

Alberta and Northwest Territories Competition Manual

2016 Edition

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



LIFESAVING SOCIETY®

The Lifeguarding Experts



LIFESAVING SOCIETY

The Lifeguarding Experts

ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

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

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T5V 1V2 Telephone: 780-415-1755 Fax: 780-427-9334
Email: experts@lifesaving.org Web: www.lifesaving.org

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

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

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

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

INTRODUCTION

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

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

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

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

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

- Alberta and Northwest Territories Pool Lifesaving Championships and Games

Details for Alberta and Northwest Territories Championships are posted at www.lifesaving.org.

PREFACE TO THE 2016 EDITION

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

Sanctioned short and long course competitions and Championships will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures unless it is indicated that officials, coaches and athletes should refer to one of the approved rule books or official updates to the rule books listed below:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Manual – Current Edition

The approved rule books will be used in cases where it is unnecessary to duplicate information such as 50 m event descriptions.

The Royal Life Saving Society Canada is the governing body that sets national rules and procedures for events in Canada, which are outlined in the Canadian Competition Manual. Canadian Championships held in Alberta and Northwest Territories adhere to these rules and procedures.

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SECTION 1 – ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL
LIFESAVING SPORT



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 1

LIFESAVING SPORT

Lifesaving sport features competition at local, regional, provincial, Canadian, Commonwealth and World Championships levels. Lifesaving sport is part of the World Games.

Lifesaving sport is one of the few non-Olympic sports recognized by the International Olympic Committee and the Commonwealth Games Federation. The IOC recognizes the ILS as the world governing federation for lifesaving sport.

IOC recognition is significant and brings great benefits to lifesaving, including new tools to attract participants to lifesaving training programs, promotion of the lifesaving mission and attracting the attention of donors and sponsors in support of drowning prevention. Lifesaving sport serves as a significant point of entry for volunteers and staff into the Lifesaving Society.

1.1 LIFESAVING SPORT HISTORY IN ALBERTA AND NORTHWEST TERRITORIES

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

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

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

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

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

In 2006, Team Alberta's youth claimed their second consecutive TYR Junior Lifeguard Games title.

In 2009, Team Alberta won its first of four consecutive overall club championships titles starting with the 2009 Canadian Pool Lifesaving Championships in Montreal, Quebec.

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

The Alberta and Northwest Territories Branch was represented at the Interclub Championships, Rescue 2012 in Adelaide, Australia.

In 2013 and 2014 the Calgary Winter Club – Tsunamis took home the overall Canadian Pool Lifesaving Championships club title.

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

In 2014 athletes from Alberta participated in Rescue 2014 in Montpellier, France.

In 2015 athletes from Alberta participated in the German Cup in Warendorf, Germany and the Orange Cup in Eindhoven, Netherlands.

1.2 THE LIFESAVING SOCIETY

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

Alberta and Northwest Territories Lifesaving Sport Authority

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

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

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

1.3 SANCTIONING

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

To receive sanctioning, the following terms must be met:

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

Sanctioned competitions, Championships and Games will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures unless it is indicated that officials, coaches and athletes should refer to one of the approved rule books or official updates to the rule books listed below:

- a. Canadian Competition Manual – Current Edition
- b. Commonwealth Competition Manual – Current Edition
- c. ILS Competition Manual – Current Edition

The approved rule books will be used in cases where it is unnecessary to duplicate information such as 50 m event descriptions.

The competition management committee must have an appropriate safety plan, safety equipment, and a Safety Officer in place.

Affiliated sport clubs should contact the Lifesaving Society office for rules, standards and supports for Open Water and Lifeguard Emergency Response competitions.

Using the website www.lifesaving.org affiliated sport clubs may request a sanction number for a competition. All the information identified on the website must be completed and submitted before a sanction number will be issued.

The Lifesaving Society does not recognize records set in or results of competitions which have not been issued a sanction number.

SECTION 2 –ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL

Lifesaving Sport Policies and Procedures



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 2

LIFESAVING SPORT POLICIES AND PROCEDURES

2.1 SANCTIONED COMPETITIONS

All Sanctioned competitions including Championships must adhere to all rules, standards and procedures in Section 1.3 and Section 2, of this manual.

Sanctioned Competitions are setup and run at the discretion of the meet manager and should address each item in Sections 1.3 and Section 2 of this manual.

Management Committee

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

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

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

A Lifesaving Society representative will be appointed for sanctioned competitions.

Eligibility and Right to Participate

Alberta and Northwest Territories sanctioned competitions, Championships and Games are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving.

To be eligible to compete in Alberta and Northwest Territories sanctioned competition, Championships and Games, athletes must:

- Be an individual member in good standing with the Lifesaving Society;
- Complete Personal Information Protection Act section in the athlete profile on the www.lifesaving.org

- Be an Alberta Registered Athlete
- For certain competitions a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or National Lifeguard certification may be required

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

Athletes may compete for only one affiliate club at a time.

Athletes wishing to transfer to another affiliate club may do so by contacting the Lifesaving Society.

A member of an affiliate club, who has entered as part of an affiliate club, must have been a member of that club for at least ninety (90) days prior to the first day of competition. First time registered athletes may have this requirement waived.

Club Composition

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

Employers, club management personnel and coaches are the key to preventing unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of managers and coaches is measured by the ILS Code of Fair Play.

Manikin Handlers: A member of the competitor’s club assists as a manikin handler. With the Chief Referee’s approval, non-club members may act as handlers. Manikin handlers must wear a club cap matching their competitor.

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

Divisions

Division	Age (as of first day of competition)
Age Group	9 years and under
Age Group	10-11 years old

Age Group	12-13 years old
Age Group	14-15 years old
Youth	16-19 years old
Senior	20-29 years old
Masters	30 years and over

2.2 PROGRAM OF EVENTS

The program of events for a sanctioned competition shall be established by the Meet Manager. Coaches and athletes will refer to the registration package for details.

Events will be conducted according to the information in Section 4, Section 5 and Section 6 of this manual.

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

Team Events: Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.

Note: For Line Throw the thrower and catcher must be from the same club and of the same gender and age division.

2.3 CODE OF CONDUCT

The Lifesaving Society Alberta and Northwest Territories expects the highest standard of conduct of its competitors, lifesaving clubs (which will include coaches, assistants, spectators etc. traveling with the club), officials and members.

As per Section 3.1 of the ILS Competition Manual and sections 1.3 and 1.4 of the Lifesaving Society Alberta and Northwest Territories Policy and Procedures.

2.4 ENTRIES

Entry deadlines and limits shall be established by the Meet Manager. Coaches and athletes will refer to the registration package for meet entries requirements.

2.5 AWARDS

The Meet Manager shall have full control and authority to determine awards to be presented during sanctioned competition. Coaches and athletes will refer to the registration package for details.

2.6 OFFICIALS

The Meet Manager shall have full control and authority over all aspects of sanctioned competition.

Officials shall abide by the code of conduct found in the ILS Competition Manual 3.1 Code of Conduct and sections 1.3 and 1.4 of the Lifesaving Society Alberta and Northwest Territories Policy and Procedures Manual.

The Meet Manager shall appoint all officials for sanctioned competition.

2.7 LANGUAGE INTERPRETATION

Language interpreters may be provided at the discretion of the Meet Manager.

2.8 PROTESTS

Videotapes may not be used to protest a judges' ruling or score. Protests may be filed by the competitor, captain, team manager or coach.

2.9 SEEDING

Competitors shall be seeded for each event based on entry times submitted with registration.

