

United States Lifesaving Association

Lifeguard Competition Rules and Operational Procedures



Effective 2009

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**United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures**

SECTION 1- GENERAL INFORMATION

1.1 OBJECTIVES

The 3 basic objectives of USLA Lifeguard Competitions are:

- 1) to sustain and uplift employee morale;
- 2) to stimulate personnel interest in rescue skill training; and
- 3) to acquaint the general public with water safety procedures and skills used daily by professional lifeguards to advance public safety at the beach. It is the further objective of the USLA to standardize the rules and regulations governing national and regional championship events, thereby contributing toward more harmonious relationships among the various lifeguard agencies and associated USLA Chapters.

1.2 POLICY

At no time must said USLA competition or personnel participation in said competition be permitted to interfere with established lifeguard operations or effective public safety on the membership's beaches. All lifeguard personnel competing or participating in USLA competition must be fully qualified members in good standing.

1.3 SANCTION

Approval or consent of the USLA given to the Host of any lifeguard event for the utilization of the USLA Competition Rules and Regulations of said event. The rules and regulations are to be followed in all USLA sanctioned events.

1.4 HOST

The affiliate of the USLA or other USLA sanctioned Host under whose jurisdiction or within whose geographical area any sanctioned event shall fall.

1.5 EVENT REGISTRATION & FEES

- (a) All competitors must register prior to the lifesaving competition in accordance with the procedures and deadlines established by the host organizing committee and the USLA Competition Committee.
- (b) Each Chapter must designate and register one team captain prior to the start of the competition.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

- (c) RELAYS are to be registered by TEAM CAPTAINS ONLY.

1.6 ELIGIBILITY

- (a) Each individual must be a PROFESSIONAL, LIFE or ALUMNI MEMBER of a USLA chapter lifeguard service.
- (b) COMPETITORS must have fulfilled their USLA dues obligation prior to the commencement of the competition.
- (c) Non-USLA member foreign competitors must apply in writing to the appropriate USLA Competition Committee Chairman for a waiver of eligibility requirements and will not be eligible for awards or points, and may only compete in individual events, with the exception of Beach Flags. The official on site physician may declare a competitor ineligible if they are determined to present a physical danger to themselves or others.

1.7 COMPETITION CATEGORIES

All USLA Championship events will consist of the following:

- (a) USLA Competition Events – USLA Competition Events shall be conducted as one of the five following age group/gender categories:
 - 1) Open – Any member of a USLA Chapter may compete
 - 2) Open Men – Open only to male members of a USLA Chapter
 - 3) Open Women - Open only to female members of a USLA Chapter
 - 4) Master's Men - Restricted to 30 years plus male age groups in five year increments.
(30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and above).
 - 5) Master's Women - Restricted to 30 years plus female age groups in five year increments.
(30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and above).

*All competitors must wear assigned colored wrist bands based upon their age group category.

- (b) Open Events (1)

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

1) Landline Rescue Race – maximum 4 teams per Chapter

(c) Open Men's Events (13)

- 1) Surf Race
- 2) Run-Swim-Run
- 3) Board Race
- 4) Surfski Race
- 5) Ironman
- 6) American Ironman
- 7) Beach Flags
- 8) 2 Kilometer Beach Run
- 9) Surf Boat Race
- 10) Board Rescue Race – 4 teams per Chapter
- 11) Rescue Race – 4 teams per Chapter
- 12) Beach Relay – 4 teams per Chapter
- 13) Taplin Relay – maximum 4 teams per Chapter

(d) Open Women's Events (13)

- 1) Surf Race
- 2) Run-Swim-Run
- 3) Board Race
- 4) Surfski Race
- 5) Ironwoman
- 6) American Ironwoman
- 7) Beach Flags
- 8) 2 Kilometer Beach Run
- 9) Surf Boat Race
- 10) Board Rescue Race – 4 teams per Chapter
- 11) Rescue Race – 4 teams per Chapter
- 12) Beach Relay – 4 teams per Chapter
- 13) Taplin Relay – maximum 4 teams per Chapter

(e) Masters Age Group events (9)

- 1) Surf Race
- 2) Run-Swim-Run
- 3) Board Race
- 4) Surfski Race
- 5) Ironman / Ironwoman
- 6) American Ironwoman / Ironwoman
- 7) Beach Flags
- 8) 2 Kilometer Beach Run

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

9) Surf Boat Race

- i. Masters Age Group Ocean individual events and the Surfboat event are conducted in five-year age groups.
- ii. In the Surfboat event, the team shall consist of two competitors; they shall compete in the age group of the younger competitor.
- iii. A competitor may only race in an open event plus their respective age group or a younger age group. Competitors are restricted to one age group per event.

1.8 USLA CHAMPIONSHIP EVENTS

- 1) Surf Race
- 2) Run-Swim-Run
- 3) Board Race
- 4) Surfski Race
- 5) Ironman / Ironwoman
- 6) American Ironman / American Ironwoman
- 7) Beach Flags
- 8) 2 Kilometer Beach Run
- 9) Surf Boat Race
- 10) Rescue Race – 4 teams per Chapter*
- 11) Beach Relay – 4 teams per Chapter*
- 12) Board Rescue Race – 4 teams per Chapter*
- 13) Landline Rescue Race – 4 teams per Chapter*
- 14) Taplin Relay – 4 teams per Chapter*

*Relay events – Entries must be made by TEAM CAPTAIN ONLY

1.9 SCORING

Chapter points shall be awarded in each Championship event.

- (a) Open, Open Men's and Open Women's, according to the following schedule:

First Place:	12 points
Second Place:	10 points
Third Place:	9 points
Fourth Place:	8 points
Fifth Place:	7 points
Sixth Place:	5 points
Seventh Place:	4 points
Eighth Place:	3 points

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

- Ninth Place: 2 points
Tenth Place: 1 point
- (b) Chapter points shall be awarded in each Master's age group events according to the following schedule:
- First Place: 5 points
Second Place: 3 points
Third Place: 1 point
- (c) Chapters cannot combine points to place higher in team standings. If a team, in a team event, consists of members from different Chapters, then they shall divide the Chapter points. All events shall score towards the team championship.
- (d) Ties in overall team point scores shall be broken using the following system:
- Most first-place final finishes in all Open Divisions.
 - Most second-place final finishes in all Open Divisions.
 - Most third-place final finishes in all Open Divisions;...and so on.
- (e) Ties (dead heats) in finals shall be declared as such and the points divided equally among the teams involved. For example, in a 2-way tie for first place, 11 points shall be allocated to each team.
- (f) When a tie occurs in an ocean event that qualifies for a final, the tied competitors shall advance to the final. However, if there are insufficient places available in the final, a repêchage heat shall be conducted between the tied competitors to determine the finalist.
- (g) No points shall be credited to any team if an event is cancelled-even if some heats have been run.
- (h) Competition results will be posted on the USLA website: www.USLA.org.

1.10 USLA COMPETITION AWARDS

- (a) The USLA shall provide standardized awards for each competitor placing within, but not limited to, first through fifth position in all USLA Championship events.
- (b) **The Howard Lee Trophy** is the perpetual team trophy awarded to the overall point score National Lifeguard Championship Division A championship team.
- (c) **The LACOLA Trophy** is the perpetual team trophy awarded to the overall point score National Lifeguard Championship Division B championship team.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

- (d) Overall point score team trophies will be awarded to the top three highest scoring Chapter teams in Division A and in Division B.
- i. Division A consists of Chapters whose agency(ies) employ 101 employees or more.
 - ii. Division B consists of Chapters whose agency(ies) employ 100 employees or less.
 - All Chapter Teams are considered in the "A" Division until they request and submit verification to be included in the "B" Division.
 - Request must be done annually, and must include a letter from the involved agency/agencies employer(s) verifying the number of employed lifeguards.
 - The letter must be from an administrator (not the Captain or Chief of a Beach Patrol) from the agency/agencies that comprise the chapter. Letters must be from an official with the agency, not involved in the daily beach patrol operations. It must be received by the competition chair one week prior to the start of competition.
 - iii. An employee is defined as anyone who works for any agency within a given Chapter. No individual agency within a grouped Chapter may compete in both classes. No individual may compete for scoring points in the two different divisions.
 - iv. Individuals may compete as "event-mates" in two and four person events being from different divisions and the points will be divided accordingly.
- (e) **The Greg Farry Trophy** is the Open Point Score National Lifeguard Championship perpetual team trophy awarded to the Chapter team with the highest point score in the Open, Open Men's and Open Women's events only.
- (f) **The Sheridan Byerly Perpetual Trophy** will be awarded to the USLA Region scoring the most points at the National Lifeguard Championships.
- (g) High Point Individual awards will be presented to the male and female Competitor scoring the most points in the Open and Open Men's or Open Women's Categories, including relays.
- (h) **The Billy George Sportsmanship Award** will be presented to the individual, who in the opinion of the Officials displayed the best sportsmanship at the USLA National Championships.
- (i) No monetary awards may be offered or taken as a competitive award in USLA sanctioned events.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

1.11 USLA CHAMPIONSHIP SCHEDULE

- (a) USLA Championship events will be run independently and continuously from start to finish each day without interruption of any non-USLA events-
- (b) No event shall be delayed due to equipment problems, subject to the discretion of the Head Official.
- (c) Every USLA National Lifeguard Championship shall be held over the period of three days. It is suggested that competition begin at 8:00 a.m. each day. The competition schedule may be changed to comply with local conditions or to avoid placing competitors, officials, spectators or equipment in danger.

