



ALBERTA & NORTHWEST TERRITORIES

LIFESAVING SPORT

Alberta and Northwest Territories Lane Judge Cheat Sheets

Short and Long Course Events

2025 Edition

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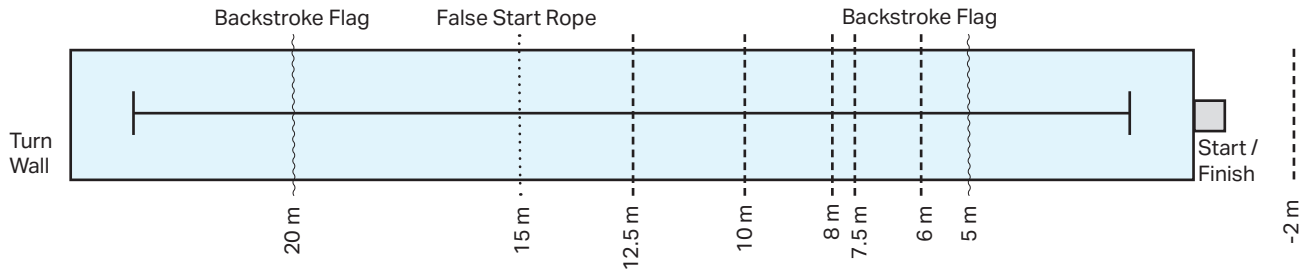
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Short Course Events



Overall Setup Notes

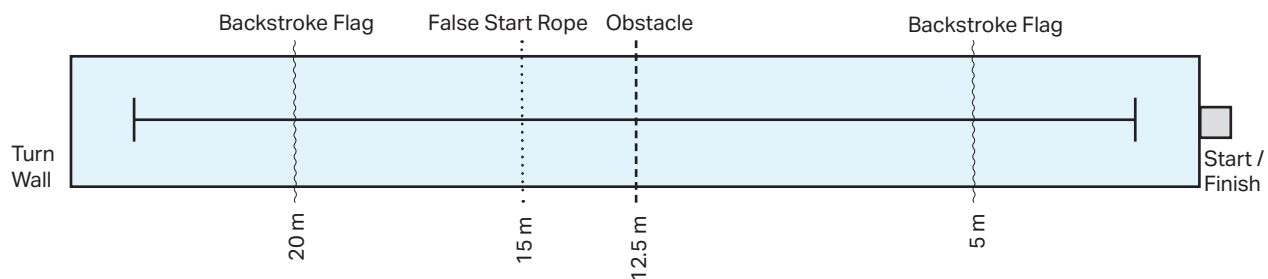
The diagram above represents all possible marking locations required for short course events:

- 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	<p>A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly. Examples of "competing unfairly" include:</p> <ul style="list-style-type: none"> • Committing a doping or doping-related infraction • Impersonating another competitor • Attempting to defeat the ballot or draw for events or positions
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.

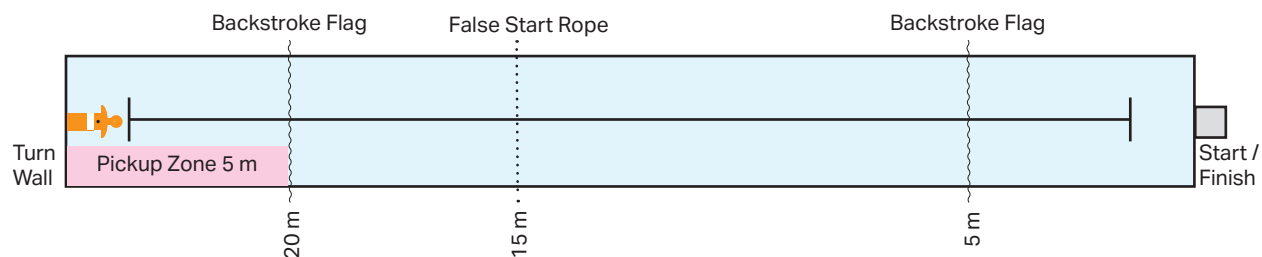
Short Course



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.	<ul style="list-style-type: none"> 70 cm depth obstacles will be used for competitors 15 years of age and over. 35 cm depth obstacles will be used for competitors 14 years of age and under. 35 cm obstacles may be used for all divisions if necessary due to pool depth. 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.



