

National Lifesaving Championships

2024 Edition

Rules

Significant Changes for 2024 Championship:

1. 2.3 – minimum age introduced for casualties instead of weight
2. 2.4 – competitors to start holding clothing
3. 3.4.1 – use of chaperones

Contents

1. Championship important information
2. Events
3. Competition organisation and General procedures
4. Disqualifications

1.0 Championships:

As per the RLSS UK Transgender Inclusion Policy for competitive Lifesaving - <https://www.rlss.org.uk/Handlers/Download.ashx?IDMF=82544713-4063-4bf8-9798-4f54ef6ebaf9>, the following guidelines apply to this gender-affected activity:
Female for those competitors assigned female at birth.
Open for any competitor irrespective of sex.

1.1 Categories

Championships shall be held in the following categories:

- i) Junior Girls pairs – 12-14 years
- ii) Junior Open / Mixed pairs – 12-14 years
- iii) Senior Girls pairs – 15-17 years
- iv) Senior Open / Mixed pairs – 15-17 years
- v) Adult Ladies pairs - 18-21 years
- vi) Adult Open / Mixed pairs - 18-21 years
- vii) Ladies Individual – 16 years +
- viii) Open Individual – 16 years +
- ix) Masters Ladies - Age Groups 30-39; 40-49; 50-59; 60 -69; 70+
- x) Masters Open - Age Groups 30-39; 40-49; 50-59; 60 -69; 70+

1.2 Award Pre-requisites

All Competitors shall, at the date of entry, hold or have held any qualification or award from the RLSS UK apart from a NLA Sport Awards.

1.3 Age Pre-requisites

Competitors shall conform to the following age pre-requisites on 31 December 2024:

- i) Members of Junior Open/Mixed and Junior Girls Pairs shall be between 12 and 14 years of age.
- ii) Members of Senior Open/Mixed and Senior Girls Pairs shall be aged between 15 and 17 years of age.

Note: It is permitted for one 12–14-year-old to pair with a 15–17-year-old; this pairing shall compete in the Senior Open/Mixed or Senior Girls (if both competitors are female) Pairs category.

- iii) Adult Open/Mixed and Adult Ladies Pairs will be 18-21 years.

Note: It is permitted for one 15–17-year-old to pair with an 18–21-year-old. This pairing shall compete in the Adult Open/Mixed or Adult Ladies (if both competitors are female) Pairs category.

- iv) Open and Ladies Individual Competitors must be 16 years or over.

- v) Open and Ladies Masters shall compete in one age band from the following:
30-39 years; 40-49 years; 50-59 years; 60-69 years; 70 years plus.

Note: Masters have the option to compete in the Individual Open / Ladies category, if desired.

1.4 Diving Prerequisites

Competitors who wish to start an event entering the water by diving must have met the required competencies outlined in the RLSS UK Competitive Start Checklist (available from rlss.org.uk).

1.5 Membership

All competitors must be in membership of the RLSS UK appropriate to their age and or qualification for all competitions (regional and finals).

Both members of a pair must belong to the same RLSS UK affiliated club, school, or swim school.

2.0 Events

The following events are described in this section:

- Life Support Initiative Test
- Aquatic Initiative Test
- Line Throw
- Swim & Tow (Tow with an Aid)

It is recommended that Regional Heats follow the same running order as the National Finals - Life Support Initiative Test, Aquatic Initiative Test, Line Throw, and Swim & Tow.

The running of the Life Support and Aquatic Initiative Tests can be reversed if required.

2.1 Life Support Initiative Test

Competitors will have 90 seconds to respond to a Life Support Initiative Test, which will not be previously known to them. They will be required to deal with this test in pairs or as individuals.

- i) Life Support shall be in marked in accordance with Section 3 of the current RLSS UK National Lifesaving Academy Candidate Manual.
- ii) Competitors are not required to explain their actions.
- iii) Competitors will be held in a secure area until called to compete. The starting procedure for each competition will be explained at the Team Manager's Briefing and to all competitors.
- iv) Competitors will take part in a draw order.
- v) The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.
- vi) Every effort will be made to ensure that each Individual or Pair is presented with the same emergency as others in their competition category.
- vii) CPR must **only** be performed on a manikin. Chest compressions and/or rescue breaths performed on a live casualty will result in disqualification from the test and last place allocated for the life support initiative test.
- viii) The system of marking shall conform to the Directed System of Marking under which the Mark Sheet provides guidance on the principal areas of assessment.
- ix) One or more manikins may be used as Casualties.

During the initiative test, competitors may wear clothing and footwear. However, no points will be awarded for using their clothing or footwear.

