on its back, head in the direction of the finish wall, with the transverse line in the middle of the manikin's thorax located on the 17.5 m line. | • Competitors are permitted to take a breath or breaths before, at, or during the turn, but must not take a breath after their feet and/or hands leave the turning wall/edge to swim under water to the manikin and until they surface with the manikin. |

## Disqualification Codes - Rescue Medley Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 16 | Competitor not surfacing after the dive entry and before touching the 50 m turning wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall/edge. |
| 22 | Surfacing after turning and before lifting the manikin. |

Turn Wall | Pickup Zone 10 m | Backstroke Flag · 45 m · 40 m | False Start Rope · 15 m | Backstroke Flag · 5 m | Start / Finish · -2 m
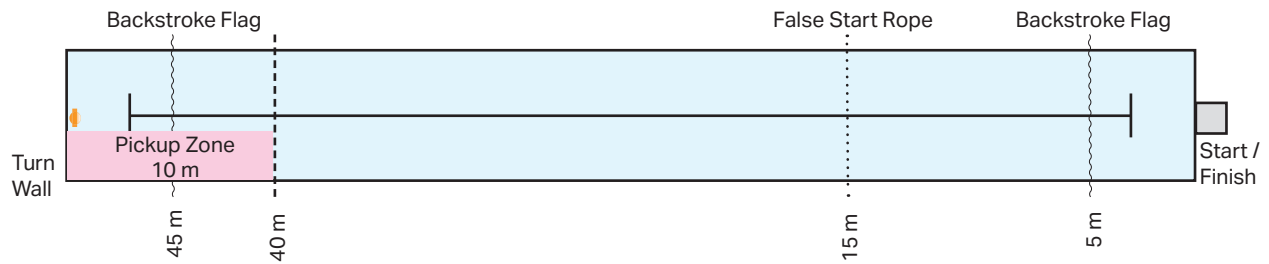
## Manikin Carry with Fins Description

The competitor swims 50 m freestyle wearing fins and then recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 10 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall.
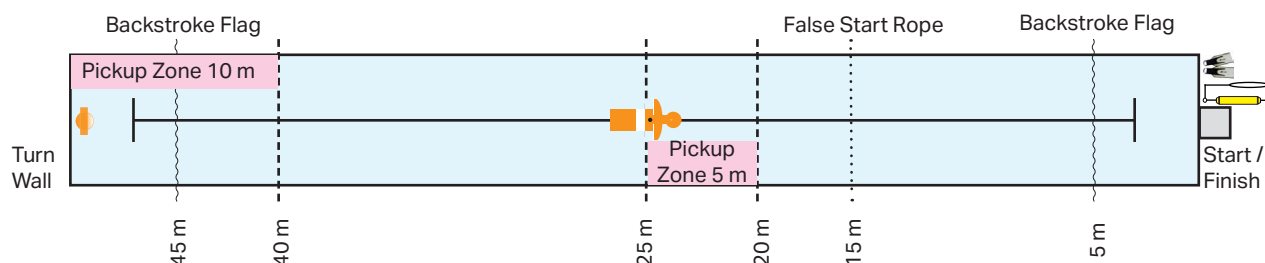
## Disqualification Codes - Manikin Carry with Fins Specific

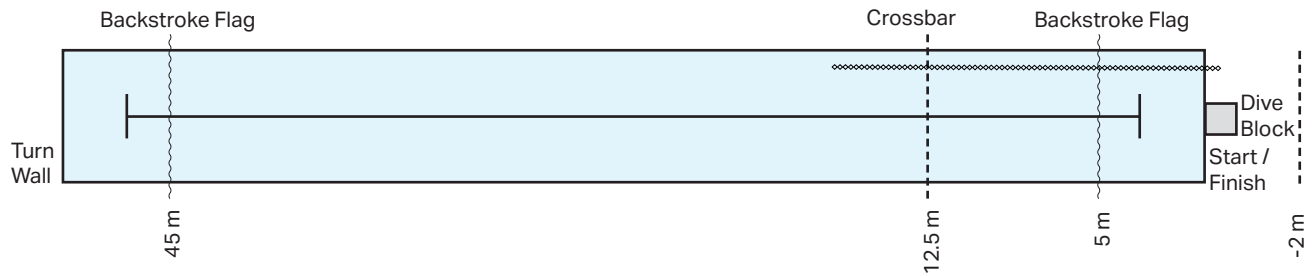| | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the finish wall/edge. |
| 23 | Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line. |

| Manikin Tow Description | Setup Notes | Event Notes |
|---|---|---|
| The competitor swims 50 m freestyle wearing fins and a rescue tube. After touching the turning wall and within the pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it 50 m to the finish wall. The event finishes when the competitor touches the finish wall/edge. | • Manikins will be half-full. | • Competitors need not surface before touching the turning wall/edge.<br><br>• Wrapping the line/rope around their body or tucking it into swimsuits is not considered shortening the rope before the start. |