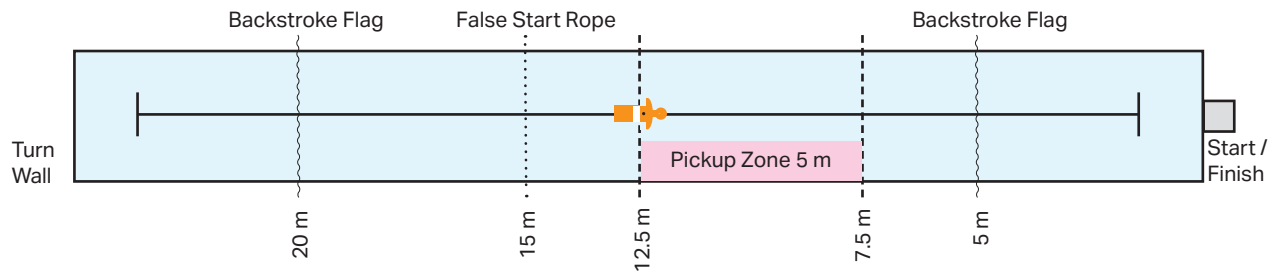
Manikin Carry Description	Setup Notes
The competitor swims 25 m freestyle then recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall.	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
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.

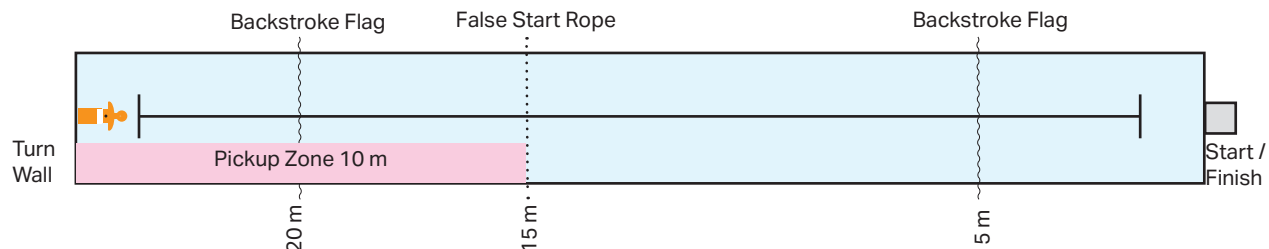
Short Course



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.	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
21	Releasing the manikin before touching the finish wall or the turn wall.
22	Surfacing after turning and before lifting the manikin.

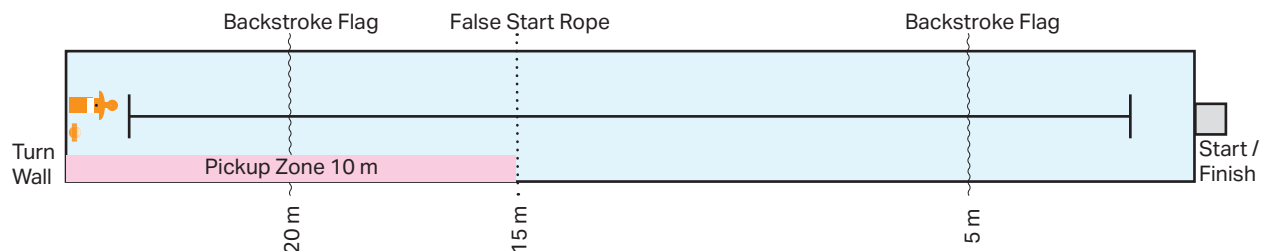


Manikin Carry with Fins Description	Setup Notes
The competitor swims freestyle wearing fins and on the final turn recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 10 m pickup zone. The manikin is then carried to the finish wall with the event finishing when the competitor touches the finish wall.	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
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.

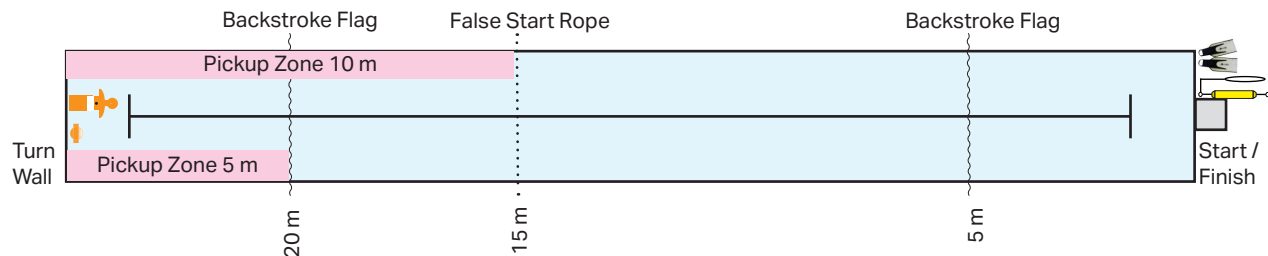
Disqualification Codes - Defined in Alberta and Northwest Territories Competition Manual	
f	Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.
g	Manikin handler pushing the manikin towards the competitor or the finish wall/edge.
h	Manikin 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.	<ul style="list-style-type: none"> Manikins filled according to the Manikin fill chart below. 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 <i>ILS Section 3.3</i>)
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.

