

EVENT DESCRIPTION

1. Incident and Resuscitation - 2 Minute

Competitors only are allowed in isolation. Once teams have entered isolation the only contact allowed will be with the SLSC official who passes on any official information and in the case of foreign competitors an exact interpretation of the same. Penalties for infringement will be disqualification from this event. **Mobile phones are not allowed in isolation.** If it is deemed that a member of the audience is trying to communicate with a competitor then the team will be disqualified. We therefore ask that you remind parents to be quiet during this event as it could impact on their clubs performance in the event.

Disqualification: *Taking a mobile phone into isolation; communication with spectators in the balcony.*

2. Rope Throw Relay - Shallow End Start

All team members will start in the water at the required distance from the pool side. On the starting signal number 1 swims freestyle to the side and picks up the already coiled rope and throws it to number 2. Number 2 is positioned on the side of the distance marker rope nearest to number 1 ready to receive the rope. They must hold onto this rope with one hand until they have the rope thrown by number 1 in their other hand. The rope must not be reached for in another lane, i.e. the rope must be in your lane. This process is repeated until number 4 touches the side. Number 4 will not throw the rope and must stay in the water until the event has finished. There will be a time limit placed on the event specified below. The end of the rope may be passed to the next competitor but no other assistance is permitted.

	<i>Time Limit</i>	<i>Distance</i>
All Rookies	2 Minutes	8 Metres
Juniors	1 Min 30 seconds	10 Metres
Seniors	1 Min 30 seconds	12 Metres

Penalties: *Number one must not have assistance from other team members when starting the race; casualty/subject (person being towed) not keeping their head out of the water; casualty/subject (person being towed) kicking whilst being pulled in; casualty/subject (person being towed) letting go of the distance marker rope before holding the towrope; casualty/subject (person being towed) retrieving the rope from an opponent's lane.*

Disqualification: *Subject pulling the distance marker rope to get closer to the poolside.*

3. Body Board Relay - Rookies Only - Shallow End Start

Two team members will be stationed at the deep end and two at the shallow end.

Swimmer one starts sat on poolside with body board on their knees. On the starting signal they swim one length of the pool. Swimmer one then passes the BB to swimmer two who is sitting on poolside. Swimmer two then swims one length and then repeats the procedure with swimmer three then four.

The race finishes when the fourth swimmer touches the poolside. Swimmer 4 should wait in the pool until the event finishes.

Each swimmer must touch the poolside before the next swimmer starts. The body board can be passed to the next swimmer before they have touched the side but they must not leave the board before reaching the last 1m of the pool.

Penalties: *Swimming without being on the body board.*

Disqualification: *Starting before previous competitor has touched to poolside.*

4. Tow Relay - Juniors & Seniors Only - Deep End Start

On the starting signal competitor 1 will tow competitor 2, 25m. Competitor 2 will then tow competitor 1 25m. No 3 will then tow No 4 25m, and then No 4 will tow No 3 25m.

Any tow recognised in the RLSS Survive & Save manual can be used in this event unless specified below. **No assistance must be given by the casualty/subject (person being towed).**

Only the competitor towing needs to touch poolside at the end of the pool.

NO FRONT CRAWL TOW TO BE USED IN THIS RACE

Penalties: *Starting before the previous competitor touches the poolside; not using a recognised tow; assistance from the subject.*

Disqualification: *Use of Front Crawl Tow.*

5. Medley Relay: Rookies & Juniors - 1 Length (25m) - Shallow End Start / Seniors - 2 Lengths (50m) - Deep End Start

The 1st team member starts in the water and swims lifesaving leg kick (legs only), hands out of the water. No dolphin leg kick.

Number 2 swims one length breaststroke (one pull and one kick allowed under water before surfacing). Rookies start in the water, Juniors & Seniors may dive.

Number 3 swims one length side stroke. No over arm action will be allowed i.e. the arm of the swimmer nearest the surface must not raise above the water level. Swimmers must not dive at the shallow end of the pool.

Number 4 swims one length freestyle. Head must surface before the middle of the pool. Rookies start in the water, Juniors & Seniors may dive.

Penalties: *Starting before previous competitor has touched the poolside; arm nearest surface must not raise above the water level when doing sidestroke; hands must be out of the water and visible at all times during lifesaving leg kick; surfacing after the middle of the pool for freestyle or breaststroke start; rookie performing a dive start for freestyle or breaststroke.*

6. Family Tow - 1 Length (25m) - Deep End Start

All team members will start in the water, No.1 will have both hands on the pool side and chest up to the wall. No.1 swims with both hands out of the water throughout the race (as if holding a head between both hands). No. 2 will have one hand on chin and one hand on shoulder of No.1. No.3 will have one hand on chin and one hand on shoulder of No.2. No.4 will have one hand on chin and one hand on shoulder of No.3. The competitors then complete a 25m tow with the line unbroken. If the line of swimmers breaks they must stop and reform before continuing. When near the shallow end of the pool No.4 may raise their arm above their head to touch the wall (this distance is at the Judge's discretion). The race finishes when No. 4's hand is flat against the wall.

Penalties: *Number one must keep hands out of the water at all times; all team members must not use arms to pull (sculling) through water.*

Conclusion

If you have any queries or issues to raise please email -- competitions@sheffieldlifesavingclub.org.uk - before you enter the competition. Any queries or issues you have on the day should be raised in the Captain's briefing before the start of the competition. The Head Judge's decision is final and we ask that you please respect that.

Thank You.