## Disqualification Codes - Manikin Tow Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall/edge. |
| 20 | Towing the manikin with the face below the surface (as described in *ILS Section 3.3*) |
| 24 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, underwater hockey fittings) when fixing the rescue tube around the manikin, except where the minimum pool depth allows the competitor to stand while securing the rescue tube around the manikin. |
| 25 | At 50 m, not touching the pool wall before intentionally touching manikin. |
| 26 | Manikin handler releasing the manikin before the competitor touches the turning wall/edge. |
| 27 | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |
| 28 | Competitor clipping the rescue tube into the ring before touching the turn wall. |
| 29 | Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring). |
| 30 | Not securing the rescue tube around the manikin within the 10 m change-over zone (judged at the top of the manikin's head). |
| 31 | Pushing or carrying, instead of towing the manikin. |
| 32 | The line/rope of the rescue tube being intentionally shortened by a competitor prior to the commencement of a race for the purpose of towing the manikin. |
| 33 | The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin. |
| 34 | Touching the finish wall without the rescue tube and manikin in place. |

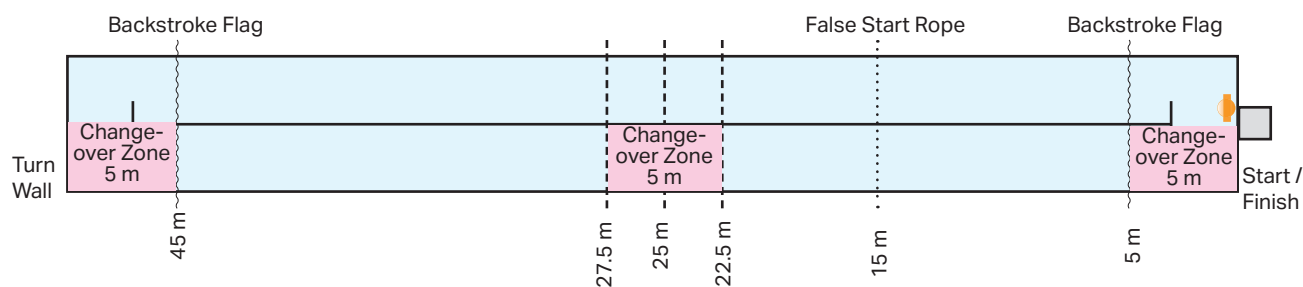| Super Lifesaver Description | Setup Notes | Event Notes |
|---|---|---|
| The competitor swims 75 m freestyle then recovers a manikin positioned at the 25 m mark, bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the turn wall. After touching the turn wall, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the final turning wall and within the pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it 50 m to the finish wall. The event finishes when the competitor touches the finish wall. | • Fins and rescue tubes placed by competitors within their lane.<br><br>• The manikin is placed at a depth between 1.8 and 3 m. | • It is permitted to maintain contact with the turning wall/edge while donning the rescue tube and/or fins. |

## Disqualification Codes - Super Lifesaver Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall. |
| 16 | Competitor not surfacing after the dive entry and before touching the 50 m turning wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m pickup zone. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 20 | Towing the manikin with the face below the surface. |
| 21 | Releasing the manikin before touching the turning wall/edge. |
| 24 | Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin, except where the minimum pool depth allows the competitor to stand while securing the rescue tube around the manikin. |
| 25 | At 150 m, not touching the pool wall before intentionally touching the manikin. |
| 26 | Manikin handler releasing the manikin before the competitor touches the turning wall/edge. |
| 27 | Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor, or interfering with the judging of the event. |
| 28 | Competitor clipping the rescue tube into the ring before touching the turn wall. |
| 29 | Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring). |
| 30 | Not securing the rescue tube around the manikin with the 10 m change-over zone (judged at the top of the manikin's head). |
| 31 | Pushing or carrying, instead of towing the manikin. |
| 32 | The line/rope of the rescue tube being intentionally shortened by a competitor prior to the commencement of a race or by a handler, for the purpose of towing the manikin. |
| 33 | The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin. |
| 34 | Touching the finish wall/edge without the rescue tube and manikin in place. |