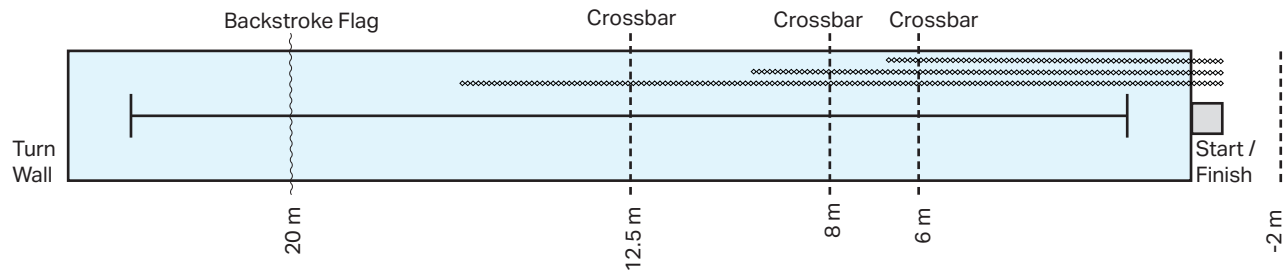


Super Lifesaver Description	Setup Notes
The competitor swims 75 m freestyle then recovers a manikin positioned at the turn wall, bringing it to the surface and into the correct carrying position within the 5 m pickup zone. The manikin is then carried to the turn wall. After touching the turn wall the 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.	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
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.

Short Course



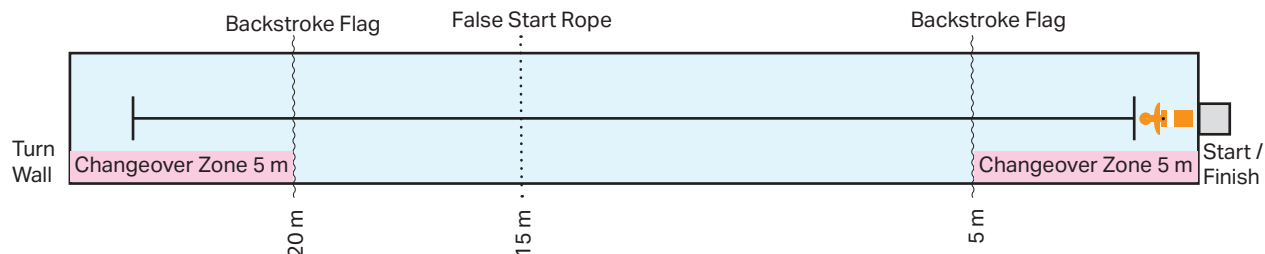
Line Throw Description	Setup Notes
In this timed event, the competitor throws an unweighted line to their team member located in the water and holding the crossbar. The competitor then pulls their "victim" back to the finish wall. The event finishes when the "victim" touches the finish wall.	<ul style="list-style-type: none"> 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.

Short Course

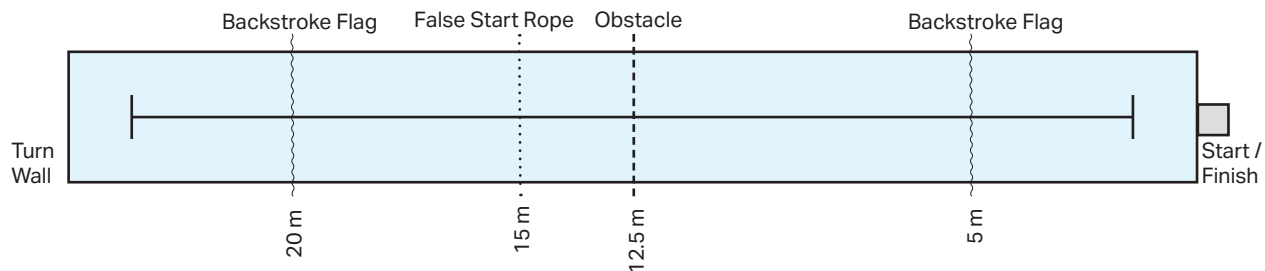


Manikin Relay Description	Setup Notes	Event Notes
Four competitors in turn carry a manikin approximately 25 m each. The event ends when the final team member touches the finish wall.	<ul style="list-style-type: none"> All four competitors start in the water. 	<ul style="list-style-type: none"> Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria 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 <i>ILS Section 3.3</i>).
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.