1.12 USLA COMPETITION COMMITTEE

The USLA Competition Committee shall consist of the Competition Coordinator from each USLA Region, or the Region's designee and the USLA Competition Chairman.

**United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures**

SECTION 2 – ADMINISTRATION

2.1 EVENT OFFICIALS

Shall be appointed by the respective Competition Chairperson.

2.2 EVENT OVERSIGHT COMMITTEE

- (a) The Competition Chairperson (or their designee) will be the Head Official.
- (b) The Head Official will assign the Course Referees and others of the corps of officials as deemed necessary. The Head Official, Course Referees and USLA Medical Advisor (if present) shall comprise the Event Oversight Committee.
- (c) In consultation with the Host the Event Oversight Committee shall have the power to postpone or cancel any or all events, and to alter the venue of the competition, owing to weather or other unforeseen circumstances.
- (d) The Committee shall make every effort within its power to see that all rules, requirements and operational procedures of the USLA Competition Manual are followed.

2.3 AREA ALLOCATION

The Head Official is empowered to define the respective competition and marshaling areas for all events.

2.4 BUOY PLACEMENT

All buoys shall be placed by the Host under the direction of the Head Official or their designee, meeting the USLA distance requirements as conditions warrant. Buoy placement must be done prior to the starting of the competition.

2.5 OFFICIATING WATER CRAFT

The Host must provide a boat, or other suitable craft approved by the Head Official and manned by an efficient crew, that shall be in attendance at the buoys during all swimming events. Failure to provide a suitable craft shall result in the Head Official or his designee refusing to sanction the holding of events. Every official's craft must be equipped with a 2-way radio for communications with officials on the beach and standard safety equipment. The craft shall be assigned to the competition and free from all other routine lifeguarding responsibilities.

United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures

2.6 CRAFT SCALE(S)

The craft scale(s) will be available the day prior to the commencement of competition. It is the responsibility of each competitor to ensure that their craft meets the minimum weight requirement and equipment standards as defined in Section 6 of these rules-

2.7 ASSOCIATION OFFICIALS IN CHARGE

Once the competition has begun the Event Officials (National, Regional, Local) are in charge.

**United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures**

SECTION 3 – OFFICIALS AND THEIR DUTIES

3.1 NOTIFICATION

Officials should be notified of the competition and their appointment to a particular position at an event and of the time to report for briefing, etc. Notification should within be a reasonable amount of time.

3.2 OFFICIAL UNIFORMS

Officials shall be provided with and wear a distinctive uniform.

3.3 THE HEAD OFFICIAL

In conjunction with the Event Oversight Committee,

- (a) Shall be responsible for all matters relating to the actual conduct of the competition. Shall have the power to make any alteration in the schedule that they deem necessary. An announcement shall be made of such alteration.
- (b) Shall appoint a Protest Committee as required to consider and adjudicate protests
- (c) Shall consider and adjudicate on any unbecoming conduct during the competition or event
- (d) Shall, if required, exercise the power to disqualify or penalize a competitor. The Head Official is not required to give notification of any disqualification or penalty until the conclusion of the relevant event.
- (e) Shall have the power to refer the offense and/or offenders to the Association (National, Regional, Local), for consideration of further penalty.

3.4 COURSE REFEREES

Course Referees shall be appointed by the Head Official to control and organize events of the competition. While in control of a particular event they shall be responsible only to the Head Official.

3.5 FINISH JUDGES

- (a) Determine the order of finishing of contestants.
- (b) Report on any infringement of competition rules to the Course Referee.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

- (c) Position themselves to have an uninterrupted view of the finish line.
- (d) Assign finish places to the competitors as they complete the event.

3.6 OTHER JUDGES

Other Judges may be utilized as needed, with their duties defined by the Course Referee and the relevant event. They may include water judges, break judges, timers and awards presenters.

3.7 STARTER(S)

- (a) Has sole jurisdiction over the competitors for the start.
- (b) Recall the competitors by pistol shot (rapid), by whistle signal or by other means, if in their opinion the start is an unfair one. Recall signal must be consistent during the competition.
- (c) Has the power to disqualify a competitor for starting before their time, or for willfully disobeying orders, or for any other obstruction during the start. (One false start is charged to the field, further false starts shall be charged to an individual resulting in disqualification).
- (d) Notify the Course Referee of all disqualifications.

3.8 MARSHAL

- (a) Shall assemble the competitors for events and place the Competitors into heats
- (b) Shall insure that competitors are ready to compete, and that they present themselves with their equipment and competition attire when called to the event.
- (c) Shall render competitors liable for disqualifications for failure to comply with their directions. Such competitors shall be reported to the Course Referee.
- (d) Shall insure that any competitors warming up after the start of the first heat must not interfere in any way with the conduct of any aspect of the competition.
- (e) Shall review the event details and rules with the competitors, including the start, the course and the finish.
- (f) Shall see that all competitors under his control are in proper uniform and regulation caps as laid down by the Association.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

- (g) Shall have the power to prevent a competitor from starting an event if they are wearing a uniform that is of objectionable nature or one failing to comply with the Association's standards. The Marshal shall notify the Course Referee of all such actions.

3.9 COURSE RECORDERS

Shall record the order in which each placed competitor or team finishes in each event, together with the time where necessary.

3.10 SCOREKEEPER

The Scorekeeper shall:

- (a) Keep a running total of the points scored.
- (b) Provide official results and/or score sheet after the conclusion of the competition.
- (c) Post the competition results on USLA.org as appropriate.

3.11 ANNOUNCER

The Announcer shall:

- (a) Receive and broadcast the official results as they are made available.
- (b) In cooperation with the Course Officials, notify competitors of the timing of upcoming events and appropriate venues.
- (c) Keep the spectators informed, acknowledge sponsors and, where applicable, describe the events and explain the running of the events to maintain public interest.
- (d) Shall be required to attend all briefings of the Competition Officials.

3.12 PRESENTATION OFFICIAL

The Presentation Official will be responsible for all awards being presented during the event.

United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures

SECTION 4 –
GENERAL COMPETITIVE RULES AND PROCEDURES

4.1 EQUIPMENT

The following is a list of equipment to aid the running of an efficient competition. The list is not intended to be exhaustive, but merely to outline basic equipment items. It is suggested that the Host of a competition propose amendments and/or additions to the list to aid future competition.

- (a) Flags and buoys (recommended color and size, see Figure 4.1)
- (b) Poles and cones (for beach markers)
- (c) Rope, lines and anchors with chain (see Figure 4.2)
- (d) Lane markers
- (e) Judge's stand
- (f) P.A. system
- (g) Starter megaphones
- (h) Three 32-caliber starter's pistols (or equivalent, or air horns if starter's pistols are not available)
- (i) Whistles
- (j) Twenty stop watches
Boats or PWCs for Water Judges
- (k) 10 – 12 Hand-held portable radios (for 2-way communication between the officials)
- (l) Crowd control line
- (m) Flag standards for water starts and finishes
- (n) Registration Desk (personnel, forms, pens, pencils, markers, etc.)
- (o) Competition course information area
- (p) Vehicles (for equipment and surfboat transportation)
- (q) Tractor (for possible spectator mounds)
- (r) Minimum of two cordless drills with auger bits per venue with adequate back-up batteries and chargers
- (s) Two "Craft Scales"
- (t) Cut pieces of rubber hose, 12" in length, for Beach Flags (minimum of 50)

4.2 COMPETITION AREA SET UP

All competition related set up shall be placed by the Host under the direction of the Head Official or their designee, meeting the USLA distance requirements as conditions warrant. Flag and buoy placement must be done prior to the starting of the competition.

United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures

4.3 COMPETITION CAPS / HELMETS / JERSEYS / SWIMWEAR

- (a) Each individual Chapter shall be responsible to design and produce an official Chapter Competition cap (beanie) that identifies their Chapter.
- (b) The Chapter's official cap shall be worn on the head of the competitor and securely fastened under the chin at the start and finish of each event. Competitors shall not be disqualified for loss of their competition cap after the start if they complete all aspects of the event and it can be determined that they did not voluntarily remove their cap during the event.
- (c) Competitors must wear their current official Chapter's cap, not that of any other Chapter.
- (d) Competition caps shall be required in every event except the Surfboat event.
- (e) In the Surfboat event helmets **MUST BE WORN**
- (f) Design of Chapter cap shall be subject to approval of the USLA Competition Committee.
- (g) All finalists must wear event sponsor competition jerseys, if provided, otherwise Vests or Lycra tops are optional.
- (h) Referee has the authority to exclude any competitor whose swim wear does not comply with the following standards: The swim wear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive. All swim wear shall be non-transparent. Competitors shall not wear or use anything that may aid buoyancy.
- (i) Other Apparel- Swim goggles may be worn. The wearing of protective sunscreen is permitted. Sunglasses or optical glasses may be worn in all events with the exception of Beach Flags where eye protection or optical glasses worn must be suitably designed for that event. Jewelry that, in the opinion of the Referee, has the potential to cause injury to either the wearer or other competitors must be removed or taped over prior to the competition.