Casualties

- x) Casualties may be required to wear and/or use other items in the Life Support Initiative Test: no clothing of casualties can be marked with information regarding lifesaving or lifesaving club names.
- xi) For the Life Support Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other indication will be given. Full checks should be made to determine if the casualty is breathing normally.
- xii) It is not acceptable for any casualty to be roughly treated in the Life Support Initiative Test, the competitor will be penalised for any rough treatment, and this will be reflected in the mark sheet.

2.2 Aquatic Initiative Test

Competitors will have 90 seconds to respond to an Aquatic Initiative Test, which will not be previously known to them. They will be required to deal with this test in pairs or as individuals.

- i) The initiatives be marked in accordance with the current edition of RLSS UK National Lifesaving Academy Candidate Manual.
- ii) Competitors will be held in Security from the time the Security Room is closed until called to compete.
- iii) Competitors will take part in a draw order.
- iv) The giving of any unfair assistance or unauthorised information will result in **disqualification from the Championships**.
- v) Every effort will be made to ensure that each Individual or Pair is presented with the same emergency as others in their competition category.
- vi) CPR must **only** be performed on a manikin. Chest compressions and/or rescue breaths performed on a live casualty will result in disqualification from the test and last place allocated for the aquatic initiative test.
- vii) The system of marking shall conform to the Directed System of Marking under which the mark sheet provides guidance on the principal areas of assessment.
- viii) One or more manikins may be used as casualties.
- ix) Competitors are to wear a t-shirt – either a t-shirt or polo shirt and full-length trousers over their swimwear at the start of their aquatic initiative test. The competitor may use their clothing as an aid during the initiative test, as required. Competitors will not be awarded points if they use any of their own additional clothing not specified in this rule.

Casualties

- x) Casualties may be required to wear and/or use other items in the Aquatic Initiative Test; no clothing is to be marked with information regarding lifesaving or lifesaving club names.
- xi) For the Aquatic Initiative Test a manikin will be used to denote a casualty who is not breathing normally. No other information will be given. Full checks should be made to determine that the casualty is not breathing normally.
- xii) It is not acceptable for any casualty to be roughly treated in the Aquatic Initiative Test, the competitor will be penalised for any rough treatment, and this will be reflected in the mark sheet.

2.3 Line Throw

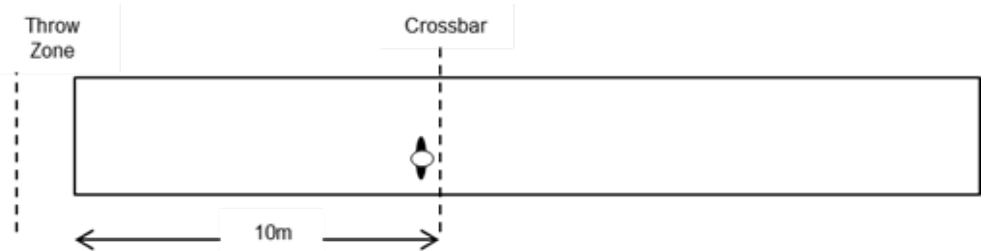
In this timed event, the competitor (thrower) throws an unweighted line (16.5m to 17.5m in length, 8mm wide) to a fellow team member (casualty) located in the water on the near side of a crossbar located 12m* distance.

10m* for Juniors, Masters 50-59, 60-69 and 70+

The competitor pulls this “casualty” back to the finish wall of the pool.

In the Team Championships, members will alternate as casualty and competitor. In the Individual and Masters Championships, casualties will be nominated by the competitor, and shall be of like sex to the thrower and a minimum of 15 years old by the end of the calendar year.

Example



- i) **The start:** On the first whistle, competitors prepare for the start. The competitor holds only one end of the throw line in one hand. The casualty takes the other end of the line, enters the water, and proceeds to the crossbar. The line is then extended between the casualty and the competitor. The surplus line can be left on either side of the cross bar and, if extended beyond the 12m/10m crossbar mark, the surplus line may be passed either over or under the crossbar.

No practice throws are permitted prior to the start.

At the second whistle, competitors take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command “Take your marks”. When all competitors and casualties are stationary, the Starter gives the acoustic starting signal.

- ii) **Starting position:** The competitor stands in the throw zone facing the casualty, motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand.

The casualty is located on the near side of the rigid crossbar in their allotted lane. The casualty has contact with the throw line and grasps the crossbar with one or two hands.

- iii) On an acoustic starting signal: The competitor shall retrieve the line, throw it back to the casualty (who grasps it), and pull them through the water until the casualty touches the finish wall.