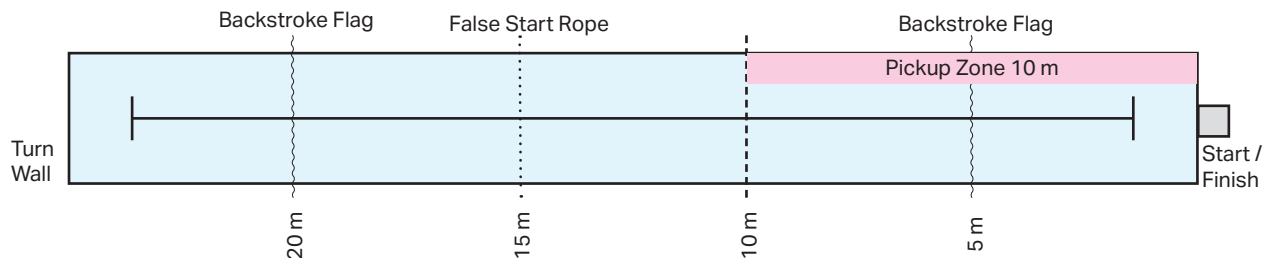
Short Course



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.	<ul style="list-style-type: none"> 70 cm depth obstacles will be used for competitors 15 years of age and over. 35 cm depth obstacles will be used for competitors 14 years of age and under. 35 cm obstacles may be used for all divisions if necessary due to pool depth. 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

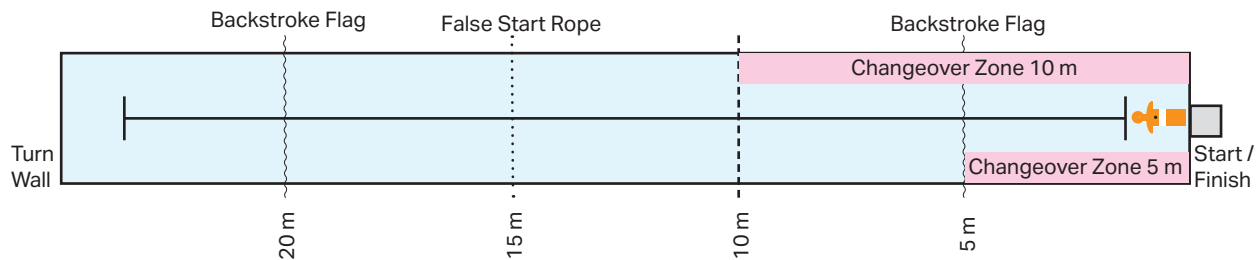
- Competitor 1: Swims 50 m freestyle.
- Competitor 2: Swims 50 m with fins.
- Competitor 3: Swim 50 m towing a rescue tube.
- Competitor 4: Swim 50 m with fins towing competitor 3 using the same rescue tube.

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.