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

4.4 COMMERCIAL IDENTIFICATION POLICY

The Event Oversight Committee reserves the right to order the removal or coverage of commercial identification in conflict with official championship sponsors. This includes body tattoos.

Notwithstanding the foregoing, official sponsors of chapters and teams may retain their identification on competition apparel and equipment irrespective of commercial conflict, but must not display other signs, banners, flags, or other identification within close proximity to the competition arena.

Competitors in all craft event heats, semi-finals, and finals may be required to carry championship sponsor signage affixed on craft or equipment provided. All team and individual sponsor signage on craft and equipment will not be covered unless it is unavoidable when fitting the championship sponsor signage.

Every co-operation is requested in this regard; the support of sponsors helps to curtail significant expenses that would otherwise be passed onto competition participants.

4.5 HEATS/FINALS COMPETITOR LIMITS

The Course Referees shall decide whether events will be conducted in heats, semi-finals, or finals providing that the maximum number of competitors in a heat, or final race, shall not exceed the following, while also taking into account safety and the prevailing conditions.

(a)	Surf Race	32 competitors
(b)	Run-Swim-Run	32 competitors
(c)	Board Race	16 competitors
(d)	Surfski Race	16 competitors
(e)	Ironman / Ironwoman	16 competitors
(f)	American Ironman	16 competitors
(g)	American Ironwoman	32 competitors
(h)	Beach Flags	16 competitors
(i)	2 Kilometer Beach Run	100 competitors
(j)	Surf Boat Race	15 teams of 2 competitors
(k)	Board Rescue Race	10 teams of 2 competitors
(l)	Rescue Race	10 teams of 4 competitors
(m)	Beach Relay	10 teams of 4 competitors
(n)	Landline Rescue Race	10 teams of 4 competitors
(o)	Taplin Relay	16 teams of 4 competitors

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

4.6 HEAT PLACEMENT

Competitors will be placed in heats by a draw or random computer placement. As much as is possible, an effort shall be made to have competitors from the same Chapter in different heats.

4.7 FINAL EVENT QUALIFICATION

- (a) Equal numbers of top finishers from each heat will be placed into the Final.
- (b) Where necessary Quarter-Finals and Semi-Finals may be run.
- (c) The Quarter and Semi Finals can be less than ten competitors per heat to comply with the mathematical formula necessary to accommodate the ultimate goal of reaching 10, 12, 16, or 32 competitors for the Final.
- (d) A maximum of 50%, or roughly half of the field in each heat should advance to the next round.
- (e) Only competitors who appear and register for the heats of an event shall be eligible to compete in the event's Quarter Finals, Semi Finals or Final.
- (f) Once a Chapter or Team has participated in the first qualifying heat, Quarter, or Semi-final of an event, it is not possible to change the composition for the rest of that particular event. No changes to the Team composition can be made after it has competed in the first qualifying round of an event.

4.8 GROUPS

- (a) Open Men, Open Women, and Master age group events will be run independently of each other.
- (b) Masters age groups may be run together. Groups can be combined only with the consent of the affected competitors, or when two groups combined total no more than the maximum number of competitors allowed per event.
- (c) All groups will always be placed and scored separately.
- (d) The preferred order will be Open Men first, Open Women second, and Masters age groups as follows: 30-34, 35-39 Men, 30-34, 35-39 Women, 40-44, 45-49 Men, 40-44, 45-49 Women, etc.

4.9 STARTS

- (a) Two Officials are needed for all starts: Starter, and a Course Referee.

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

- (b) The “One Start Rule” shall be in used in all events.
- (c) **STARTING OF EVENTS**
 - i. The process of starting events should commence with a signal, or command, that indicates “ready”, the Starter shall give the ready command “You are now in the hands of the Starter” at the beginning of the event and when the competitors are properly assembled at the starting line.
 - ii. Followed by a signal, or command, that indicates “set”.
 - iii. Followed by a signal, or command, that indicates “a start”.
The Starter shall start the race by the sounding of the gun, air horn or whistle, when conditions allow and the line is stable.
 - iv. If, for any reason, the Starter has to speak to any competitor after either command, the start process shall be recommenced.

4.10 DISQUALIFICATION

- (a) Any competitor who violates the rules of a given event may be disqualified. Competitors or teams may be disqualified from an event or from the entire competition. Where a competitor is disqualified for any reason, in a heat or a final, the place he/she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced 1 place.
- (b) Where a competitor is disqualified for any reason the event results shall not include a place or time for the competitor. Where a competitor does not finish an event (DNF), the event results shall not include a place or time for the competitor.
- (c) The “One Start Rule” shall be used in all events.
 - i. All competitors who START (i.e. commence a starting motion) after assuming a final set position, and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
 - ii. If the starting signal sounds before the disqualification is declared, the competitors shall be called back and start again.
 - iii. The signal to call back the competitors shall be the same as the starting signal but repeated.
 - iv. Any competitor who is disqualified for a false start shall not be permitted to

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

continue in the race and must withdraw from the starting line.

- v. All competitors who fail to comply with the starter's commands, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags).
- vi. Any competitor that is deemed to be unsportsmanlike by the officials may be disqualified for the remainder of the competition.
- vii. Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the competition. The referee may refer the competitor or team to the disciplinary committee for consideration of further penalty.

Examples of competing unfairly include:

- 1) Committing a doping or doping-related infraction.
- 2) Impersonating another competitor.
- 3) Competing twice in the same individual event.
- 4) Competing twice in the same event in different teams.
- 5) Purposely interfering with a course to gain an advantage.
- 6) Jostling or obstructing other competitors or handlers so as to impede their progress.
- 7) Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event). Anyone aiding a competitor shall cause that competitor to be subject to disqualification (exceptions shall include equipment handlers) and may themselves be disqualified.

The referee and/or the relevant official(s) shall have absolute discretion in determining whether a competitor, team, or handler has competed unfairly.

- viii. Fighting will not be tolerated. Any competitor involved in a fight shall be disqualified from the remainder of the current competition as well as any USLA sanctioned competitions in the following year.
- ix. Striking any official is grounds for a lifetime suspension from USLA events and may also result in criminal prosecution.
- x. Any competitor entering the water in the competition area, in an event that they are not currently participating in shall be subject to disqualification.

4.11 PROTESTS

- (a) Protests shall be in writing, on an official Protest Form, made by the protesting

United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures

TEAM CAPTAIN ONLY and shall be accompanied by a \$25 US cash filing fee, within 30 minutes of the incident. Protests made by any other team member may result in disqualification of the individual or team from the event or the remainder of the competition.

- (b) Protests may be lodged for reasons of ineligibility of a competitor or equipment, a rule violation by a competitor, or may include impediment by competitors, judges or bystanders.
- (c) The judgment calls of the officials are not subject to protest.
- (d) Protests are to be presented to the Head Official.
- (e) A Protest Committee shall be appointed by the Head Official. Such Committee shall be made up of three Event Officials. The Protest Committee shall review and adjudicate the protest.
- (f) The Protest Committee may use any available material, including digital cameras, video cameras or any evidence relevant to the incident.
- (g) The Protest Committee shall come to a final decision as expeditiously as possible, and no later than the commencement of the next level of that competition, unless the event has already proceeded to the next level of competition or documentation (such as verification of employment) is not readily available.
- (h) Protests which are successful shall be refunded the filing fee.
- (i) Further penalties, disqualifications, suspensions, etc. may be imposed at a later time.
- (j) Protests and subsequent rulings shall be reviewed at the next regularly scheduled Competition Committee meeting.

4.12 DRUG POLICY

The USLA condemns the practice of doping in sport. Doping is cheating and against the rules and ethics of sport. It is harmful to the image of sport and may be harmful to competitors.

The USLA is committed to contribute towards and support the USOC policies and procedures aimed at the prevention of doping in sport and the achievement of drug free sport, and as a member federation of the International Lifesaving Federation (ILS), is committed to observing the requirements of the World Anti-Doping Agency (WADA) as laid down in ILS Policies and procedures.

United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures

A policy of drug free competition with possible drug testing has therefore been adopted and endorsed by the USLA at all events. All Competitors may be subjected to drug testing.