To avoid any possible interference with other lanes, the casualty may not exit the water and remains in his or her lane. The casualty will have the competitor disqualified from the Line Throw if they attempt to climb out of the water or sit on the pool edge before the Chief Referee’s (or designate) signal.

Similarly, the competitor remains in the throw zone until the Chief Referee (or designate) signals the completion of the race else they shall be disqualified from the Line Throw.

- iv) **Fair throw:** Casualties may only grasp the line if it is a “fair throw”. A fair throw is one that a casualty is able to grasp the throw line with their hand but only within their designated lane either in front or behind the crossbar. The lane marker is not “within

the lane”.

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

The casualty can slide their hand anywhere along the crossbar but must be grasping the crossbar when touching the line with any part of their body and when grasping the line.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Note: The casualty 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 gather or to grasp the line with the other hand

Should the throw not be a fair throw the competitor shall be disqualified from the line throw.

- v) **Pull through the water:** While being pulled to the edge, casualties must be on their front grasping the throw line with both hands, arms outstretched and keeping their heads up. Casualties may not “climb” the throw line hand-over-hand or provide any propulsion to the poolside (e.g.no kicking).

Should correct technique is not displayed by the casualty this will result in disqualification for the thrower.

For safety reasons, casualties may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

- vi) **Throw zone:** The throw zone is the area bounded by the competitor’s allotted lane. It extends from the vertical edge of the pool wall to the front of a team’s lane and is defined at the sides by an unmarked extended line in the middle of the lane ropes on each side of a team’s lane and to the edge of the pool deck or raised platform. The back line of the throw zone does not need to be marked but a minimum of 2.0m is required beyond the vertical edge of the pool wall to allow for an unimpeded throw and the haul in.

Note 1: For the purposes of judging competitors are still required to remain within their lane. However, the focus is not on the placement of feet on a line but, rather, not interfering with any other team in an event.

Note 2: While not a compulsory requirement, to ensure a clear area for the throw and the casualty haul in, a line on the ground, or temporary rope or tape barrier may be placed approximately 2.0m behind the vertical edge of the pool wall. Backward movement by the competitor within this area would not be regarded as a disqualification.

- vii) Competitors who exit their throw zone while pulling the casualty shall be disqualified. Competitors must not interfere with other competitors or casualties or use the space allocated to an adjoining lane. This can be demonstrated by the competitor maintaining at least one foot wholly within the inside edge of their throw zone, either on the ground or in the air above their throw zone. Any part of the competitor’s feet may cross over the front of the “pool edge” in their throw zone without penalty.

Note 1: The Competitor must haul in their victim using their arms and are not permitted to walk or run with the throw line grasped in their hands or held around any part of their body or to deliberately walk backwards while hauling in the casualty to the finish wall.

Note 2: If there is a line on the ground, or a temporary rope or tape barrier placed approximately 2.0m behind the vertical edge of the pool wall, any backward movement by the competitor within this area would not be regarded as a disqualification.

- viii) Competitors may reach to retrieve a line dropped outside the throw zone as long as there is no interference with another competitor (as defined above). Competitors who enter (or fall into) the water shall be disqualified
- ix) **Time limit:** Competitors must make a fair throw and pull the casualty to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 45 second limit.

Disqualification or a throw not completed in 45 seconds shall be awarded a time of 2 minutes.

2.4 Swim and Tow (Tow with an Aid)

The rescuer will start the race motionless with heels and/or knees together with toes over the edge and arms straight down and beside the body holding the t-shirt or polo shirt in one hand. The t-shirt or polo shirt must be taken with them during the swim and used as the towing aid to tow the casualty back to the start. No shirts with fully buttoned front are allowed.

Competitors are required to enter the water, swim over a prescribed distance, pick up the casualty in their respective lanes and tow that casualty over the prescribed distance using their t-shirt or polo shirt, to the end of the pool designated as the finishing point.

- i) Tows shall be in accordance with current RLSS UK National Lifesaving Academy Candidate Manual
- ii) Tumble turns will be permitted, but not during the pickup of the casualty or during the tow.
- iii) The casualty shall not kick or move or assist the competitor in any other way whatsoever during the tow. This will result in disqualification and the competitor shall be awarded a time of 10 minutes.
- iv) For Senior Pairs, Adult Pairs, Open and Women & Masters 30-39 and 40-49:
The distance will be 50m Swim and 50m Tow.
- v) For Junior Pairs Age Groupings and master's 50-59 and 60-69, 70+:
The distance will be 25m Swim and 25m Tow.
- vi) Each Competitor will be timed from the starting signal until they touch the end of the pool at the completion of the tow.
- vii) Casualties will be positioned in the centre of each lane at the wall and shall be facing away from the direction in which they are to be towed. On commencing the tow, the Competitor will proceed in the reverse direction to the approach swim. The Competitor must touch the end of the pool whenever a turn is required but not on pick up of the casualty. The casualties shall be vertical in the water with their elbows and shoulders below the water level whilst holding the wall with both hands. They may release the wall once the towing aid has been offered.