2.10 SCORING

Finals

Finals may not be conducted in sanctioned competition and Championships. Events will be scored as time-finals if there are no finals.

Point allocation

Competitors in each division in the sanctioned competition and Championships shall be allocated points as outlined in the following chart:

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

4 th	14	8 th	10	12 th	5	16 th	1
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Scoring disqualifications or DNFs

Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

2.11 RESULTS AND RECORDS

The Lifesaving Society publishes the official results electronically on the Lifesaving Society sport website sport.lifesaving.org following the conclusion of the sanctioned competition and Championships.

The Lifesaving Society recognises and publishes men's and women's individual and team Alberta and Northwest Territories records for long and short course events listed in Section 3.2.

As the Provincial Sport Organization, the Lifesaving Society has authority over all Lifesaving Sport Provincial Sport Records and data.

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

Note: SERC will not have a record maintained.

Eligibility for Records

- Must be an Alberta and Northwest Territories registered athlete.
- Record setting performance must be completed at an Alberta and Northwest Territories Sanctioned Competition or Championships.
- Record setting performances may be completed at Canadian Championships.
- Records will be based on event entry and athlete age.
- The Lifesaving Society will accept Alberta and Northwest Territories records only when times are reported by automatic officiating equipment or by a minimum of two certified timekeepers.
- Event must be run with uniform equipment meeting all criteria outlined in the event description and Section 2.12 of the Alberta and Northwest Territories Competition Manual.

Note: Obstacle swim and obstacle relay events must use appropriate sized gates based on pool depth for safety and for record setting performances.

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

Canadian Records

Canadian Records are maintained by the Royal Lifesaving Society Canada. For Canadian Record eligibility and process refer to the Canadian Competition Manual – current printing.

2.12 UNIFORMS AND EQUIPMENT

Swim caps

Club caps are required to match. The manikin handler shall be wearing a club cap matching their competitor.

Swim Fins

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

Swim fins used by competitors 13 years of age and under shall comply with the following specifications:

Length: maximum overall length 60 cm, including ‘shoe’ or ankle strap (ankle strap extended).

Width: 21 cm maximum at the widest point of the blade

Construction: The fin blade shall be constructed of flexible rubber or plastic (no fibreglass or carbon)

2.13 STARTS

Prior to the start of each race, the Event Director or designated official shall:

- a) Check that all technical officials are in position.
- b) Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- c) Check that all equipment is in a safe and correct position.
- d) Notify competitors to remove all clothing except for swim-wear and get ready to race.
- e) Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor’s discretion, but within the competitor’s allotted lane. Competitors should make sure there is safe and correct positioning of rescue tube and line.

When competitors and technical officials are ready for a legal start, a designated official shall:

- a) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay event, enter the water.
- b) Signal the Starter (that the competitors are under the Starter's control) with an outstretched arm in the direction of the course.

Dive start procedure:

- a) On the long whistle, competitors step onto the starting platform and remain there.
- b) 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, on the pool deck, or in the water with one hand in contact with the starting wall.

In-water start procedure:

The Manikin Relay and Line Throw events begin with an in-water start as follows:

- a) On the whistle, competitors enter the water and prepare for the start.
- b) At the second whistle, competitors take their positions for the start without undue delay.
- c) In the Manikin Relay, the competitor starts in the water holding a manikin at the surface with one hand and the pool edge or starting block with the other hand.
- d) When all competitors have assumed their starting positions, the Starter shall give the command "Take your marks."
- e) When all competitors are stationary, the Starter gives the acoustic starting signal.

Disqualification:

- a) All competitors who start (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified (DQ9).
- b) If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race (DQ9).
- c) 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 (DQ9).

- d) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the Chief Referee or Chief Referee's designate decides that the start is not fair, the Chief Referee or Chief Referee's designate shall blow a whistle, to be followed by the Starter's signal (repeated).

If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

Notes:

- a) The duty of the Event Director, Chief Referee and Starter is to ensure a fair start. If the Starter or Chief 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.
- b) Competitors shall be 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 (DQ9).
The Starter and Chief 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 DQ.
- c) Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

2.14 COMPETITORS SURFACING WITH THE MANIKIN

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must:

- break the surface with the manikin
- have the manikin in a correct carrying position when the top of the manikin's head passes the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10 m line (Manikin Carry with Fins).
- not re-submerge after surfacing

Surfacing the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5 m line or 10 m line.

Note: “Surface” means the horizontal plane of the surface of a still-water pool.

2.15 CARRYING THE MANIKIN

- a) In events where the manikin is carried, the manikin (as victim) is presumed to be non-breathing. Competitors must:

- carry the manikin face up at the surface with at least one hand always in contact with the manikin
 - avoid incorrect carrying technique such as: pushing the manikin; gripping the manikin's throat, mouth, nose, or eyes; or carrying the manikin below the surface. "Pushing" means the manikin's head is held forward of the competitor's head.
- b) The manikin's face may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
 - c) Carrying the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5 m line or 10 m line.
 - d) In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on carrying the manikin criteria.

Note: Water passing over the face of the manikin will not result in disqualification.

Note: The ILS Bulletin released November 14, 2013 and ILS Technical Bulletin #2 released June 10, 2014 contain information for clarification on manikin carries. These bulletins are available on the sport website sport.lifesaving.org.

2.16 TOWING THE MANIKIN

- a) In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.
- b) Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.
- c) Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.
- d) Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- e) Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the manikin is towed face up at the surface.
- f) The manikin's face may be on an angle, but not more than 90 degrees from the horizontal plane of the surface

Note: The ILS Bulletin released November 14, 2013 and ILS Technical Bulletin #2 released June 10, 2014 contain information for clarification on manikin tows. These bulletins are available on the sport website sport.lifesaving.org.

2.17 MANIKIN HANDLERS

- a) A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins, the Super Lifesaver, Manikin Carry (some age

divisions) and Manikin Carry with Fins (some age divisions) events. With the Chief Referee's approval, non-team members may act as handlers, provided they are a participant at the competition in some capacity.

- b) Before the start and during the race, the manikin handler positions the manikin according to the event description – within the allotted lane.
- c) Manikin handlers must wear their teams' cap.
- d) Manikin handlers may not intentionally enter the water during the event

SECTION 3 –ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL

**ALBERTA AND NORTHWEST
TERRITORIES CHAMPIONSHIPS AND
GAMES**



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 3

ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS

3.1 THE ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS

The Lifesaving Society shall authorise the following championships and games:

- Alberta and Northwest Territories Championships
- Alberta and Northwest Territories Games

All Alberta and Northwest Territories Championships and Games occur under the auspices of the Lifesaving Society – Alberta and Northwest Territories.

Management Committee

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

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

The Lifesaving Society shall inspect championships venues or may waive this requirement.

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

A Lifesaving Society representative will be appointed for Championships.

3.2 PROGRAM OF EVENTS

The program of events for Alberta and Northwest Territories Championships shall be established by the Lifesaving Society.

Events will be conducted according to the information in Section 4, Section 5 and Section 6 of this manual.

Divisions							
Individual Events	9 years & Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Obstacle Swim	50 m	50 m	100 m	100 m	200 m	200 m	200 m
Manikin Carry	50 m	50 m	50 m	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Manikin Tow with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Rescue Medley	n/a	n/a	n/a	100 m	100 m	100 m	100 m
Super Lifesaver	n/a	n/a	n/a	100 m	200 m	200 m	200 m

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

Divisions							
Team Events	9 years & Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Line Throw	6 m	8 m	8 m	12.5 m	12.5 m	12.5 m	12.5 m
4 X 25 m Manikin Relay	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m
4 X 50 m Obstacle Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
4 X 50 m Medley Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
SERC	Not Eligible			Eligible			

Team Events: Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.

