

# PENALTY CODES

## Rope Throw Relay

### Penalties

- R1 – Getting assistance from other team member at start.
- R2 – Casualty not keeping head out of water while being towed.
- R3 – Casualty kicking whilst being towed in to the side.
- R4 – Letting go of distance marker rope before holding the tow rope.
- R5 – Retrieving the rope from an opponent's lane.

### Disqualification

- R6 – Subject pulling distance marker rope to get closer to the poolside.

## Body Board Relay

### Penalties

- B1 - Swimming without being on the body board.
- B3 – Pulling Rope.

### Disqualification

- B2 – Starting before the previous competitor has touched the side.

## Tow Relay

### Penalties

- T1 – Starting before the previous competitor has touched the poolside.
- T2 – Not using a recognised tow.
- T3 – Assistance from the Subject/Casualty.

### Disqualification

- T4 – Use of Front Crawl Tow.

## Medley Relay

### Penalties

- M1 – Starting before previous competitor has reached the poolside.
- M2 – Arm nearest surface raising above water on side stroke.
- M3 – Hand dropping below the water during Lifesaving Leg kick.
- M4 – Surfacing past the middle of the pool on the breaststroke or front crawl length.
- M5 – Rookie performing a diving start on Freestyle or Breaststroke.

## Family Tow

### Penalties

- F1 – Number 1 lowering hand below surface of water.
- F2 – Any team member using arm to pull.