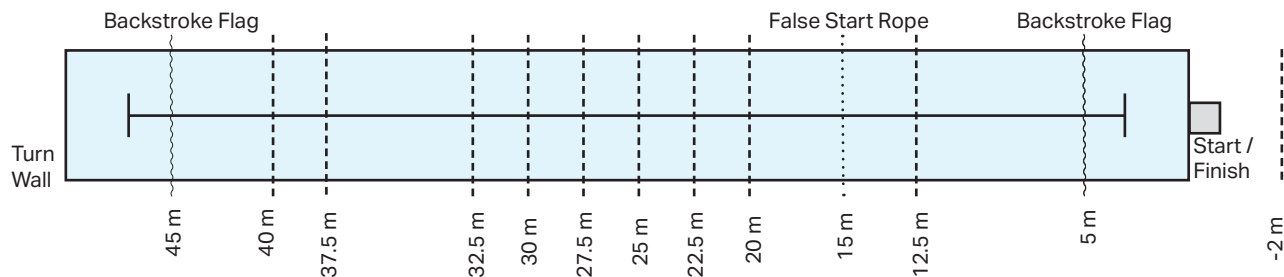


Pool Lifesaver Relay Description	Event Notes
<ul style="list-style-type: none"> Competitor 1: Swims 50 m freestyle. Competitor 2: Swims 50 m with fins and retrieves a submerged manikin. Once the manikin's head breaks the surface of the water it can be passed to the next competitor. Competitor 3 (in-water start): Swims 50 m carrying the manikin. Competitor 4 (in-water start): Swims 50 m with fins carrying the manikin. <p>The event finishes when competitor 4 touches the finish wall/edge while still correctly carrying the manikin.</p>	<ul style="list-style-type: none"> Competitor 2 does not need to touch the wall prior to competitor 3 taking control of the manikin. 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. 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 <i>ILS 3.3 Manikins</i> .
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.

Long Course Events



Overall Setup Notes

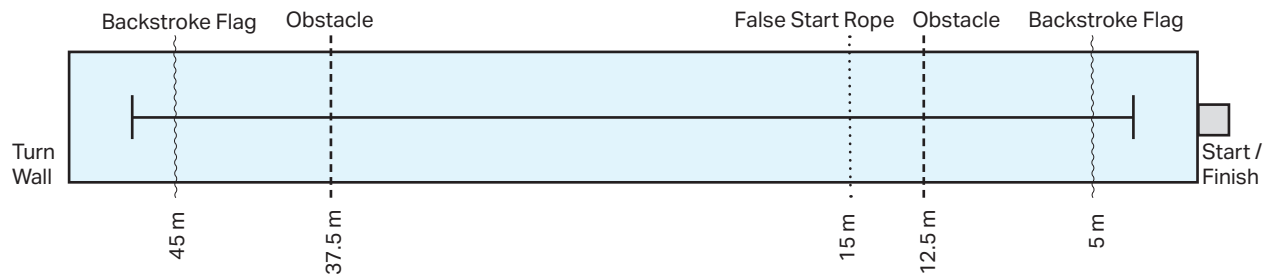
The diagram above represents all possible marking locations required for long course events:

- 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	<p>A competitor or team may be disqualified if a competitor, team, or handler is deemed to have competed unfairly.</p> <p>Examples of "competing unfairly" include:</p> <ul style="list-style-type: none"> • Committing a doping or doping-related infraction • Impersonating another competitor • Attempting to defeat the ballot or draw for events or positions • Competing twice in the same individual event • Competing twice in the same event in different teams • Purposely interfering with a course to gain advantage • Jostling or obstructing another competitor or handler so as to impede his or her progress • Receiving physical or material outside assistance (other than verbal or other direction) • 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.

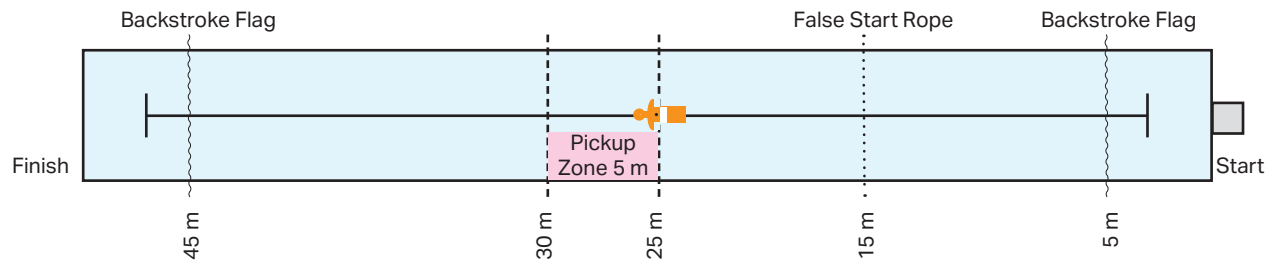
Long Course



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.	<ul style="list-style-type: none"> Equipment standards as per <i>ILS Competition Book, Section 8</i>. 	<ul style="list-style-type: none"> "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.