Note: For Line Throw the thrower and catcher must be from the same club and of the same gender and age division.

3.3 ENTRIES

Entry deadlines will be established by the Championships Management Committee.

Coaches and athletes will refer to the registration package for championships entries requirements.

3.4 AWARDS

Alberta and Northwest Territories Lifesaving Championships

The Alberta and Northwest Territories club with the highest overall point score shall be declared the Alberta and Northwest Territories Pool Lifesaving Champions and presented with an award.

Event Winners: Medals may be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons may be awarded to those in 4th through 16th place, male and female in each age group.

3.5 OFFICIALS

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

The Lifesaving Society shall appoint the following Key Officials for Alberta and Northwest Territories Championships:

- Meet Managers
- Chief Referee
- Safety Officer

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

3.6 LANGUAGE INTERPRETATION

Language interpreters shall not be provided at Alberta and Northwest Territories Championships.

3.7 SEEDING

Competitors shall be seeded for each event based on entry times submitted with registration.

3.8 SCORING

Finals

Finals may not be conducted in the Alberta and Northwest Territories Championships. Events will be scored as time-finals if there are no finals.

Point allocation

Competitors in each division in the Alberta and Northwest Territories Championships shall be allocated points as outlined in the following chart:

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

Scoring disqualifications or DNFs

Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

SECTION 4 –ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL
**ALBERTA AND NORTHWEST
TERRITORIES
POOL SHORT COURSE EVENTS**



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4

ALBERTA AND NORTH TERRITORIES POOL SHORT COURSE EVENTS

4.1 ALBERTA AND NORTHWEST TERRITORIES POOL SHORT COURSE

Sanctioned short course competitions, Championships and Games will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures unless it is indicated that officials, coaches and athletes should refer to one of the approved rule books or official updates to the rule books listed below:

- (a) Canadian Competition Manual – Current Edition
- (b) Commonwealth Competition Manual – Current Edition
- (c) ILS Competition Manual – Current Edition

The approved rule books will be used in cases where it is unnecessary to duplicate information such as event descriptions.

4.2 OBSTACLE SWIM

Event description – 50 m

With a dive entry on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacle to touch the finish wall of the pool.

- a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

Event description – 100 m

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacle to touch the finish wall of the pool.

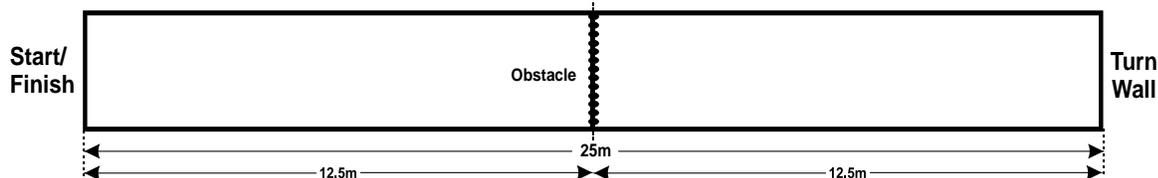
- a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

Event description – 200 m

With a dive entry on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacle to touch the finish wall of the pool.

- a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

OBSTACLE SWIM



Equipment

Obstacles: Either 70 cm high, or a shorter 35 cm high obstacles may be used for all divisions as long as they are uniform in competition. The obstacles used for competition should be appropriate for pool depth and will easily allow athletes to pass under. 70 cm high obstacles should be used with a minimum pool depth of 1.8 m, while the smaller 35 cm high obstacles should be used with a minimum pool depth of 1.2m. Obstacles are fixed at a right angle onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the starting edge.

Dimensions: Obstacles used in pool events shall be 35 cm or 70 cm (± 1 cm) high and 180-240 cm wide with no dangerous parts.

Disqualification

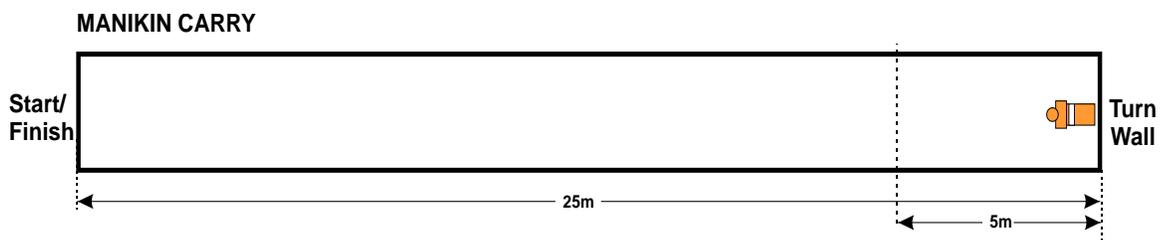
Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

4.3 MANIKIN CARRY

Event description – 50 m

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then either recovers a manikin positioned at the turn wall or dives to recover a submerged manikin and brings the manikin to the surface within the 5 m pick-up zone. The competitor then carries the manikin to touch the finish edge of the pool.

Note: As per section 2.15 of this manual competitors may not push the manikin (manikins head is held forward of the competitors head) and one (1) hand must remain in contact with the manikin until the competitor touches the finishing edge of the pool.



Equipment

Manikin: The manikin is half filled with water (12-13 years and 14-15 years) or empty (11 years and under) depending on the age group. Competitors must use the manikins supplied by organizers.

Manikin Positioning

Before the start of the Manikin Carry for age divisions 9 years and under, 10-11 years, 12-13 years and 14-15 years, the manikin handler will position the manikin parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall. (See above image). Full Manikins will be placed at a depth of between 1.8 m and 3 m.

The handler releases the manikin immediately after the competitor touches the manikin. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.

Surfacing the manikin

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

Competitors in age groups 9 and Under, 10-11 years, 12-13 years and 14-15 years may be disqualified under disqualification codes 25, 27, 28 and 29 which apply to manikin handlers.

4.4 RESCUE MEDLEY

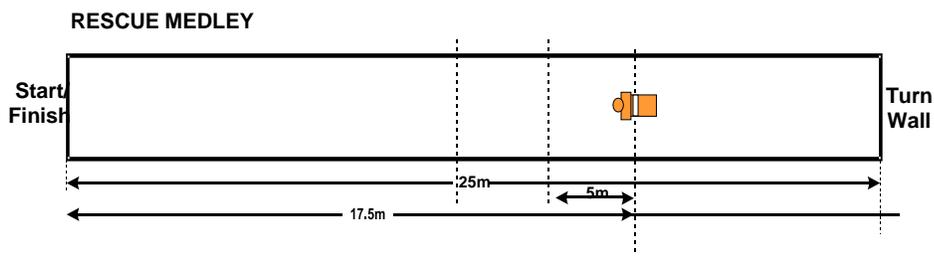
Event description – 100 m

In short course pools, the Rescue Medley distance is approximately 85 m since competitors need not touch the turning wall after retrieving the manikin.

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, and swims underwater to a submerged manikin located at the 17.5 m distance.

The competitor changes direction, surfaces the manikin within the 5 m pick-up zone, and then carries it back to touch the finish edge. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.

Competitors may push off the bottom when surfacing with the manikin.



Equipment

Manikin: The manikin is completely filled with water. Competitors must use the manikins supplied by organizers.

Manikin Positioning

The manikin is located at a depth between 1.8 m and 3 m. The manikin is positioned on its back, head in the direction of the finish, with the

transverse line in the middle of the manikin’s thorax located 17.5 m from the finish wall.