United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures

SECTION 5 – OCEAN AND BEACH EVENTS

The following ocean and beach events are described in this section:

Individual: Surf Race
Run-Swim-Run
Board Race
Surfski Race
Ironman / Ironwoman
American Ironman
American Ironwoman
Beach Flags
Beach Run – 2 km

Team: Surfboat Race
Board Rescue Race
Rescue Race
Landline Rescue Race
Beach Relay
Taplin Relay

5.1 GENERAL CONDITIONS FOR OCEAN COMPETITION

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

- (a) Competitors may not be permitted to commence in an event if they are late reporting to the marshalling area. To assist the organizers in determining how many heats may be required, events may be marshaled the day before or at the start of the day the event is scheduled.
- (b) A competitor or team absent from the start of an event shall be disqualified.
- (c) Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g., hand paddles, fins, hand webs, armbands).
- (d) The use of wax or similar substances to assist the competitor in maintaining the grip on or contact with boards or surf skis or paddles is permitted in ocean events.
- (e) Competitors must wear their chapter, club or National Team swim caps in all events. Ocean event caps, securely fastened under the chin, must be worn on

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

competitors' heads at the start of each event.

- (d) 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.

Competition courses:

Protests against the course will only be accepted prior to the start of each event.

- (a) All courses shall be measured, set, and aligned to the referee's satisfaction ensuring as far as possible, that all lanes have fair and equal conditions.
- (b) The use of color-coded buoys and flags is recommended to guide competitors accurately through the required courses.
- (c) Buoy distances shall be measured from the end of knee-depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors. Adjustment of the buoys may be necessary during the competition if they move out of alignment. Competitors in craft events may pass through the swimming buoys on their craft on the understanding that they are solely responsible if the buoys offer an impediment to their progress.
- (d) Competitors and officials must leave the designated competition area when not competing or officiating. The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the referee.
- (e) Judges' order-of-finish decisions are not subject to protest or appeal.

Luck of prevailing conditions:

No protest or appeal will be entertained when an incident is caused by the conditions of the surf. Surf conditions affect the conduct of and participation in surf lifesaving competitions and competitors are subject to the luck of the prevailing conditions. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

5.2 THE START

- (a) Prior to the start, a marshal shall:
 - i. Place competitors in the order as drawn for all heats and or finals.
 - ii. Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order.
- (b) Prior to the start of each race, designated officials shall:
 - i. Check that all officials and judges are in position.
 - ii. Check that competitors have swim wear and caps for a legal start.
 - iii. Check that equipment and course markers are in position.
- (c) A designated official shall signal the starter that the competitors are under the starter's control.
- (d) The starter shall:
 - i. Have sole jurisdiction over the competitors from the time of the signal until the race has started.
 - ii. Position himself or herself so as to have full visual control over all competitors during the start.
 - ii. Ensure that the start for all races is consistent and fair.
 - iv. Disqualify competitors for false starts (or in Beach Flags, eliminate competitors.)
- (e) The following three-step start shall be used in all ocean events listed in Section 5.
 - 1) On the starter's "**On your marks**" command, competitors assume a position in their marshaled order at the start line.
 - 2) On the starter's "**Set**" command, competitors immediately assume their steady starting stance.
 - 3) When all competitors are stationary, the starter gives the acoustic starting signal.

United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures

- (f) If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.
- (g) While the starter makes every attempt to effect a fair start, the decision to “go” on the start signal rests with the competitor or team. If there is no recall by the starter, or course official, no protest shall be allowed on the start.
- (h) After the start, competitors in swim, board, ski, and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.
- (i) In relay or multi-discipline events, with the exception of events that include the Surfboat, after completion of the first leg, the competitor *entering* the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor *coming from* the water is impeded.

Start lines

Start lines may be established in the following manner and competitors must cross the start line to commence their race:

- i. A designated line marked by a cord between two poles and/or with flags.
- ii. A designated line drawn on the sand between two poles.
- iii. A line of sight between two poles or straight line in the water (e.g. ski start), or as determined by the Starter.

In events where a cord is used competitors’ toes shall be on or behind the line, but parts of the body may overhang the line.

In beach events:

where a line is drawn, toes and fingers shall be on or behind the line except where an upright starting position is adopted. In such circumstances, competitors’ toes shall be on or behind the line, but parts of the body may overhang the line.

In board events:

where a cord designates the start line, a part of the board held by competitors may be over the line but it must be at right angles to the line or at an angle to accommodate prevailing conditions.

In events where a board is placed on the beach, it shall be placed flat on the beach (i.e. no mounds underneath the Board) at 90 degrees and with the nose of the board on the shoreward side of the start or change-over line.

In boat and ski events:

where a line of sight is used, the bow of the craft shall be on or behind the line and at 90 degrees to the line or at an angle to accommodate the prevailing conditions.

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

Disqualification

The one-start rule shall be used in all events.

- a. All competitors who **start** (i.e., commence a starting motion) after assuming a final set position, and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
- b. If the starting signal sounds before the disqualification the competitors shall be called back and start again.
The signal to call back the competitors shall be the same as the starting signal but repeated.
Any competitor who is disqualified for a false start shall not be permitted to continue in the race and must withdraw from the start line.
- c. All competitors who fail to comply with the starter's commands within a reasonable time shall be disqualified.
- d. Any competitor who, after the starter's first command, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags).

Changeovers and tagging in relays

Exchanges or changeovers in relay events shall be effected by a competitor "tagging" the next team member unless otherwise provided (see Beach Relay).

In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.

Competitors in relay events must start their leg of the event from the position or lane allotted by the marshal. If the competitor does not comply with this, the team may be disqualified.

Draws for position

The initial draw for heats and beach positions may be conducted by random draw and supplied to teams.

Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.

The method used for the draws, including draws for initial heats and seeding of competitors, shall be approved by the referee.

Beach positions

For swimming, ski, board, multi-discipline and surfboat events, starting positions and lanes shall be consecutively numbered from the left to right

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

(facing the water) starting with the number 1.

For beach events, the number 1 position shall be nearest the water.

5.3 THE FINISH

- a. In events where competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.
- b. In events with in-water finishes such as surf skis, competitors or teams or crews are deemed to have finished when any part of the craft crosses the finish line.
- c. In events where competitors are required to cross a finish line, and fail to do so correctly, competitors may recover and correctly re-cross the finish line to record their placing.
- d. Once a competitor has been judged to have correctly crossed the finish line, he or she is deemed to have completed the race. The competitor may not re-enter the course to correct any previous race errors.
- e. The referee may authorize the wearing of electronic finish tags to aid the judging and recording of races. Competitors must place tags as directed (e.g., around a specified ankle or wrist or placed on a designated part of their craft/boat). The result of such races shall then be determined by the order of the finish of the tags across the finish line. In the event of failure of the electronic tags, all placings in a race shall be visually judged using normal methods.

Judging

- a. All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
- b. Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
- c. Judge 1 selects finishers 1 and 2; judge 2 selects finishers 2 and 3; and so on, with judges primarily responsible for their corresponding number (that is, judge 1 is primarily responsible for finisher 1, as well as noting who finished second).
- d. At the chief judge's signal, placing discs shall be issued and/or names recorded.
- e. Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

5.4 Time limits

A time limit may be imposed on the duration of an event at the referee's

United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures

discretion.

Competitors shall be advised of any time limits prior to the commencement of a round of the event.

The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached, or when the number of competitors required for subsequent rounds have qualified by completing the race without disqualification.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.5 SURF RACE

(a) Event description

With a running start into the surf from the start line on the beach, competitors swim around the 400m course designated by buoys, around the left end #1 White buoy of the flag line to the two black and white buoys returning to shore passing the right end of the #10 Yellow/Blue flag buoy line to finish between the finish flags on the beach.

To facilitate the recording of placing after the finish, competitors may be positioned either:

- On a straight line drawn at approximately a 30-degree angle from the finishing line and up the beach.
- On a series of lines 10m behind and at right angles to the finishing line and 5m apart.

(b) The course

As shown in the following diagram, the U-shaped course shall be approximately 400m from start to finish. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

(c) **The start line** – a brightly colored cord stretched between 2 poles approximately 40m apart – shall be situated 5m from the water's edge, centered on buoy number 1.

(d) **The finish line** – between 2 flags positioned 5m apart – shall be situated approximately 15m from the water's edge, centered on buoy number 10.

(e) **The swimming course** shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 170m beyond knee-deep water. Water distances may vary depending upon sea conditions.