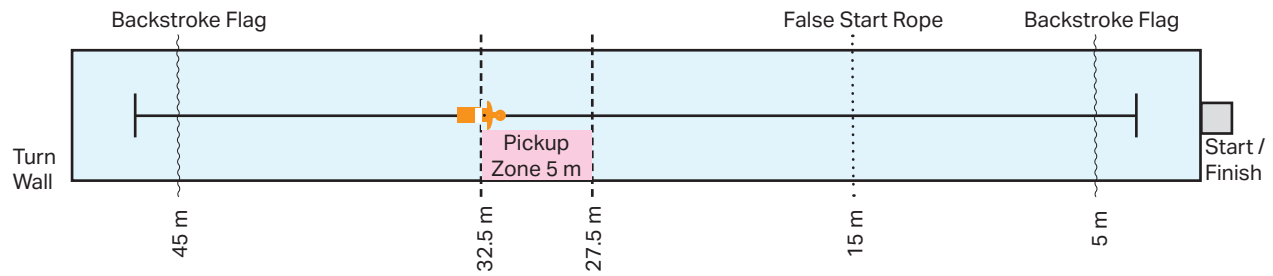
Long Course



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.	<ul style="list-style-type: none"> Manikins filled according <i>ILS Competition Manual</i>, 3.8. Competitors only swim one length of the pool and will finish at the opposite wall to the start wall.

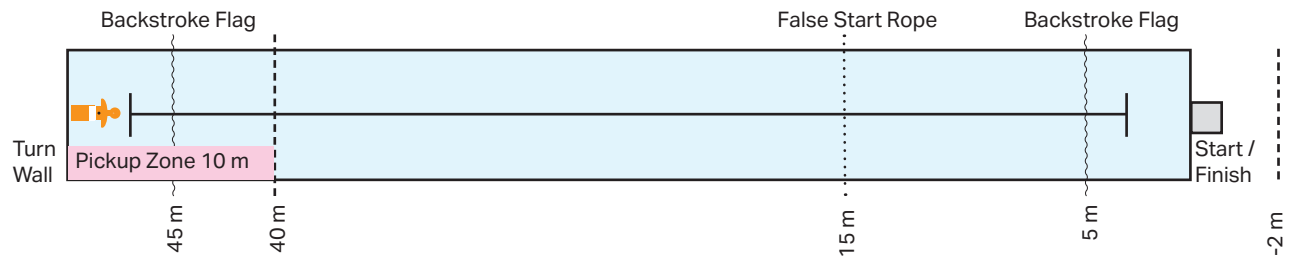
Disqualification Codes - Manikin Carry Specific	
14	Failure to touch the finish wall.
15	Not surfacing before diving to the manikin.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of 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 <i>ILS Section 3.3</i>).
21	Releasing the manikin before touching the finish wall.

Long Course



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.	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
21	Releasing the manikin before touching the finish wall/edge.
22	Surfacing after turning and before lifting the manikin.

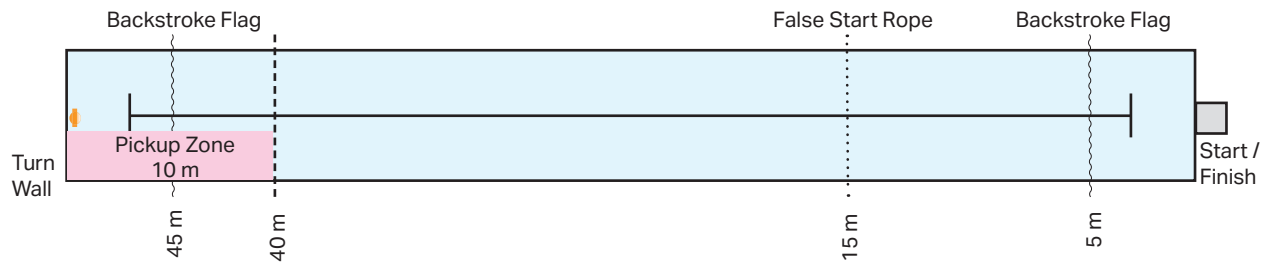


Manikin Carry with Fins Description

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

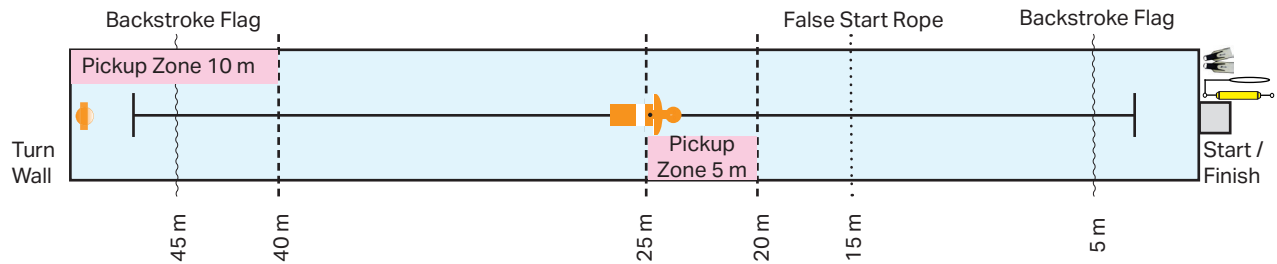
14	Failure to touch the finish wall/edge.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
19	Using an incorrect carrying technique (as described in <i>ILS Section 3.3</i>).
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.	<ul style="list-style-type: none"> Manikins will be half-full. 	<ul style="list-style-type: none"> Competitors need not surface before touching the turning wall/edge. Wrapping the line/rope around their body or tucking it into swimsuits is not considered shortening the rope before the start.