Surfacing the Manikin

Competitors must have the manikin in the correct carrying position before the manikin’s head passes the 5 m line.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

4.5 MANIKIN CARRY WITH FINS

Event description – 50 m

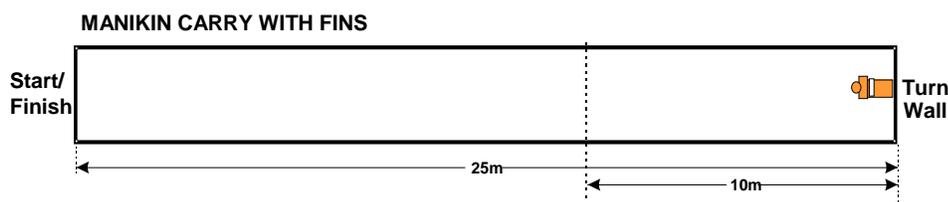
With a dive start on an acoustic signal, the competitor swims 25 m freestyle wearing fins to recover a manikin positioned at the turning wall. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.

Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and either recovers a manikin positioned at the turning wall or recovers a submerged manikin and brings the manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.



Equipment

Manikin: The manikin is half filled with water (12-13 years and 14-15 years) or empty (11 years and under). Competitors must use the manikins supplied by organizers.

Manikin Positioning

Before the start of the Manikin Carry for age divisions 9 years and under, 10-11 years, 12-13 years and 14-15 years, the manikin handler will position the manikin parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall (See above image).

The handler releases the manikin immediately after the competitor touches the manikin. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.

Surfacing the Manikin

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.

Retrieving Lost Fins

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

Competitors in age groups 9 and Under, 10-11 years, 12-13 years and 14-15 years may be disqualified under disqualification codes 25, 27, 28 and 29 which apply to manikin handlers.

4.6 MANIKIN TOW WITH FINS

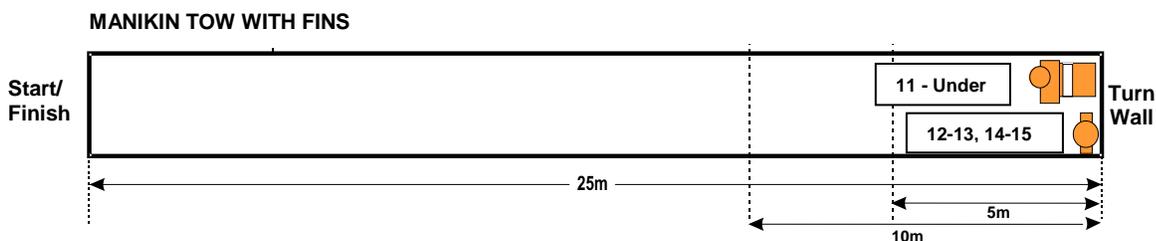
Event description – 50 m

With a dive start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turning wall, and within the 5m pick-up zone, the competitor fixes the rescue tube correctly to a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall.

Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75m freestyle with fins and rescue tube. After touching the turning wall, and within the 5m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish. The event is complete

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



Equipment

Manikin: The manikin is half filled with water (12-13 years and 14-15 years) or empty (11 years and under) depending on the age group. Competitors must use the manikins supplied by organizers.

Retrieving Lost Fin

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

Rescue Tube Defect

If, in the opinion of the Chief Referee, the rescue tube, line and/or harness (belt) present a technical defect during the race, the Chief Referee may allow the competitor to repeat the race.

Manikin Positioning

Before the start, the manikin handler positions the manikin for age division's 9 years and under and 10-11 years with the base of the manikin against the wall, face up. For the placement of the manikin for age divisions 12-13 years and 14-15 years, the manikin handler positions the manikin vertically and facing the turn wall (See image above).

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.

Securing the Manikin

For age division 9 years and under and 10-11 years old, competitors must secure the manikin by clipping the rescue tube to a collar around the manikin's neck within the 5 m pick-up zone.

For age divisions 12-13 years and 14-15 years, the competitor secures the manikin with the rescue tube around the body and under both arms of the manikin within the 5 m pick-up zone.

Towing the Manikin

Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the manikin is towed face up at the surface.

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

4.7 SUPER LIFESAVER

Event description – 200 m

With a dive entry on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it 25 m to the wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 75 m freestyle with fins and rescue tube. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

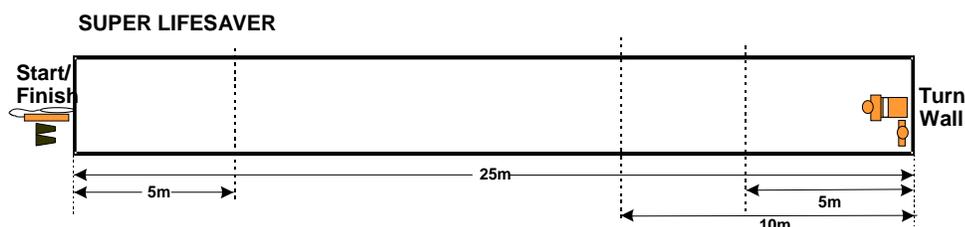
The event is complete when the competitor touches the finish edge of the pool

Event description –100m

With a dive entry on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the starting wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 25 m freestyle with fins and rescue tube. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

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



Equipment

Placement of fins and rescue tubes: Prior to the start, competitors must place the fins and rescue tube on the pool deck – not the starting block/podium – within the confines of their allotted lane.

Positioning the manikin for the carry: The manikin is completely filled with water. The manikin is located at a depth between 1.8 m and 3 m. The manikin is positioned parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall (See above image).

Positioning the manikin for the tow: The manikin is filled with water so that it floats with the top of its transverse line at the surface. A member of the competitor's team assists as manikin handler. Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane. The manikin handler must let go of the manikin immediately after the competitor touches the turn wall.

The handler may not push the manikin towards the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

Surfacing the first manikin

Competitors may push off the bottom of the pool when surfacing with the manikin.

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Donning rescue tube and fins

After first touching the turn wall, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 25 m (for 100 m event) or 75 m (for 200 m event).

Wearing rescue tubes

Rescue tubes must be donned correctly with the loop across or over one shoulder.

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the manikin

After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the freestyle swim by touching the pool wall before touching the manikin.

Towing the manikin

Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the manikin is towed face up at the surface.

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Retrieving lost fins

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

Rescue tube defect

If in the opinion of the Chief Referee, the rescue tube, line and/or harness (belt) present a technical defect during the race, the Chief Referee may allow the competitor to repeat the race.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

4.8 LINE THROW

Event description

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located either 6 m, 8 m, and 12.5 m distances. The competitor pulls this “victim” back to the finish wall of the pool.

a) The start: On the first whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane. No practice throws are permitted.

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 are stationary, the Starter gives the acoustic starting signal.

b) Starting position: The thrower stands in the throw zone facing the victim, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the designated spot on the crossbar.

c) On an acoustic starting signal: The thrower shall retrieve the line, throw it back to the victim (who grasps it), and pull him or her through the water until the victim touches the finish wall.

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The victim will be disqualified if he or she attempts to climb out of the water or sit on the pool edge before the Chief Referee's signal.

Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race.