The competitor will pick-up the casualty using the t-shirt and proceed in the reverse direction to the approach swim. It is permitted for the competitor to push off the wall but not required.

During the event the competitor should not use the floor or other pool fitting for assistance, as this would result in disqualification from the event, where the casualty is positioned in shallow water for the pickup no discrimination should be made for the

rescuer touching the pool floor assuming no advantage is gained.

- viii) Pairs will alternate as casualty and rescuer but Individual and Masters competitors will nominate a casualty; such casualties must be of like sex and a minimum age of 15 years. Where a casualty does not perform to a satisfactory standard a second alternative will **not** be allowed.
 - ix) In all Championships any assistance on the part of the casualty the competitor shall be disqualified (e.g. kicking, sculling or pushing of floor/wall etc). No further attempt will be permitted. The Competitor shall be disqualified and will be awarded a time of 10 minutes.
- Note: During the turn the casualty may tuck their legs in but not assist in any other way.

Competition Important Dates

| | |
|---|--|
| 14 days before the date of the respective Regional Heat | Deadline for entries to reach Redhill House |
| 1st July to 6th October 2024 | Window for Regional Heats |
| Within 72hrs of the event | |
| or 12:00 Midday Monday 7 th October 2024 | Deadline for Regional Results to reach Redhill House |
| 1 st October 2024 | Trophies to be returned to Redhill House |
| Saturday 2nd November National Finals | |

The National Lifesaving Championships Finals will take place at John Charles Centre for Sport, Leeds.

Branch Heats

Practice events at a Branch level are encouraged as they support the development of lifesavers in social and supportive environments.

Regional Heats

Competitors in categories where there are insufficient entries will receive a bye into the National Finals.

3.0 General Procedures

3.1 Entry Procedures

- i) RLSS UK will process entries, check membership and award prerequisites.
- ii) Clubs, Schools, Swim Schools and individuals will be notified if entries are invalid.
- iii) RLSS UK Headquarters will send details of entries for the Regional Heat to Regional Heat Organisers.
- iv) At the Regional Heat the results and details of all competitors qualifying for the National Finals will be endorsed by the Regional Heat Organiser / Referee and sent to competitions@rlss.org.uk.

3.2 Entry Details

3.2.1 Definitions of Entry

Entries must be submitted to the RLSS UK to compete in the Region in which they are normally resident and of which they are currently in membership.

3.2.2 All entries

All competitors must enter via the RLSS UK website. Entries must be submitted to the RLSS UK to compete in the Region in which they are normally resident and of which they are currently in membership.

3.2.3 Reserves

A reserve may be entered in a pair category if they are named on the entry sheet. They can be used for any pair within the same named organisation /club and age category. They may, however, be withdrawn as a reserve and entered in the Championship if this is completed by the close of entries.

3.2.5 Substitutes

Each Region shall nominate one substitute in each Championship category. Only one substitute can be forwarded in each Championship heat or final.

If substitution is necessary, then notice in writing is required by close of registration. This must be done by the Regional Team Manager to competitions@rlss.org.uk. Only named substitutes are allowed; no other substitutes are permitted.

3.2.6 One Entry in One Year Only

Competitors may only enter the National Lifesaving Championships once each year. Where qualified to participate in more than one Championship category, Competitors must choose the Championship category in which they wish to be entered in that year.

3.2.7 Please see terms and conditions for the event on the RLSS website.

3.3 Safety

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

3.4 Competitor Control

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

3.4.1 Use of Chaperones

An RLSS UK Member with a DBS check, may accompany a competitor whilst waiting to complete the Life Support Initiative Test and will follow the rules for being security; this person will be declared at the Team Manager's Briefing. Once the competitor they are accompanying enters the area for the Life Support Initiative Test, they will leave Security. The chaperone must also follow the competition rules.

3.5 Draw Order for Competing

A randomly generated draw will take place before the date of the competition under the guidance of an independent person. A separate draw will be made for each category of Individual or Pair.

3.6 Marking and Placing

3.6.1 Places will be determined in the following way:

- i) For each category pairs and individuals will be placed in rank order, with points being awarded as per their position within the event, (e.g., 8th will

gain 8 points, 12th will gain 12 points etc.). In the Aquatic Initiative Test, the rank order points will be doubled (e.g., 1st will gain 2 points, 2nd will gain 4 points, 8th will gain 16 points etc.).