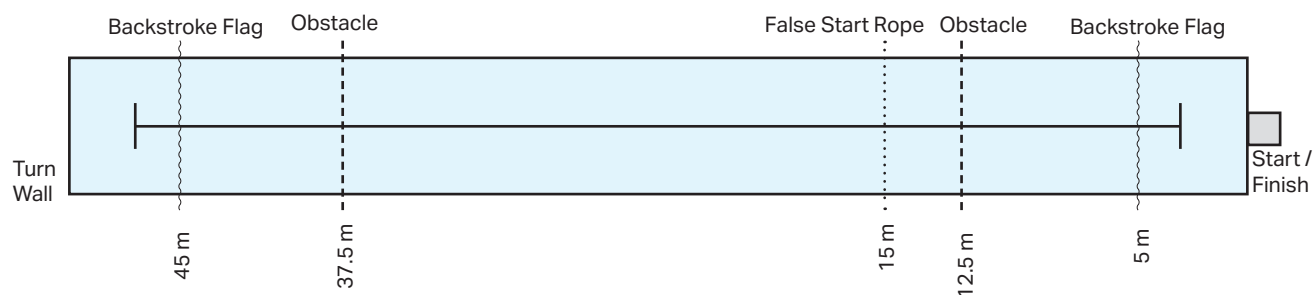| Line Throw Description | Event Notes |
|---|---|
| In this timed event, the competitor throws an unweighted line to their team member located in the water and holding the crossbar. The competitor then pulls their "victim" back to the finish wall. The event finishes when the "victim" touches the finish wall. | • Backward movement by the thrower within the throw zone area is not a disqualification.<br><br>• The thrower is free to adopt a position within their throw zone for the start with the proviso that the end of the throw line/rope must be held in one hand.<br><br>• The victim may release their contact with the crossbar after the starting signal without penalty, but they must be grasping the crossbar with their hand when using any part of their body to attempt to gather or grasp the line/rope with the other hand. |

| Disqualification Codes - Line Throw Specific ||
|---|---|
| 14 | Failure to touch the finish wall. |
| 45 | Victim not keeping a grasp on the crossbar with their hand when using any part of their body to gather or grasp the line for the pull to the finish wall/edge. |
| 46 | Line thrower who, after the start signal and before the 45-second acoustic completion signal, exits their allocated throw zone while rescuing their victim and, in doing so, interferes with other teams in the event. |
| 47 | Line thrower not hauling in using their arms and walking or running with the line/rope grasped in their hands or held around any part of their body or hauling in beyond the 2 m back line mark to return the victim to the pool finish wall/edge. |
| 48 | Victim grasping the throw line outside their lane. |
| 49 | Victim not on their front while being pulled to the finish wall/edge. |
| 50 | Victim not holding the throw line with both hands while being pulled to the finish wall/edge (victim may release the line with one hand for the sole purpose of touching the wall/edge). |
| 51 | Victim "climbing" the throw line hand-over-hand. |
| 52 | Line thrower executing practice throws. |

**NOTE: Failure to get the victim to the finish wall within the 45-second time limit shall be designated "Did Not Finish" (DNF). See Section 4.8.**
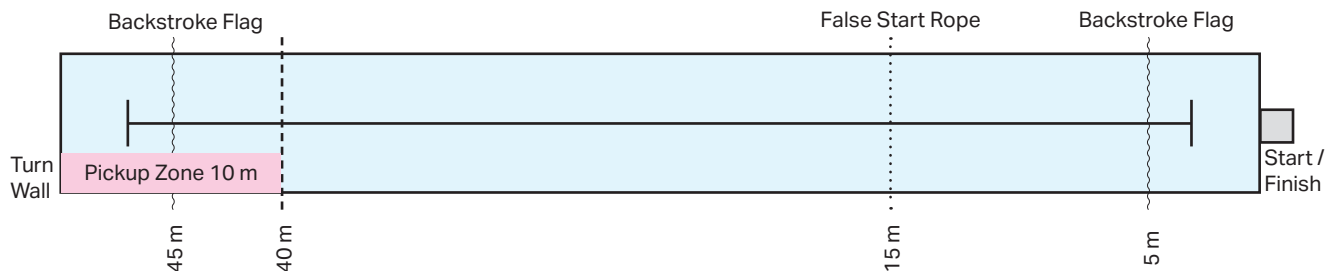
| Manikin Relay Description | Setup Notes | Event Notes |
|---|---|---|
| Each competitor in turn carries a manikin approximately 25 m. The event finishes when the final team member touches the finish wall. | Competitors start in the water:<br><br>• Competitor 1: at the start wall<br><br>• Competitor 2 and 4: in the middle changeover zone<br><br>• Competitor 3: at the turn wall | • Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria.<br><br>• Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria will apply. |

## Disqualification Codes - Manikin Relay Specific

| | |
|---|---|
| 14 | Failure to touch the finish wall. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using an incorrect carrying technique (as described in *ILS Section 3.3*). |
| 21 | Releasing the manikin before touching the turning wall/edge or finish wall/edge. |
| 35 | Assistance from a third competitor during the exchange between the incoming and outgoing competitors. |
| 36 | One competitor completing two or more legs of the event. |
| 37 | The third competitor releasing contact with the turning wall/edge/starting block before the second competitor has touched the wall/edge. |
| 38 | The manikin changing hands:<br><br>• Before or beyond the designated changeover zone<br><br>• Before the third competitor touches the pool wall |
| 39 | Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin). |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

| Obstacle Relay Description | Setup Notes |
|---|---|
| Each competitor in turn swims 50 m passing under the immersed obstacle each length. The event finishes when the final team member touches the finish wall. | • Equipment standards as per *ILS Competition Book, Section 8*. |