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

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

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

e) Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

f) Throw zone: Throwers must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

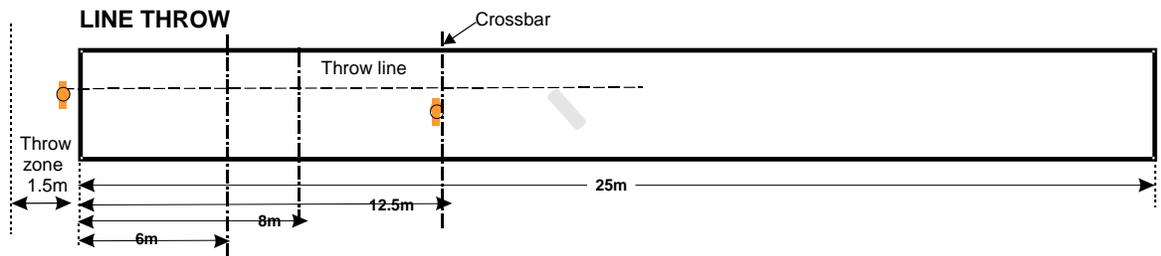
Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the inside edge of the throw zone, any part of the thrower's body may touch or cross the throw zone line without penalty. Any part of the thrower's feet may cross over the front of the "pool edge" of the throw zone without penalty.

Throwers may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Throwers who enter (or fall into) the water shall be disqualified.

g) Time limit: Throwers must make a fair throw and tow the victim to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 45-second limit. Throwers who fail to get the victim to the finish wall before the 45-second acoustic completion signal shall be designated as “Did Not Finish” (DNF).

Note: The thrower and catcher must be from the same club and of the same gender and age division (see chart – Section 3.2).



Equipment

Throw Lines

Throw lines should be braided, buoyant polypropylene with non-memory characteristics.

Division	Obstacle Distance	Rope Length
9 years & under	6 m	minimum 7 m; maximum 8 m
10-13 years	8 m	minimum 10 m; maximum 11 m
14 years & over	12.5 m	minimum 16.5 m; maximum 17.5 m

Judging

A Judge may be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A Judge shall be positioned on each side of the pool at the 12.5 m mark.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

Note: Competitors in the 9 years and under age division shall be exempt from disqualification code 51 (Appendix A - Section A.9).

4.9 MANIKIN RELAY

Event description – 4 x 25 m

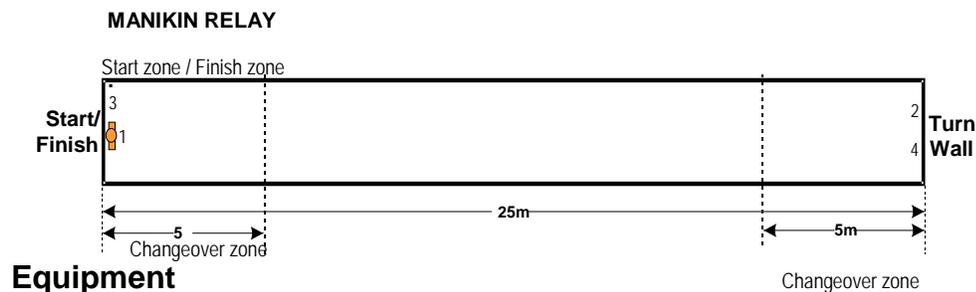
Four competitors in turn carry a manikin approximately 25 m each.

The first competitor: starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall. The second competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the first competitor has touched the turn wall.

The second competitor: carries the manikin 25 m to touch the turn wall. The third competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the second competitor has touched the turn wall.

The third competitor: carries the manikin 25 m to touch the turn wall. The fourth competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the third competitor has touched the turn wall.

The fourth competitor: completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body. Competitors one, two, and three must exit the water, but remain in their lane until the referee signals the completion of the event. Competitor four must remain in the water in their lane until the referee signals the completion of the event.



Manikin: The manikin is half filled with water (12-13 years and 14-15 years) or empty (11 years and under) depending on the age group. Competitors must use the manikins supplied by organizers.

Changeovers

Competitors are not judged on “carrying the manikin” criteria during the start zone and once the top of the manikin’s head has entered a changeover zone. Once the top of the manikin’s head has left the start zone or changeover zone, “carrying the manikin” criteria apply.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

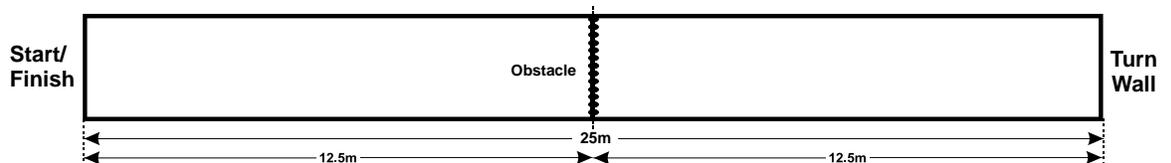
4.10 OBSTACLE RELAY

Event description – 4 x 50 m

With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under obstacles located at 12.5 m. After the first competitor touches the start wall the second, third, and fourth competitors repeat the procedure in turn.

- a) Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- b) Competitors may push off the pool bottom when surfacing from under the obstacles.
- c) Swimming into or otherwise bumping an obstacle is not a behavior that results in disqualification.
- d) The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

OBSTACLE RELAY



Equipment

Obstacles: Either 70 cm, or a shorter, 35 cm high obstacles may be used for all divisions as long as they are uniform in competition. The obstacles used for competition should be appropriate for pool depth and will easily allow athletes to pass under. 70 cm high obstacles should be used with a minimum pool depth of 1.8 m, while the smaller 35 cm high obstacles should be used with a minimum pool depth of 1.2m. Obstacles are fixed at a right angle onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the starting edge.

Dimensions: Obstacles used in pool events shall be 35 cm or 70 cm (± 1 cm) high and 180-240 cm wide with no dangerous parts.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

4.11 MEDLEY RELAY

Event description – 4 x 50 m

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

With a dive start, after the first competitor touches the wall, the second competitor swims 50 m freestyle with fins.

With a dive start, after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube.

After the third competitor dives in, the fourth competitor gets in the water wearing fins with at least one hand on the turn wall.

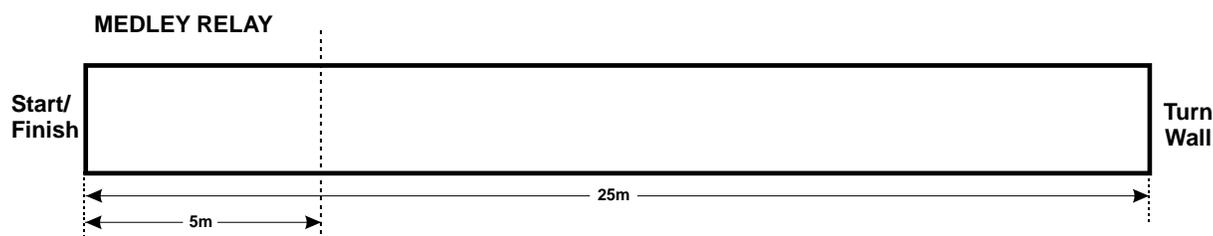
The third competitor touches the turn wall and then the fourth competitor can release the wall. The third competitor passes the rescue tube onto the fourth competitor that dons the rescue tube ready to tow.

The third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

a) Both the fourth and the third competitor (victim) must leave from the turn wall. The victim must be in contact with the rescue tube before passing the 5 m zone. The line of the rescue tube must be fully extended beyond the 10 m line.

b) The third competitor (victim) need not touch the 75 m turn wall.

- c) The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the rescue tube.
- d) The victim may kick while being towed, but no other assistance is permitted.
- e) The victim must grip the main body of the rescue tube – not the rope or clip.
- f) The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.
- g) While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth competitor may push off the wall with their hand(s), arm(s), or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.
- h) The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.