- ii) The rank order position allocated to competitors tying for a place will be the position that the highest of them would have occupied had they not tied. (e.g., 3 Teams tying for third position in an event will all be placed as though they had come third in that event; the next Pair will be placed sixth).
 - iii) Competitors disqualified in Line Throw declared will be awarded 2 minutes.
 - iv) Competitors disqualified in Swim & Tow will be awarded 10 minutes.
 - v) NOTE: Where there are less than four competitors/pairs in a category: if a competitor is disqualified in Line Throw or Swim & Tow, the competitor shall be awarded the points equivalent to fourth place. For example, if there are three competitors in the 12-14 Open Pair and only one pair achieve a valid throw, the other two pairs shall be awarded joint fourth place and corresponding points.
 - vi) Competitors will be placed in a final rank order according to the number of points, which they have been allocated, with the lowest score first and the highest last.
- 3.6.2 In Pair categories, the rank order for the Line Throw and Swim & Tow events shall be calculated by the addition of the two times for each member of the Pair and rank ordering the Pairs according to the fastest to slowest cumulative total.
- 3.6.3 Regional Heat Organisers / Championship Organisers are to ensure that the results of the Life Support and Aquatic initiative tests are displayed / posted as soon as possible following completion of the initiative tests.
- 3.6.4 Team Managers are permitted to take photographs of the Life Support and Aquatic Initiative Test mark sheets of their competitors once the Referee has confirmed the results.

3.7 Ties

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

3.8 Disqualifications

3.8.1 All competitors will be informed that they are disqualified.

The most common reasons are summarised in section 4.

The referee or event director must report any disqualifications including the reasoning to the competitor, or the Team Manager for the 12-14 age-group within 15 minutes of the decision.

3.9 Officials

Officials ensure that events operate safely, fairly and within RLSS UK rules and procedures. Officials also assess whether competitors' technique complies with specific event rules. For more information about Officials and their duties please see RLSS UK National Championships Procedures and Regulations.

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

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

The College of Referees will appoint the Chief Referee for Regional Heats. The appointed individual will have the minimum qualification of National Judge and where practicable shall not be associated with a club or Branch within the Region

Referees appointed shall have a minimum qualification of National Judge.

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

3.10 General Conditions for Pool Competition

Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.

- i) In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee (or designate) to leave the pool. Failure to do so will result in being disqualified from the event.
- ii) Competitors must take part in all four events, failure to do so will result in disqualification from the Championship.
- iii) Competitors must exit by the sides of the pool, not by the pool end over timing pads.
- iv) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- v) Start decisions by the starter or referee or referee's designate are not subject to protest or appeal.

3.11 Swimwear

- i) RLSS UK allows swimwear that conforms to ILS standards. The referee has the authority to exclude any competitor whose swimwear does not comply with the following standards:
 - The swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
 - All swimwear shall be non-transparent.
 - Competitors shall not wear or use anything that may aid buoyancy.
 - All swimwear shall comply with the commercial identification policy.

Both open and female competitors may wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.

Upon application for religious and/or cultural reasons, RLSS UK shall consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

Eyewear

- ii) During the initiative tests, competitors may wear goggles or corrective eyewear, such as glasses/spectacles/contact lenses. Loss of such eyewear shall not be grounds for protest.
- iii) Competitors may wear goggles/corrective eyewear during the line throw and swim and two events.
- iv) The rope catcher may wear goggles/corrective eyewear during the line throw.

Contact Lenses

- v) The use of contact lenses is, at any time, a matter for the wearer.

Swimming Hats

- vi) Each Competitor will wear a swimming hat throughout the whole competition; matching hats should be worn by pairs and by casualties being towed by individual or master competitors.

Footwear

- vii) Competitors are permitted to wear footwear during the Life Support Initiative. For all other competition events, competitors are not permitted to wear footwear.
- viii) Other than specified above, competitors must always wear appropriate clothing and footwear whilst on venue premises; this includes transferring between the Life Support and Aquatic Initiative Tests.

Jewellery

- ix) In the interest of safety for both competitors and casualties, all jewellery and associated items must be removed or taped.

Hygiene

- x) Finger and toenails should be cut short.

3.12 Starts

Prior to the start of each race, designated officials shall:

- i) Check that all officials and judges are in position.
- ii) Check that competitors are in the correct positions.
- iii) Check that all equipment is in a safe and correct position.
- iv) Notify competitors to remove all clothing and get ready to race. When competitors and officials are ready for a legal start, a designated official shall:
- v) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform.
- vi) Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

Note: See event description for start procedure for Line Throw (Section 3.12).

3.12.1 Dive start procedure.

The one-start rule shall be used.