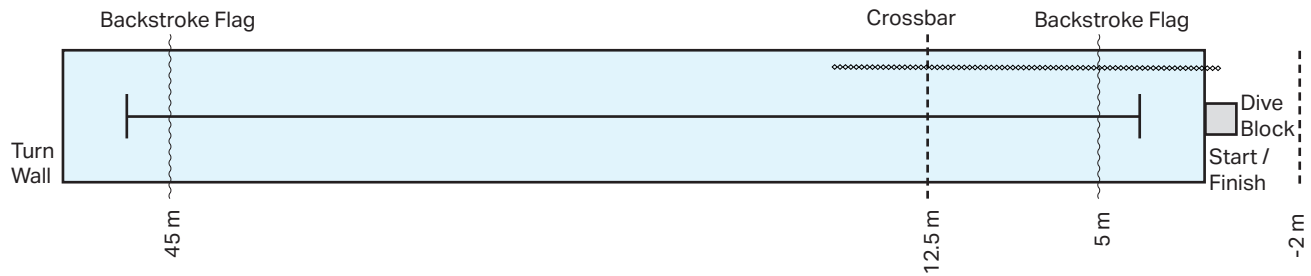
Disqualification Codes - Manikin Tow Specific	
14	Failure to touch the finish wall/edge.
20	Towing the manikin with the face below the surface (as described in <i>ILS Section 3.3</i>)
24	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, underwater hockey fittings) when fixing the 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.

Long Course



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.	<ul style="list-style-type: none"> Fins and rescue tubes placed by competitors within their lane. The manikin is placed at a depth between 1.8 and 3 m. 	<ul style="list-style-type: none"> 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 <i>ILS Section 3.3</i>).
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.

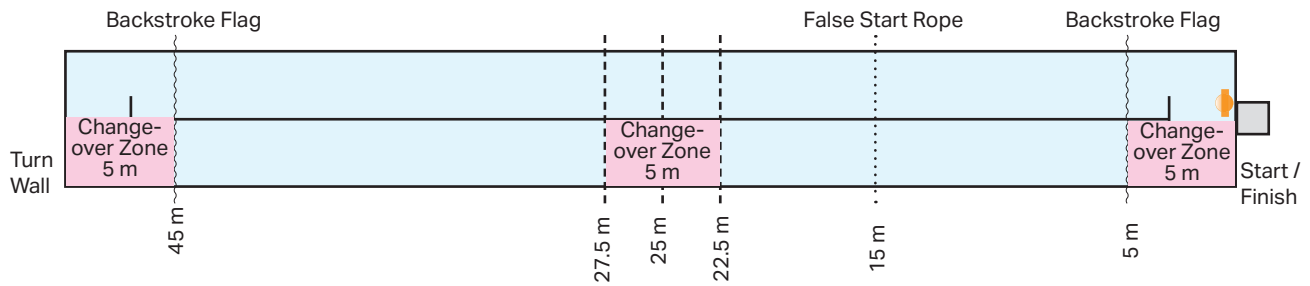


Line Throw Description	Event Notes
In this timed event, the competitor throws an unweighted line to their team member located in the water and holding the crossbar. The competitor then pulls their "victim" back to the finish wall. The event finishes when the "victim" touches the finish wall.	<ul style="list-style-type: none"> Backward movement by the thrower within the throw zone area is not a disqualification. 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. 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.