Equipment

Competitors must use the rescue tubes supplied by the event organizers. Competitor fins must adhere to the guidelines in Section 2.10 of this manual.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

SECTION 5 – ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL **ALBERTA AND
NORTHWEST TERRITORIES POOL
LONG COURSE EVENTS**



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 5

ALBERTA AND NORTHWEST TERRITORIES POOL LONG COURSE EVENTS

5.1 ALBERTA AND NORTHWEST TERRITORIES POOL LONG COURSE

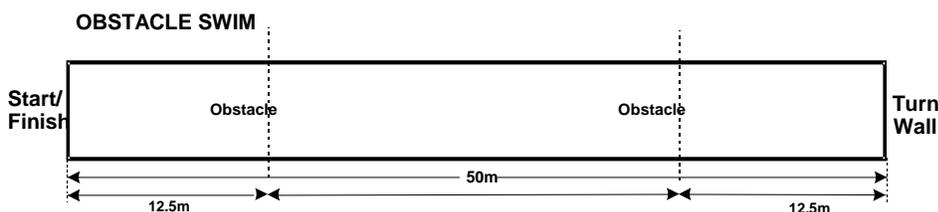
Sanctioned long course competitions and Championships will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures unless it is indicated that officials, coaches and athletes should refer to one of the approved rule books or official updates to the rule books listed below:

- (a) Canadian Competition Manual – Current Edition
- (b) Commonwealth Competition Manual – Current Edition
- (c) ILS Competition Manual – Current Edition

The approved rule books will be used in cases where it is unnecessary to duplicate information such as event descriptions.

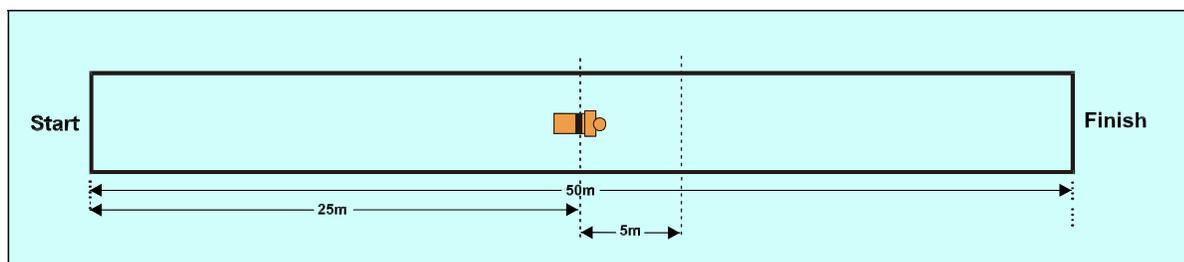
5.2 OBSTACLE SWIM

The Obstacle Swim event will follow the description, rules, standards and procedures in the ILS Competition Manual.



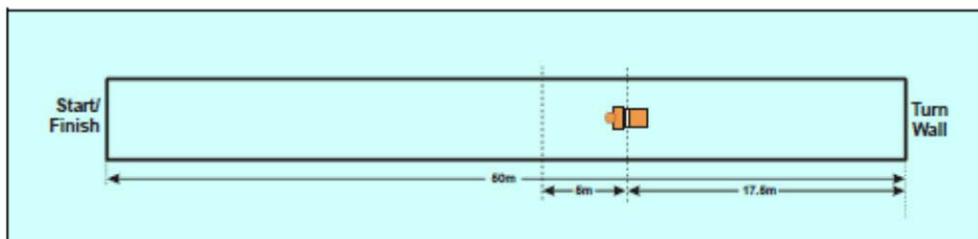
5.3 MANIKIN CARRY

The Manikin Carry event will follow the description, rules, standards and procedures in the ILS Competition Manual.



5.4 RESCUE MEDLEY

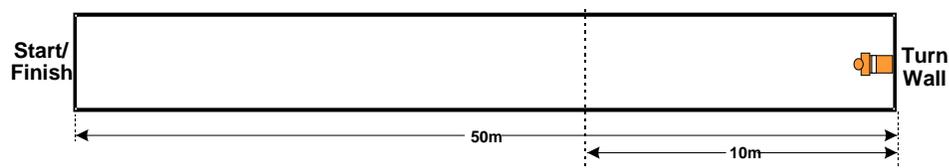
The Rescue Medley event will follow the description, rules, standards and procedures in the ILS Competition Manual.



5.5 MANIKIN CARRY WITH FINS

The Manikin Carry with Fins event will follow the description, rules, standards and procedures in the ILS Competition Manual.

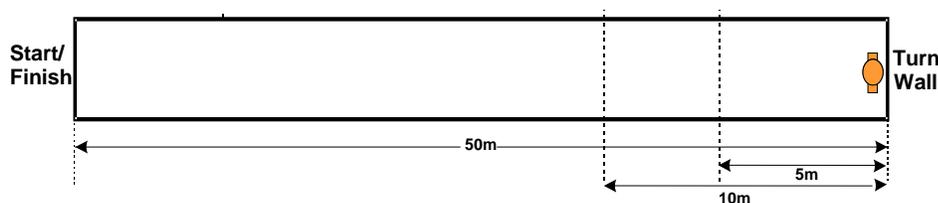
MANIKIN CARRY WITH FINS



5.6 MANIKIN TOW WITH FINS

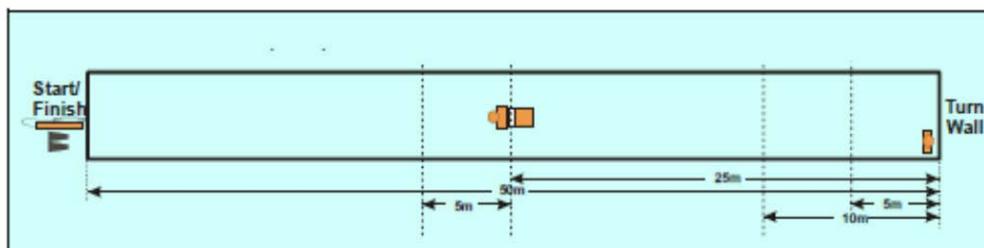
The Manikin Tow with Fins event will follow the description, rules, standards and procedures in the ILS Competition Manual.

MANIKIN TOW WITH FINS



5.7 SUPER LIFESAVER

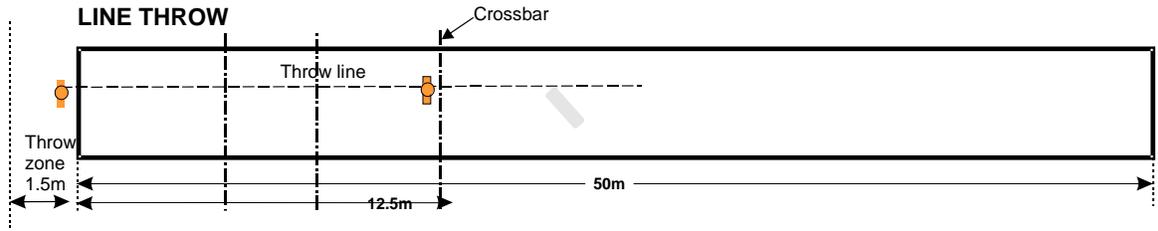
The Super Lifesaver event will follow the description, rules, standards and procedures in the ILS Competition Manual.



5.8 LINE THROW

The Line Throw event will follow the description, rules, standards and procedures in the ILS Competition Manual.