(f) Judging

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

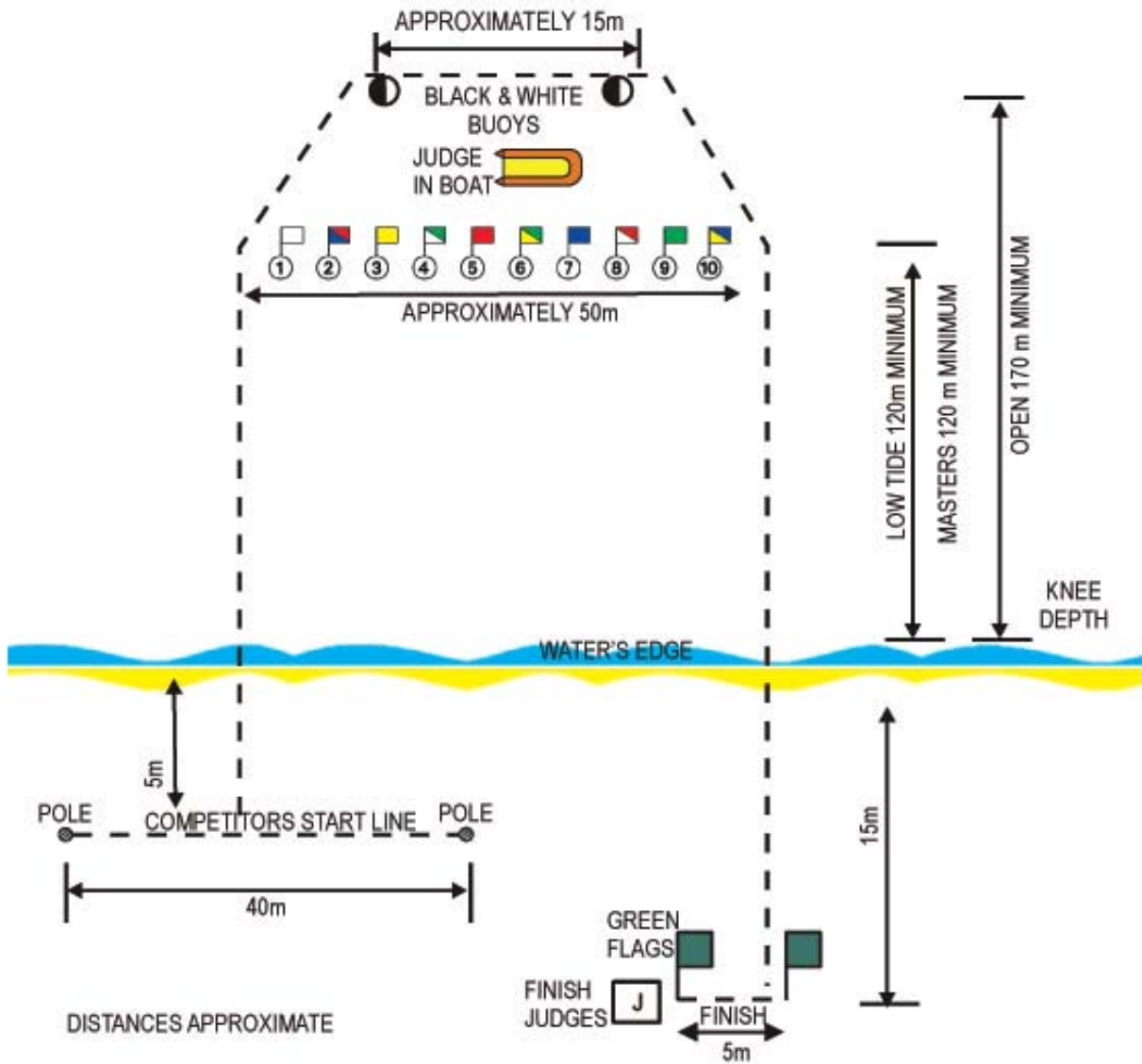
Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

(g) Disqualification

In addition to the General Rules the following behavior shall result in disqualification:

- i. Failure to complete the course as defined and described.
- ii. Any shifting or hassling for position in the finish funnel will result in disqualification.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.5 SURF RACE

United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures

5.6 RUN – SWIM – RUN

(a) Event description

From the start line, competitors run to pass around the turning flag and enter the water to swim out to and around the buoys. Competitors swim back to the beach to again run round the turning flag before running to the finish line.

(b) The course

As shown in the following diagram, the course shall be laid out so that competitors run approximately 200m, swim approximately 300m, and run approximately 200m to finish into a funnel finish. Any competitor that impedes or fails to complete the entire course will be disqualified.

Run

The competitors will run parallel to the water's edge from the Start line to the turning flag placed approximately 100 meters distant. After rounding the turning flag clockwise competitors will run back towards the Start to the other turning flag, round that clockwise and enter the water.

Swim

The competitors will swim clockwise around the White swim #1 flag buoy and along the flag line to the Yellow / Blue #10 flag buoy turning clockwise and returning to shore .

Run

When exiting the water the competitors must run up to and around the turning flag clockwise and complete the 200 meter run course running parallel to shore back towards the Start, round the turning flag and run to the Finish line.

Judging

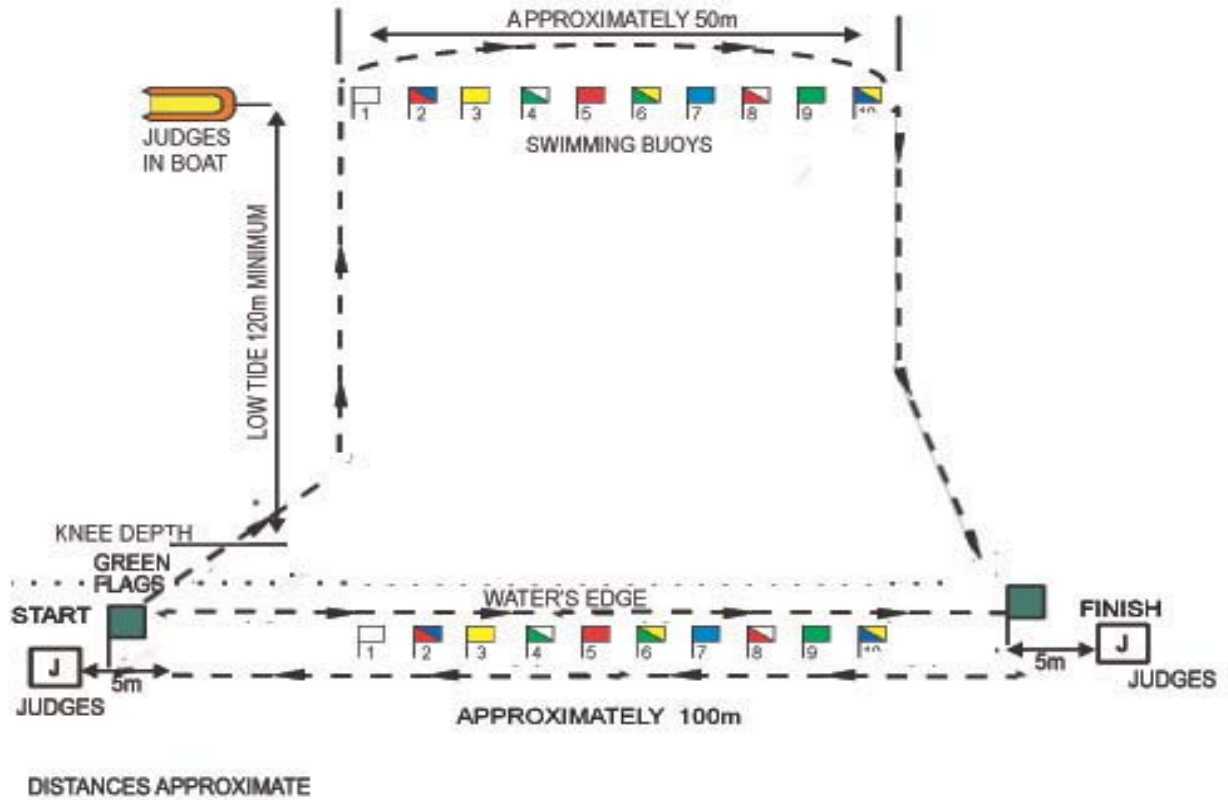
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.6 RUN-SWIM-RUN

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.7 BOARD RACE

(a) Event description

Competitors stand on or behind the start line on the beach with their boards 1.5 m apart.

At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

5.7.2 The course

The course layout shall be as detailed in the following Board Race diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoys:

Three buoys of the same color(s) and equal in size to a 50-litre drum shall be used: two "turning buoys" shall be placed approximately 75 m apart, and a minimum 250 m distance (same for Masters) from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

The start line,

depicted by a bright colored cord, shall be situated on the beach approximately 5 m from the water's edge. It shall be 30 m in length and marked by two poles at either end. The middle of the start line should be aligned with the first turning buoy, but may be altered at the discretion of the referee depending on the prevailing conditions to allow all competitors a fair passage around the first buoy.

The finish line:

shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same color(s) as the course buoys.

The middle of the finish line should be aligned with the third turning buoy, but this may be altered by the referee depending on the prevailing sea conditions.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Equipment

Boards: See Section 6 – *Equipment Standards*. The use of a replacement board is permitted provided that the competitor recommences the race from the start line.

Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

Judging

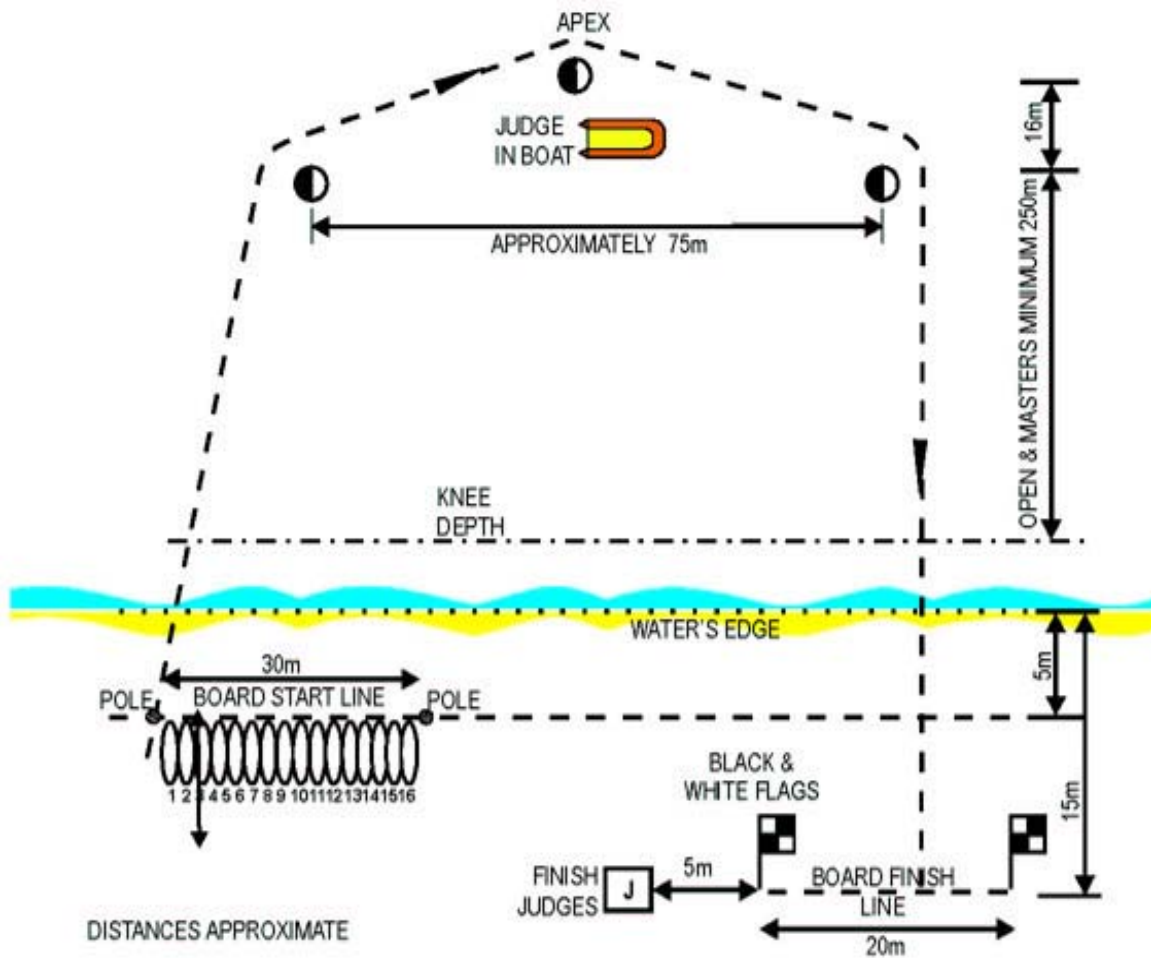
The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position while in control of the board.

Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the course as defined and described.

Control of craft. Competitors may lose contact and control of their board without necessarily being disqualified. To complete the race, competitors must have (or have regained) their board and cross the finish

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.7 RESCUE BOARD RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.8 SURFSKI RACE

Event description

Competitors steady their skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start.

On the starting signal, competitors paddle their skis around the apex course marked by three red buoys in a clockwise direction and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

Competitors may lose contact and control of their ski without necessarily being disqualified.

To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.

Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

Dry start and finish:

If conditions are such that the starter cannot provide a fair start, a dry start and/or dry finish (where the ski is left at the water's edge as in the board race) shall be used.

The course

The course layout shall be as detailed in the following diagram. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoys:

Three buoys equal in size to a 50 litre drum shall be used: two "turning buoys" shall be placed approximately 75 m apart, and a minimum of 300 m paddling distance from knee depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward of the turning buoys thus forming an arc with them.

The start line

need not necessarily be identified, but if required it shall be marked by two poles and positioned so that the centre of the start line is aligned with the first turning buoy.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

The finish line

shall be between 2 flags mounted on stands or poles or other suitable markers in a position where the craft will finish afloat without grounding.

The Flags should be 35 meters apart in knee-deep water on the other end of course.

The center of the finish line is usually aligned with the third turning buoy (allowing for prevailing surf conditions).

Equipment

Surf skis: See Section 6 – *Equipment Standards*.

Replacement skis or paddles for a competitor are permitted and may be brought to the water's edge by other Chapter Team members providing such replacement does not cause any interference to other competitors in the race and further provided that the competitor shall recommence the race from the original starting area.

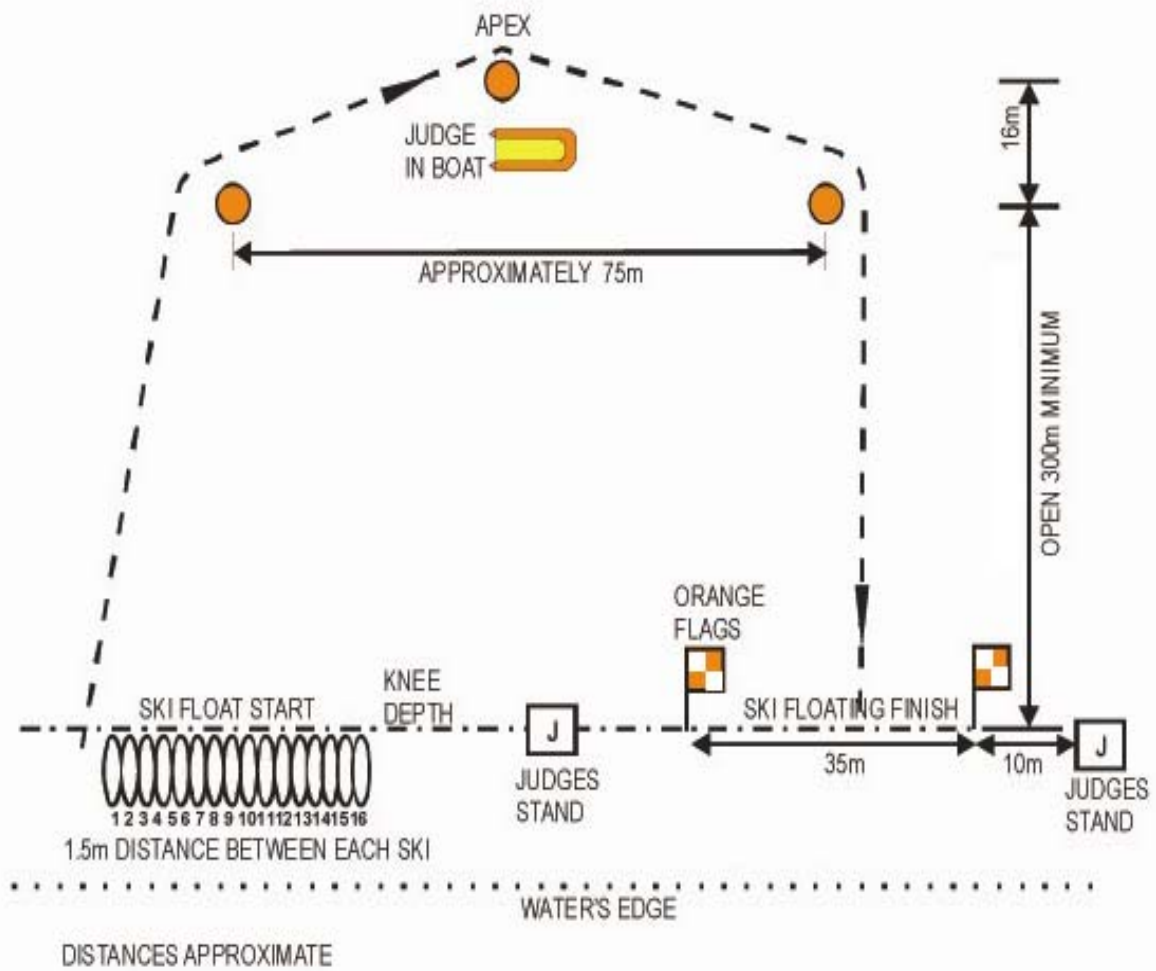
Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.8 SURFSKI RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.9 IRONMAN / IRONWOMAN

Event description

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Taplin Relay.

If the surf ski leg is first, competitors will start with a typical in-water start.

Starting positions:

Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and ski legs.

For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1, but commences the other craft leg from position 16.

Handler:

A member of the competitor's team assists the competitor.

With the referee's approval, a non-team member may act as handler provided he or she is a member of the USLA and is registered to participate at the championships in some capacity.