- i) On the long whistle, competitors' step onto the starting platform and remain there.
- ii) On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.

Competitors may start on the starting platform, or on the pool deck, or in the water.

- iii) For in water starts the competitor must have one hand on the pool edge or on the starting block.

3.12.2 Disqualification

All competitors who start (i.e., commence a forward starting motion) before the starting signal shall be disqualified.

- i) If the starting signal sounds before the disqualification is declared, the race shall continue, and the competitor(s) shall be informed of the invalidation upon completion of the race.
- ii) If the disqualification is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again.
- iii) If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.
- iv) The disqualification will be marked in accordance with section 3.6.

3.12.3 Notes

- i) The duty of the referee/referee designate, and starter is to ensure a fair start. If the starter or referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back, and the race shall be started again.
- ii) Competitors shall disqualified if they “commence a forward starting motion” prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification.

The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a disqualification.
- iii) Start decisions by the starter or referee (or referee’s designate) are not subject to protest or appeal.

3.13 Timekeeping and Determination of Placing

3.13.1 Manual time keeping and officiating.

(a) In a lifesaving competition where automatic officiating equipment is unavailable, the time of each competitor should be recorded by two timekeepers. There shall be at least one additional timekeeper designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time.

(b) Watches are started when the starting signal is given and stopped when the competitor touches (clearly visible to the timekeeper) the finish wall/edge with any part of the competitor's body.

(c) With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch fails or only two timekeepers available, the average of the other two times shall constitute the competitor’s official time.

(d) If the order of finish indicated by the times recorded by manual timekeepers does not coincide with the order of finish determined by the Finish Judges, the Finish Judges’ placings prevail.

The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

3.14 Behaviour

RLSS UK expects Teams and Individuals to maintain standards of conduct and behaviour conducive to good sportsmanship and abide to the RLSS UK Code of Conduct Policy (<https://www.rlss.org.uk/codes-of-conduct-policy>), as well as the ILS code of Fair play. Teams and/or Individuals not maintaining standards may be disqualified from the Championships.

3.15 Drug Policy

The anti-doping rules of the Royal Life Saving Society UK are the UK Anti-Doping Rules), (<https://www.ukad.org.uk/sites/default/files/2020-11/2021%20UK%20Anti-Doping%20Rules%20v1.0%20FINAL.pdf>) published by UK Anti-Doping (or its successor) as amended from time to time.

3.16 Safeguarding Policy

RLSS UK requires all personnel involved in the organisation, delivery and officiating of the National Lifesaving Championships at Branch, Regional and National level to adhere to the safeguarding requirements of the RLSS UK Child and Adult Protection and Safeguarding Policies.

All officials, Team Managers and Heat Organisers shall have a valid DBS, Access NI, GCVU (Ireland) or PVG (Scotland) certificate in place throughout their involvement with the Championships. Any safeguarding concerns shall be reported in accordance with RLSS UK's reporting procedures.

3.17 Regional Team Managers

Every Region is required to nominate a Regional Team Manager to be the focal point between competitors and RLSS UK. The Team Manager is required to ensure all communications relevant to the Championships are provided to competitors within their region, attend any briefings and support their competitors throughout the Championships.

3.18 Protests and Appeals

The Organising Committee reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable, or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice. Protests resulting from such Organising Committee decisions will not be entertained.

In addition, event courses and the competition area may change from the descriptions in this Rulebook if the Chief Referee deems it necessary and providing teams have been advised of the change before the start of that event.

A competitor or team manager may protest to the Chief Referee, and subsequently dispute a Chief Referee's decision in the manner prescribed below. Protest/appeal forms are available from Competitor Liaison.

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

3.18.1 Types of protests

Protests, which may lead to the imposition of penalties, fall broadly into the following categories:

- i) Protests arising from entry procedures or entry eligibility.
- ii) Protests arising from scrutineering or equipment eligibility.
- iii) Protests arising during participation in the competition and/or breaches of rules.

No protest shall be accepted against the actions of another competitor or team in the same event, except where that competitor or team has suffered direct interference e.g., if an official takes an action or no action against a competitor or team, another competitor or team cannot protest unless they are in the same race and there is a direct interference involved.