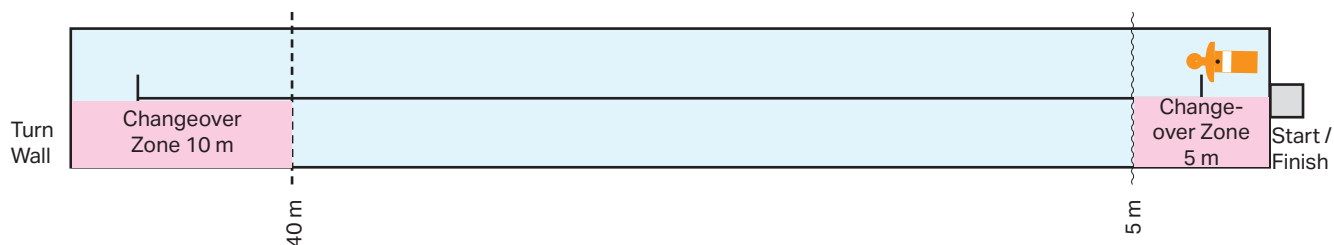| Disqualification Codes - Obstacle Relay Specific | |
|---|---|
| 11 | Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it. |
| 12 | Failure to surface after the dive entry or before and after passing under an obstacle. |
| 14 | Failure to touch the finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing - not including the bottom of the pool. |
| 36 | One competitor repeating two or more legs of the event. |
| 37 | Leaving the starting block before the previous competitor has touched the wall. |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

## Medley Relay Description

- Competitor 1: Swims 50 m freestyle.
- Competitor 2: Swims 50 m with fins.
- Competitor 3: Swim 50 m towing a rescue tube.
- Competitor 4: Swim 50 m with fins towing competitor 3 using the same rescue tube.

The event finishes when competitor 4 touches the finish wall.

## Disqualification Codes - Medley Relay Specific

| 14 | Failure to touch the finish wall/edge. |
|----|----------------------------------------|
| 16 | First competitor not surfacing after the dive entry and before touching the turning wall/edge. |
| 36 | One competitor completing two or more legs of the event. |
| 37 | Leaving the starting block/releasing contact with the turning wall/edge/starting block before the previous competitor has touched the wall. |
| 40 | The competitor clipping the rescue tube into the O-ring. |
| 41 | The victim holding the rescue tube by the rope. |
| 42 | The victim helping with arm movements or not holding the rescue tube with both hands. |
| 43 | The victim not holding or losing the rescue tube after passing the 10 m line. |
| 44 | A competitor re-entering the water after completing their leg of the relay. |

| Pool Lifesaver Relay Description | Event Notes |
|---|---|
| • Competitor 1: Swims 50 m freestyle<br><br>• Competitor 2: Swims 50 m with fins and retrieves a submerged manikin. Once the manikin's head breaks the surface of the water it can be passed to the next competitor.<br><br>• Competitor 3 (in-water start): Swims 50 m carrying the manikin.<br><br>• Competitor 4 (in-water start): Swims 50 m with fins carrying the manikin.<br><br>The event finishes when competitor 4 touches the finish wall/edge while still correctly carrying the manikin. | • Competitor 2 does not need to touch the wall prior to competitor 3 taking control of the manikin.<br><br>• Competitor 3 can touch the manikin before it surfaces but cannot take control of the manikin and release their hold on the finish wall/edge until the manikin's head breaks the surface of the water. |

## Disqualification Codes - Pool Lifesaver Relay Specific

| | |
|---|---|
| 15 | Failure to touch the turn wall/edge or finish wall/edge. |
| 17 | Taking assistance from any pool fitting (e.g. lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool. |
| 18 | The third competitor not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line. |
| 19 | Using incorrect manikin carry technique as described in *ILS 3.3 Manikins*. |
| 23 | The fourth competitor not having the manikin in a correct carrying position before the top of the manikin's head passes the 10 m line. |
| 35 | Assistance from a third competitor during the exchange between the incoming and outgoing competitors. |
| 36 | One competitor completing two or more legs of the event. |
| 37 | The second or fourth competitor leaving the starting block/releasing contact with the starting block/edge before the previous competitor has touched the finish wall/edge. |
| 39 | Releasing the manikin before the next competitor has grasped it (i.e. one hand and/or arm of each competitor must be in contact with the manikin). |
| 44 | A competitor re-entering the water after completing their leg of the relay. |