Handlers shall hold the ski in a floating position as per the diagram or as directed by officials; and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, board, and ski legs as indicated in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoy distances:

Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

The board leg buoys and ski leg buoys shall be positioned approximately 50 m and 130 m respectively behind the swimming buoys. The board leg buoys should be approximately 15 m apart and the ski buoys approximately 75 m apart, with the ski “apex” buoy a further 16 m to sea.

Flag layout:

Two flags located approximately 20 m from the water’s edge designate beach turning marks. One shall be positioned in line with swim buoy number 2, the other in line with the swim buoy number 9.

Two flags 5 m apart mark the finish line. They are positioned at right angles to the water’s edge and approximately 60 m from the first turning flag.

Start and changeover line:

The start and changeover line shall be approximately 30 m in length, centered on the swimming flag buoy number 1 approximately 5 m from the water’s edge, and marked by a 2 m high pole at either end.

The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg. Competitors are not required to cross the start and changeover line after the race has commenced.

Board course:

The board leg is conducted from the start and changeover line to pass White flag #1 swim buoy on the outside; round the two black and white swim course buoys; return to the beach passing Blue / Yellow #10 swim buoy on the outside; and round the two beach turning flags.

Ski course:

The ski leg is conducted with the skis starting from the ski floating position as per the diagram, around three buoys, return to the beach and run around the two beach turning flags. Competitors must pass on the outside of all buoys. Competitors shall not cut through swim course or board course buoys.

Swim course:

The swim leg is conducted from the start and changeover line, around all the swimming flag buoys # 1- 10, return to the beach and around the two beach turning flags.

Beach sprint course and finish:

The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Note: Competitors round the turning flags in the same direction as the Buoys for each leg of the course.

Equipment

Surf skis, paddles, boards: See Section 6 – *Equipment Standards*.

Changing of damaged craft.

A board or ski shall not be changed during a section of the event unless it is damaged or becomes unseaworthy.

Team members/handler shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Paddles:

A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.

Control of craft: Competitors must be in control of the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position. Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.10 AMERICAN IRONMAN

Event Description

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a solo surfboat leg, and a beach sprint finish.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surfboats, board races, surf races, beach sprints.

The sequence of legs shall be determined by draw at the commencement of each competition at least one hour prior to the race. The same ballot shall determine the order of legs for the Ironman and Taplin Relay.

If the surf boat leg is first, competitors will start with a typical Surfboat start with a handler.

Starting positions

Competitors must commence craft legs from the correct allotted beach positions.

The starting positions are reversed for the board and surfboat legs.

For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1 but commences the other craft leg from position 16.

Handler

A member of the competitor's team assists the competitor. With the referee's approval, a non-team member may act as handler provided he or she is a member of the USLA and is registered to participate at the championships in some capacity.

Handlers shall hold the surfboat in a floating position as per the diagram or as directed by officials; and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, board, and surfboat legs as indicated in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Buoy distances

Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark. The board leg buoys and surfboat leg buoys shall be positioned approximately 50 m and 130 m respectively behind the swimming buoys. The board leg buoys should be approximately 15 m apart and the surfboat buoys approximately 75 m apart, with the surfboat "apex" buoy a further 16 m to sea.

Flag layout

Two flags located approximately 20 m from the water's edge designate beach turning marks. One shall be positioned in line with swim buoy # 2, the other in line with the swim buoy # 9. Two flags 5 m apart mark the finish line. They are positioned at right angles to the water's edge and approximately 60 m from the first turning flag.

Start and changeover line

The start and changeover line shall be approximately 30 m in length, centered on the swimming flag buoy number 1 approximately 5 m from the water's edge, and marked by a 2 m high pole at either end.

The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg. Competitors are not required to cross the start and changeover line after the race has commenced.

Swim Course

Swim clockwise approximately 250 meters around the two center swim flag buoys (Red #5 to Green/Yellow #6).

Board course

Board paddle approximately 400 meters clockwise from the start and changeover line to pass White flag buoy #1 on the outside; round the two black and white swim course buoys; return to the beach passing Blue / Yellow flag buoy #10 on the outside; and round the two beach turning flags.

Solo Surfboat Course

Row a Surfboat clockwise around the three buoy apex course. Competitors must pass on the outside of all buoys. Competitors shall not cut through swim course or board course buoys.

Beach sprint course and finish

The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Note: Competitors round the turning flags in the same direction as the buoys for each leg of the course.

Competitors can drop crafts in knee-deep water and continue race. Handlers must remove craft from finish area. Handlers must not interfere with another competitor. If they do, their competitor is subject to disqualification.

The start

SWIM: Start behind line, minimum 5 meters from water's edge, directly in front of middle swim buoy.

BOARD: Start minimum 5 meters from water's edge behind line.

SURFBOAT: Start minimum 5 meters from water's edge behind line. Run down to surfboat already in surf. Helmets are required to be worn during surfboat leg.

The finish

Shall be between two flags and into a funnel at the end of a 50 meter run. Competitors must cross the finish line in an upright position.

Equipment

All boards and boats shall conform to USLA Rules. Handlers must wear a Team Competition Cap.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line.

Competitors must finish on their feet in an upright position.

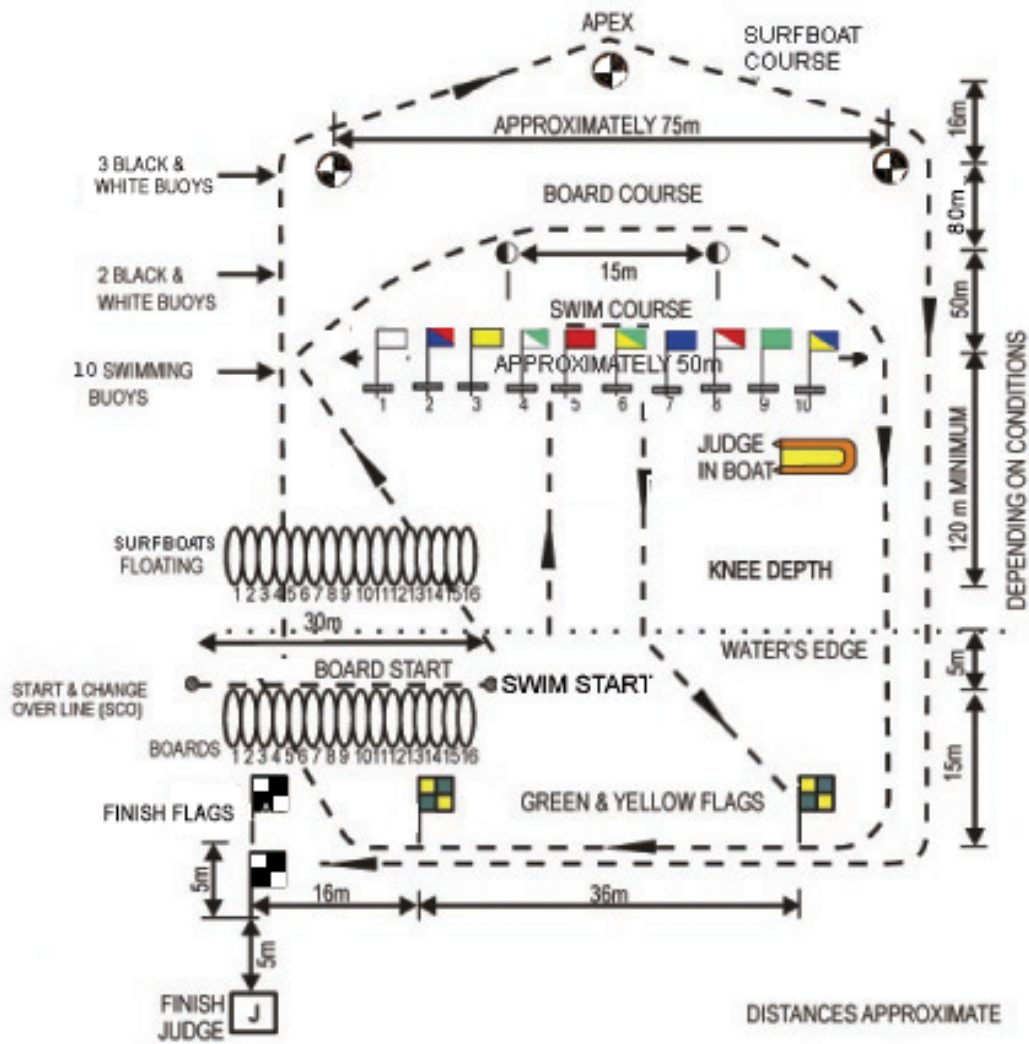
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the surfboat or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.10 AMERICAN IRONMAN

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.11 AMERICAN IRONWOMAN

Event Description

Competitors cover an approximately 950 meter course that includes a swim leg, a board leg, and a beach sprint finish.

Starting positions

Competitors must commence craft legs from the correct allotted beach positions.

Handler

A member of the competitor's team assists the competitor. With the referee's approval, a non-team member may act as handler provided he or she is a member of the USLA, and is registered to participate at the championships in some capacity.