3.18.2 Lodging a Protest.

The conditions relating to the lodging of protests shall be as follows:

- i) Order-of-finish decisions, whether by Judges or automated timing equipment, are not subject to protest or appeal.
- ii) Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.
- iii) A protest against the conditions under which an event or race is to be conducted must be made verbally to the Chief Referee (or designate) prior to the event or race. Before the start of the event or race, the Chief Referee or appointed technical official shall inform the competitors in that event or race of such a protest.
- iv) A protest against a competitor or a team or against a decision of an official must be lodged verbally with the Chief Referee (or designate) within 15 minutes of the posting of the result of the event or within 15 minutes of being notified verbally by the Chief Referee (or designate) of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the Chief Referee.
- v) Note: The Chief Referee at their discretion may extend these time limits provided that results have not been declared as final.
- vi) The official result of an event shall be withheld until any protest is decided.
- vii) The result of the protest shall be noted on the protest form.
- viii) There is no protest fee of protesting against a disqualification, where an individual or team decides to forward the protest to the appeals committee a fee of £20 will be charged. There is no fee payable whenever a matter is referred to the appeals committee by the Chief Referee directly.

3.18.3 Adjudication of Protests

The conditions relating to the adjudication of protests shall be:

- i) Immediately after the correct lodgement of a protest, the Chief Referee may adjudicate on the matter as provided for herein or refer the matter directly to the appeals committee convenor.
- ii) Note: Should it be determined that there was a technical or an administrative error in recording either the disqualification or protest reference, the error can be corrected, and the protest or appeal proceed without prejudice.
- iii) Where the Chief Referee considers (in their absolute discretion) that a protest is frivolous, or not of a serious nature, they may choose not to accept the protest.

- iv) Where the Chief Referee accepts the protest, they will adjudicate on the protest in such manner as they see fit having regard to the interests of the competitor making the protest, all other competitors, and all officials in the event and also the conduct of the event itself.
- v) If the Chief Referee adjudicates and dismisses the protest, or refuses to accept a protest, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being notified to the competitor, accompanied by the appeal fee.
- vi) Note: The Chief Referee at their discretion may extend this time limit if results have not been declared as final.
- vii) If the appeal is upheld, the fee is returned; if ruled against, the fee is forfeit.
- viii) The assistance of video or other electronic equipment may be used to consider protests. However, the onus is on the protestor to provide proof of authenticity and any clearly viewable evidence and viewing mechanisms at the time that the protest is heard.
- ix) Note: A minimum 9 inch / 228 mm (measured on the diagonal) tablet type device with high definition is generally considered to be the minimum size to properly adjudicate on a protest.

3.18.4 Appeals Committee

The Organising Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor.

The Organising Committee shall appoint appeals committee members of sufficient number to enable at least two committees of three persons to sit simultaneously. The Appeals Committee Convenor selects members of the Appeals Committee, based on their backgrounds and experience, to adjudicate individual cases.

While three people should ordinarily sit on an appeals committee, the quorum for an Appeals Committee shall be two persons.

The membership of an Appeals Committee shall not include a person who has previously participated in the making of the decision that is the subject of dispute.

- i) The Appeals Committee shall deal with all protests referred to it by the Chief Referee or Appeals Committee Convenor.
- ii) The Appeals Committee shall rule on the appeal and advise the competitor and relevant technical officials of its decision and any penalty imposed (including a penalty other than disqualification). Reasons for the decision may be briefly given verbally and on the protest form.
- iii) The decision of the Appeals Committee shall be final, without the right of further appeal.
- iv) The Appeals Committee may refer serious breaches of the RLSS UK Code of Conduct to RLSS UK for further disciplinary investigation.
- v) There shall be a fee payable whenever a matter is referred to the Appeals Committee, whether by the Chief Referee directly or by a team appealing a Chief Referee's decision.
- vi) The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case.
- vii) The assistance of video or other electronic equipment may be used to consider appeals. However, the onus is on the appellant to provide proof of authenticity and any clearly viewable evidence and viewing mechanisms at the time that the appeal is heard.

- viii) Note: A minimum 9 inch / 228 mm (measured on the diagonal) tablet type device with high definition is generally considered to be the minimum size to properly adjudicate on an appeal.
- ix) All persons involved in an appeals Committee hearing, must abide by, and strictly observe the RLSS UK Code of Conduct. But without limitation, all persons involved in such hearings or enquires must:
 - i. Be honest, fair, and ethical.
 - ii. Be respectful and considerate of others.
 - iii. Exercise reasonable self-control always.
 - iv. Be truthful and treat all persons involved in good faith and with courtesy and respect.

3.18.5 Appeals Committee Hearing Guidelines:

- i) Formal rules of evidence will not apply to the hearing, but all persons involved must be truthful and act in good faith.
- ii) The evidence of the appellant shall be presented. The decision of the Chief Referee on the protest, if applicable, shall be presented.
- iii) The protester, or their representative, and any officials involved with the decision under appeal (where appropriate) shall be interviewed, as required, by the Appeals Committee.
- iv) Hearsay and irrelevant evidence shall not be admitted.
- v) After hearing all available and relevant evidence, the Appeals Committee shall make its decision in camera.