Note: The thrower and catcher must be from the same club and of the same gender and age division (see chart – Section 3.2).



5.9 MANIKIN RELAY

The Manikin Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.



Note: Competitors who are not currently the incoming or outgoing competitor may hold onto the lane rope.

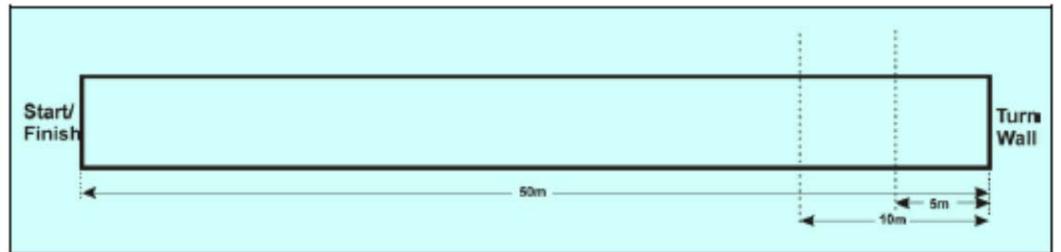
5.10 OBSTACLE RELAY

The Obstacle Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.



5.11 MEDLEY RELAY

The Medley Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.



SECTION 6 – ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL
**SIMULATED EMERGENCY
RESPONSE COMPETITION (SERC)**



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 6

SIMULATED EMERGENCY RESPONSE COMPETITION (SERC)

The Simulated Emergency Response Competition (SERC) tests the judgement, skills, knowledge, and teamwork of four lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

6.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Simulated Emergency Response Competition Championships, competitors shall:

- Meet the Eligibility and Right to Participate requirements set out in Section 2.1
- Meet the age eligibility requirements as set out in Section 3.2

The Simulated Emergency Response Competition shall be conducted without male and female categories. Teams may consist of any combination of males or females.

6.2 GENERAL CONDITIONS FOR SERC

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

b) Teams may not be permitted to commence in the SERC event if they are late reporting to the marshalling area. To assist the organisers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.

c) The Chief Referee shall decide whether the competition shall be conducted in heats, semi-finals, or finals.

d) The order of teams shall be determined by draw in a method approved by the Chief Referee.

e) Any written instructions provided in lock-up, and which are required for the management of the simulated emergency, shall be provided in English. Teams may bring a translator into lock-up to translate the English instructions. The translator remains in lock-up with the team.

Note: Organisers should allow sufficient time for translation of verbal or written instructions.

- f) Competitors shall report promptly to the lock-up area at the designated time before the start of the competition. A team that is absent from lock-up at the start of the competition shall be disqualified (DQ3).
- g) Competitors shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate and may result in penalty or disqualification (DQ66).
- h) Competitors may wear corrective eyewear such as glasses and contact lens. Loss of such eyewear shall not be grounds for protest or appeal. Corrective goggles or masks are not permitted.
- i) Team members must wear their national team or club cap. A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.
- j) No other personal belongings or equipment are permitted in the competition arena (e.g., watches, phones or any other communication device, goggles, masks, fins). Competitors may be required to remove jewellery which might cause harm to the rescuer or victim.
- k) Judges' scores are not subject to protest.

Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure “lock-up” area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret until competitors are locked up.

After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or communicate with anyone who is not also in lock-up. Any device that would allow such communication is prohibited.

Competition start

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with “victims” in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

Competition arena

The Simulated Emergency Response Competition may be held in a variety of indoor and outdoor aquatic environments.

The SERC facility shall be approved by the Lifesaving Society as part of the sanctioning process.

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used).

Competitors shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, competitors shall assume that the conditions in the competition arena are “as found.”

When electronic timing is available, it must be used as a countdown clock for competitors and spectators.

Situation scenarios

Simulated emergency scenarios, secret until the start of the competition, shall be designed using one or more of the following approaches:

- An amalgam of single or multiple-person situations which are related.
- A group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- A number of groups of people in a number of multiple themes.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the competitors' imagination. For example, a situation in which an actor complains of burned hands should be staged with simulated evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall not be used.)

Victims, manikins and bystanders

Victims shall be role-played by actors who present different problems necessitating different types of aid. Victim types may include simulated non-swimmers, weak swimmers, injured swimmers, and unconscious victims. In addition, competitors may be confronted by resuscitation manikins in the role of “victim” as well as by bystanders and swimmers.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that marks

reflect the change, that there is consistent timing in the change, and that the change is consistent for every competitor throughout the competition.

Competitors shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness). Competitors shall treat manikins as non-breathing, pulseless victims.

Equipment

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

Start and timekeeping

An acoustic signal will indicate the start and finish of each team's emergency response.

6.3 PRINCIPLES OF CARE

Lifesaver versus lifeguard response

SERC competitors are expected to respond as a group of four individual lifesavers acting in a coordinated team under the direction of a team leader.

Unlike lifeguards who often work as part of well-trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and this shall be reflected in the marking sheets.

Competitors apply the following basic rescue steps:

- Recognition of a problem
- Assessment of the situation
- Plan a course of action to overcome the problem
- Action to effect the rescue
- Care of the victim

When assessing the situation, competitors consider:

- Capabilities of the rescuer

- Number of victims
- Position of the victims
- Condition of the victims (e.g., non-swimmer, weak swimmer)
- Rescue aids (equipment) available
- Conditions prevailing (e.g., water depth, entry and landing points)

On the basis of their assessment, competitors plan a course of action which may involve:

- Seeking assistance
- Organising assistance
- Informing an available helper
- Gathering any appropriate aids or equipment
- Performing the rescue as necessary

The plan should establish control of the situation and aim to preserve as many lives as possible. The management of a rescue of multiple victims presents rescuers with choices.

In brief, rescuers should manage the situation as follows:

- Mobilise the mobile
- Secure the safety of those in imminent danger
- Recover and resuscitate those in need of continuous care

The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

When carrying out a rescue competitors must remember:

- Rescue from a position offering greatest safety to oneself
- The management of rescue principles
- Approach victims with extreme caution
- Avoid direct personal contact with conscious victims

If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

It is important that competitors clearly show their intentions and actions to the Judges.

6.4 JUDGING AND MARKING

A minimum of six Judges plus one Chief Judge is required for world championships. The marking sheets shall be prepared with one Judge marking the entire scenario while the others judge the handling of the individual victims. One Judge per victim is recommended.

Before the competition start, Judges shall be briefed on the situation scenarios, scoring procedure and marking priorities.

A Judge shall be assigned to a victim or group of victims, and assess all teams in that part of the scenario for the entire competition.

Marking system

The marking system used in this competition allows Judges to use their skill in assigning marks, and provides for a competitor offering an appropriate but unanticipated rescue response. In allocating marks, Judge(s) consider the following:

- victim type
- victim's distance from safety
- equipment available and used
- speed of assessment
- priority given
- quality of action/task
- victim care

Early and accurate recognition of the victim's problem(s) is the essential first step to success in this competition. Successful recognition is closely related to the quality of the victim simulation and staging of the incidents.

Scoring shall reward the competitors' accurate assessment of which victims take priority. The competitors' assessment of which victims take priority will depend on the nature of the emergency. For in-water victims, competitors should follow these victim priorities in determining whom to help first:

- Weak swimmers and others who are mobile
- Victims in imminent danger: non-swimmers and injured swimmers

- Victims requiring continuous care: unconscious, non-breathing, suspected spinal-injured victims.

Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.

See the SERC Guide for SERC scoring sheets.