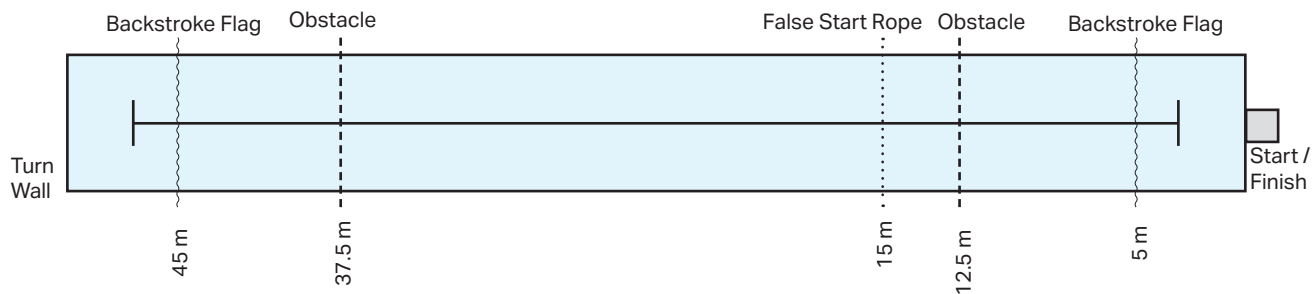
Long Course



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: <ul style="list-style-type: none"> Competitor 1: at the start wall Competitor 2 and 4: in the middle changeover zone Competitor 3: at the turn wall 	<ul style="list-style-type: none"> Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria will apply.

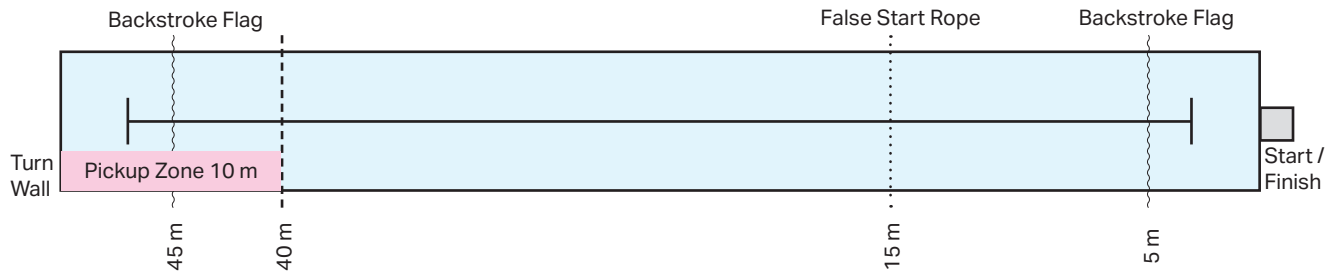
Disqualification Codes - Manikin Relay Specific	
14	Failure to touch the finish wall.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains, or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
18	Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
19	Using an incorrect carrying technique (as described in <i>ILS Section 3.3</i>).
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: <ul style="list-style-type: none"> Before or beyond the designated changeover zone 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.

Long Course



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.	<ul style="list-style-type: none"> Equipment standards as per <i>ILS Competition Book, Section 8</i>.

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.



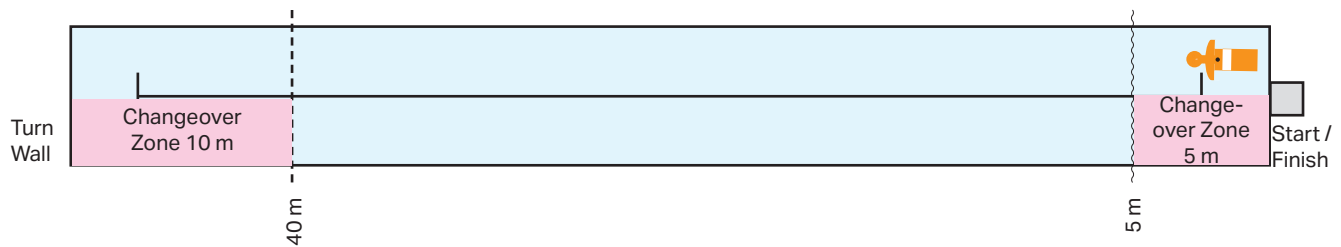
Medley Relay Description

- 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
<ul style="list-style-type: none"> Competitor 1: Swims 50 m freestyle 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. Competitor 3 (in-water start): Swims 50 m carrying the manikin. Competitor 4 (in-water start): Swims 50 m with fins carrying the manikin. <p>The event finishes when competitor 4 touches the finish wall/edge while still correctly carrying the manikin.</p>	<ul style="list-style-type: none"> Competitor 2 does not need to touch the wall prior to competitor 3 taking control of the manikin. 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 <i>ILS 3.3 Manikins</i> .
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.