The decision to uphold (i.e., agree with) the appeal or to dismiss (i.e., rule against) the appeal shall be delivered verbally or in writing to the team manager, competitor and/or team member concerned, to the Chief Referee and Appeals Committee Convenor.

It is the Chief Referee's duty to decide on the course of action to be followed on the outcome of decisions made to uphold appeals in the best interest of the competitor or team involved with the appeal together with all other competitors and teams and the competition. Such decision shall be final, without the right of further protest or appeal.

3.19 Complaints

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

Any complaint should follow the current RLSS UK complaints procedure.

4 Disqualifications

Below are a summary of the most common areas of disqualification but is not an exhaustive list.

4.1 Disqualifications from whole Championships

1.2: Failing at the date of entry, to not hold or have ever held any qualification or award from the RLSS UK apart from a NLA sport awards.

1.5 Failing to be in membership of the RLSS UK appropriate to their age and or qualification. Both members of a pair must belong to the same RLSS UK affiliated club, school, swim

school.

2.1 (v) Life Support

The giving of any unfair assistance or unauthorised information will result in disqualification from the Championships.

2.1 (xii) Life Support

Any competitor who is deemed to treat a casualty roughly and in a manner which would harm or frighten the casualty, may be disqualified from the championships or disqualified from the test and last place allocated for the aquatic initiative test and will be award no marks for that casualty.

2.2 (iv) Aquatic

The giving of any unfair assistance or unauthorized information will result in disqualification from the championships.

2.2 (xii) Aquatic

Any competitor who is deemed to treat a casualty roughly and in a manner which would harm or frighten the casualty, may be disqualified from the championships or disqualified from the test and last place allocated for the aquatic initiative test and will be award no marks for that casualty.

3.2.2

Not entering in the area, you normally are resident or which you are in membership in.

3.2.6

Making more than one entry in any one year.

3.3

Referee deems your actions unsafe to continue.

3.4

Failure to report to competitor control.

3.10(ii)

Failure to compete in all 4 events.

3.14 Behaviour

RLSS UK expects teams and individuals to maintain standards of conduct and behavior in line with RLSS UK Code of Conduct and ILS Code of fair play.

3.15

Failing to Comply with Drug Policy.

4.2 Disqualification from individual events:

2.1 (vii) Life Support

CPR must only be performed on a manikin. Chest compressions and/or rescue breaths performed on a live casualty will result in disqualification from the test and last place allocated for the life support initiative test.

2.1 (xii) Life Support

Any competitor who is deemed to treat a casualty roughly and in a manner which would harm or frighten the casualty, may be disqualified from the championships or disqualified from the

test and last place allocated for the life support initiative test and will be award no marks for that casualty.

2.2 (vi) Aquatic

CPR must only be performed on a manikin. Chest compressions and/or rescue breaths performed on a live casualty will result in disqualification from the test and last place allocated for the aquatic initiative test.

2.2 (xii) Aquatic

Any competitor who is deemed to treat a casualty roughly and in a manner which would harm or frighten the casualty, may be disqualified from the championships or disqualified from the test and last place allocated for the aquatic initiative test and will be award no marks for that casualty.

2.3 (i) Line Throw

Executing a practice throw.

2.3(iii) Line Throw

Interfering with other lanes

2.3 (iv) Line Throw

Not completing a fair throw.

2.3 (v) Line Throw

Casualty not acting appropriately when being pulled through the water.

2.3 (vi) Line Throw

Leaving the throw zone

2.3 (vii) Line Throw

Exiting throw zone or not hauling correctly.

2.3 (viii) Line Throw

Thrower entering water.

2.3 (ix) Line Throw

Being outside of 45 second time limit

2.4 (i) Swim and Tow

Tow not in line with manual.

2.4 (ii) Swim and Tow

Tumble turn used at a time not allowed in description.

2.4 (iii) Swim and Tow

The casualty shall not kick or move or assist the competitor in any other way whatsoever in the tow.

2.4 (vii) Swim and Tow

Casualty in incorrect place for pick up or releases wall early.

Competitors used assistance from pool fitting or floor.

2.4 (viii) Swim and Tow

Non-Suitable body

2.4 (ix) Swim and Tow

Casualty provided assistance.

3.10 (i)

In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee (or designate) to leave the pool.

3.11(i)

Failing to meet swimwear standards.

3.11(vi)

Failure to wear correct hats.

3.11 (ix)

Jewellery not being removed or tapped to the Chief Referee's satisfaction for safety.

3.12.2

Start (i.e., commence a forward starting motion) before the starting signal has been given