6.5 Planning SERC

The Lifesaving Society has created a SERC Guide to support Meet Managers and other officials planning and running SERC during local sanctioned competition. Meet Managers should contact the Lifesaving Society for this guide and SERC support.

Appendix A – ALBERTA AND NORTHWEST TERRITORIES
COMPETITION MANUAL

Disqualification Codes



LIFESAVING SOCIETY

The Lifeguarding Experts

Appendix A Disqualification Codes

Appendix A contains a master list of all disqualification codes to be used in Alberta and Northwest Territories Sanctioned Competitions.

A.1 GENERAL CONDITIONS FOR POOL COMPETITION

- a. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area (DQ3).
- b. A competitor or team absent from the start of an event shall be disqualified (DQ4).
- c. Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.
- d. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).
- e. The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events (DQ7).
- f. Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay) (DQ8).
- g. Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted (DQ16, 24).
- h. A competitor who interferes with another competitor during a race shall be disqualified (DQ2).

A.2 START DISQUALIFICATION CODES

- a. All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified (DQ9).
- b. If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race (DQ9).
- c. 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 (DQ9).

A.3 OBSTACLE SWIM

- a. Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it (DQ10).
- b. Failure to surface after the dive entry or after a turn (DQ11).
- c. Failure to surface after each obstacle (DQ12).

- d. Failure to touch the wall during the turn (DQ13).
- e. Failure to touch the finish wall (DQ14).

A.4 MANIKIN CARRY

- a. Not surfacing before diving to the manikin (DQ15).
- b. 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 (DQ16).
- c. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line (DQ17).
- d. Using an incorrect carrying technique as described in Section 2.15 (DQ18).
- e. Carrying the manikin face down (see Section 2.15) (DQ19).
- f. Releasing the manikin before touching the finish wall (DQ20).
- g. Failure to touch the finish wall (DQ14).

A.5 RESCUE MEDLEY

- a) Surfacing after turning and before lifting the manikin (DQ21).
- b) Breathing after the feet leave the turn wall and before surfacing with the manikin (DQ22).
- c) 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 (DQ16).
- d) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line (DQ17).
- e) Using an incorrect carrying technique as described in Section 2.15 (DQ18).
- f) Carrying the manikin face down (see Section 2.15) (DQ19).
- g) Releasing the manikin before touching the finish wall (DQ20).
- h) Failure to touch the finish wall (DQ14).

A.6 MANIKIN CARRY WITH FINS

- a) 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 (DQ16).
- b) Not touching the wall between 25m and 50m leg.(DQ18)
- c) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line (DQ23).
- d) Using an incorrect carrying technique as described in 4.3 Manikins (DQ18).
- e) Carrying the manikin face down (see section 2.15) (DQ19).
- f) Releasing the manikin before touching the finish wall (DQ20).
- g) Failure to touch the finish wall (DQ14).

A.7 MANIKIN TOW WITH FINS

- a) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin (DQ24).
- b) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall (DQ27).
- c) Manikin handler pushing the manikin towards the competitor or the finish wall (DQ28).
- d) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall (DQ25).
- e) 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 (DQ29).
- f) At 50 m, not touching the pool wall before touching the manikin (DQ26).
- g) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring) (DQ30).
- h) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head (DQ31).
- i) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line (DQ33).
- j) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin) (DQ34).
- k) Pushing or carrying, instead of towing, the manikin (DQ32).
- l) Towing the manikin face down (see Section 2.16) (DQ19).
- m) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ35).
- n) Touching the finish wall without the rescue tube and manikin in place (DQ36).
- o) Failure to touch the finish wall (DQ14).

A.8 SUPER LIFESAVER

- a) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when surfacing the manikin (DQ16).
- b) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick-up zone (DQ17).
- c) Using an incorrect carrying technique as described in Section 2.15 (DQ18).
- d) Carrying the manikin face down (see Section 2.15) (DQ19).
- e) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall (DQ27).
- f) Manikin handler pushing the manikin towards the competitor or the finish wall (DQ28).

- g) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall (DQ25).
- h) 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 (DQ29).
- i) At 150 m, not touching the pool wall before touching the manikin (DQ26).
- j) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring) (DQ30).
- k) Not securing the rescue tube around the manikin within the 5 m pick-up zone judged at the top of the manikin's head (DQ31).
- l) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line (DQ33).
- m) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin) (DQ34).
- n) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ35).
- o) Touching the finish wall without the rescue tube and manikin in place (DQ36).
- p) Failure to touch the finish wall (DQ 14).

A.9 LINE THROW

- a) Victim moving his or her hand from the designated mark on the crossbar before grasping the throw line with the other hand (DQ51).
- b) Victim grasping the throw line outside the lane (DQ54).
- c) Victim not on his or her front while being pulled to the finish wall (DQ55).
- d) 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) (DQ56).
- e) Victim "climbing" the throw line hand-over-hand (DQ57).
- f) Line Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second acoustic completion signal (DQ52).
- g) Victim exiting the water before the 45-second acoustic completion signal (DQ53).
- h) Line Thrower executing practice throw(s) (DQ58).
- i) Failure to touch the finish wall (DQ14).

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.

A.10 MANIKIN RELAY

- a) Using incorrect manikin carry technique as described in Section 2.15 (DQ18).
- b) Carrying the manikin face down (see Section 2.15) (DQ19).
- c) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool (DQ16).
- d) The manikin changing hands (DQ41):
 - before or beyond the designated changeover zone
 - before the second competitor touches the pool wall
- e) Assistance from a third competitor during the exchange between the incoming and outgoing competitors (DQ38).
- f) Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin) (DQ42).
- g) Releasing the manikin before touching the turn wall or finish wall (DQ37).
- h) Failure to touch the finish wall (DQ14).
- i) One competitor completing two or more legs of the event (DQ39).
- j) Leaving the start before the previous competitor has touched the wall (DQ40).
- k) A competitor re-entering the water after completing his or her leg of the relay (DQ50).

Note: 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 apply.

A.11 OBSTACLE RELAY

- a) Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it (DQ10).
- b) Failure to surface after each dive entry (DQ11).
- c) Failure to surface after each obstacle (DQ12).
- d) Leaving the start before the previous competitor has touched the wall (DQ40).
- e) Failure to touch the finish wall (DQ14).
- f) A competitor re-entering the water after completing his or her leg of the relay (DQ50).
- g) One competitor repeating two or more legs of the event (DQ39).
- h) The second and third competitor starting before the first and second competitor respectively touches the turn wall (DQ43).

A.12 MEDLEY RELAY

- a) The second and third competitors starting before first and second competitors respectively touch the turn wall (DQ43).
- b) The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall (DQ44).
- c) The fourth competitor leaving the turn wall before the third competitor touches the wall (DQ45).
- d) The victim holding the rescue tube by the rope or clip (DQ46).
- e) The victim helping with arm movements, or not holding the rescue tube with both hands (DQ47).
- f) The victim losing the rescue tube after passing the 5 m line (DQ48).
- g) The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10 m line (DQ49).
- h) One competitor completing two or more legs of the event (excludes third competitor acting as victim) (DQ39).
- i) Failure to touch the finish wall (DQ14).
- j) A competitor re-entering the water after completing his or her leg of the relay (DQ50).
- k) Leaving the start before the previous competitor has touched the wall (DQ40).

A.13 SERC

- a) Receiving outside assistance, direction, or advice (DQ63).
- b) Taking any telecommunication device into the security area (DQ64).
- c) Using any equipment not provided as part of the competition (DQ65).
- d) Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified (DQ66).