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim and board legs as indicated in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Buoy distances

Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark. The board leg buoys shall be positioned approximately 50 m behind the swimming buoys. The board leg buoys should be approximately 15 m apart.

Flag layout

Two flags located approximately 20 m from the water's edge designate beach turning marks. One shall be positioned in line with swim buoy # 2, the other in line with the swim buoy # 9.

Two flags 5 m apart mark the finish line. They are positioned at right angles to the water's edge and approximately 50 m from the first turning flag.

Start and changeover line

The start and changeover line shall be approximately 30 m in length, centered on the swimming flag buoy # 1 approximately 5 m from the water's edge, and marked by a flag or pole at either end.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg.

Competitors are not required to cross the start and changeover line after the race has commenced.

Swim Course

Swim approximately 250 meters clockwise around the two center swim flag buoys (Red to Green/Yellow); and run around the two beach turning flags.

Board Course

Board paddle approximately 400 meters clockwise from the start and changeover line to pass White flag #1 buoy on the outside; round the two black and white swim course buoys; return to the beach passing Blue / Yellow #10 buoy on the outside; and run around the two beach turning flags.

Run Course

Run consists of three legs: the first 150 meters, the second 50 meters, and the third 100 meters.

Start

The start will be at the left end of the course facing down the beach. The competitors will run down the beach 100 meters to a flag, round the flag and run back 50 meters to a flag in the middle of the course. After rounding the center flag, the competitors enter the water for the swim.

Finish

A funnel finish will be set up at the same location as the starting line. Competitors must cross the finish line in an upright position.

Equipment

All boards shall conform to USLA Rules. Handlers must wear a team cap.

Equipment removal

To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

United States Lifesaving Association

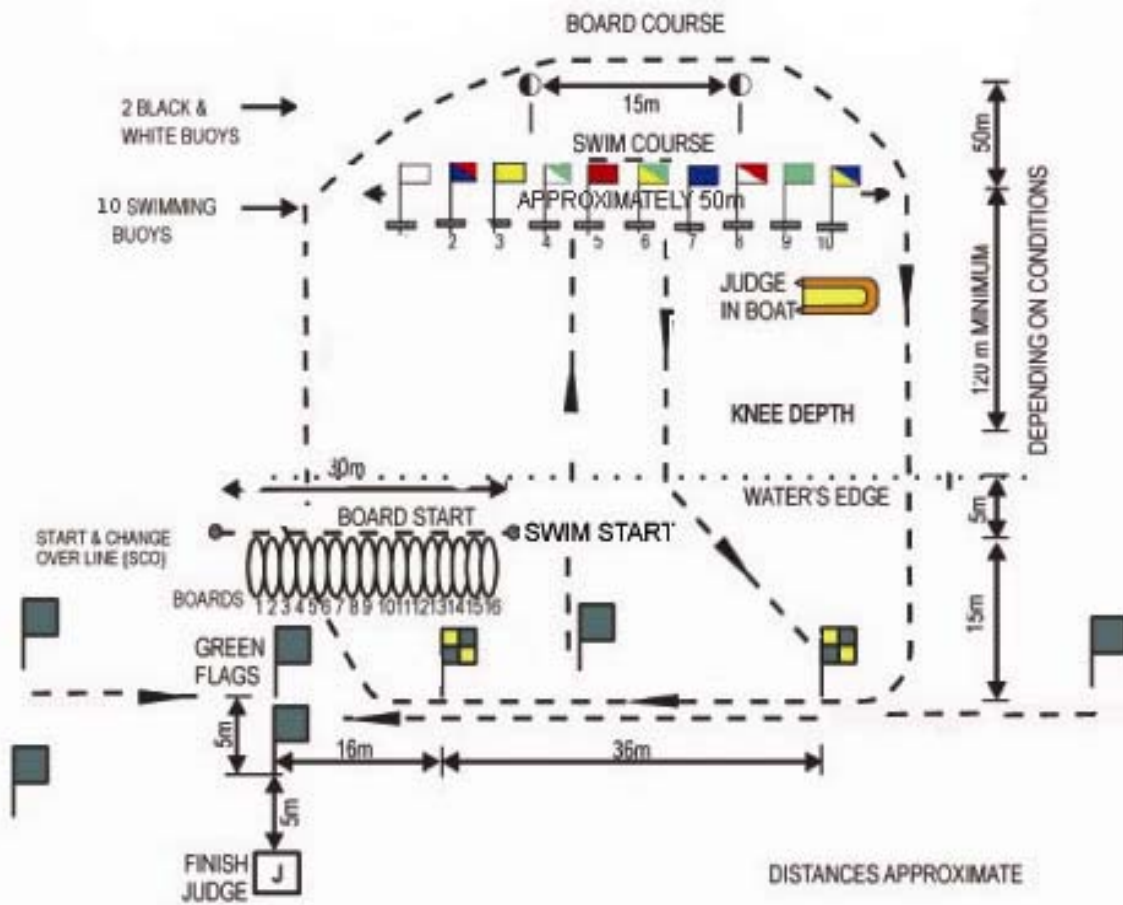
Lifeguard Competition - Rules and Operational Procedures

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.11 AMERICAN IRONWOMAN

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.12 BEACH FLAGS

Event description

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Starting position

Competitors take their allotted positions, a minimum of 1.5 m apart at the start line.

Competitors lie face down with their toes on the start line with heels together, hands on top of each other with fingertips to wrist and with the head up. Elbows must be extended forward so that the chest lies flat on the sand. The body's mid-line should be 90 degrees to the start line. No scooping of the sand or digging, or digging in of the feet is permitted.

The start

Beach Flags start procedure is different from the procedure described in *The Start*. For Beach Flags, the start is as follows:

Prior to the start, a marshal shall:

- a) Place competitors in the order as drawn for the run-through.
- b) Accompany competitors to the starting area to ensure they are positioned in proper order.

The referee shall:

- a. Check that all officials, judges and equipment are in position.
- b. Signal the official start of each race with a long whistle indicating that the competitors should take their positions on the start line.
- c. Signal the starter that the competitors are under the starter's control.
The starter shall be positioned out of view of the competitors.

On the starter's "Competitors **Ready**" command, competitors shall assume the starting position as described.

On the starter's "Heads **Down**" command, competitors – at once and without delay – shall place their chins on their hands.

- a. After a deliberate pause and when all competitors are stationary, the starter shall signal the start with a whistle blast.
- b. At the start signal, competitors shall rise to their feet and race to obtain a baton.

Starting infringements

The following behaviors are starting infringements in Beach Flags:

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

- a. Failure to comply with the starter's commands within a reasonable time.
- b. Lifting any part of the body from the sand, or commencing any starting motion after the starter's "Heads down" command and prior to the start signal.

Any competitor who commits a starting infringement shall be eliminated. Competitors eliminated from the event shall retain the point score and/or placing as at that time in the event.

If a competitor is disqualified or eliminated, the remaining competitors and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start has occurred.

Notes:

- Competitors are not permitted to "deliberately impede" the progress of another competitor (See *Deliberate Impedance in Disqualification.*)
- Competitors are not permitted to pick up more than one baton.

Draw for positions

There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals when contestants have been reduced to eight, there shall be a draw for positions after each run-through.

Number of competitors eliminated

The referee shall determine the number of competitors to be eliminated in each run-through of each heat.

No more than three competitors may be eliminated in any one run through.

In semi-finals and finals, no more than one competitor can be eliminated in any run-through.

Run-offs

A run-off between the competitors involved shall be called if two or more competitors hold the same baton, and judges cannot determine which competitor's hand grasped the baton first – regardless of the hand position on the baton.

The course

As shown in the following diagram, the course shall be approximately 20 m from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5 m between each of up to 16 competitors. The start line shall be designated at each end by poles, 2 m high.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Batons shall be positioned in line parallel to the start line, and so that a “perpendicular line” between any two adjacent competitors shall pass approximately through a baton.

Equipment and apparel

Beach flags (batons): See Section 6 – *Equipment Standards*.

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors’ discretion

Judging

The referee or referee’s appointee shall be positioned to maintain overall supervision.

The starter and start judges shall be placed at either end of the starting line to observe any starting infringements. Course judges shall be placed on either side of the course to observe run-throughs and participation infringements.

Finish judges shall be positioned a few meters behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for the next run-through.

Disqualification

Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a competitor in a subsequent segment.

A competitor *eliminated* from the event shall retain the point score and/or placing as at the time in the event. However, a competitor *disqualified* from the event shall lose all standing from the event.

In addition to the *General Rules* the following behavior shall result in disqualification:

- a. Failure to complete the event as described and defined.
- b. Deliberately impeding the progress of another competitor.
- c. Picking up more than one baton.

Deliberate impedance: Any competitor who commits deliberate impedance on another competitor shall be disqualified from the event.

Deliberate impedance is defined as “the deliberate use of hands, arms, feet or legs to impede another competitor’s progress”.

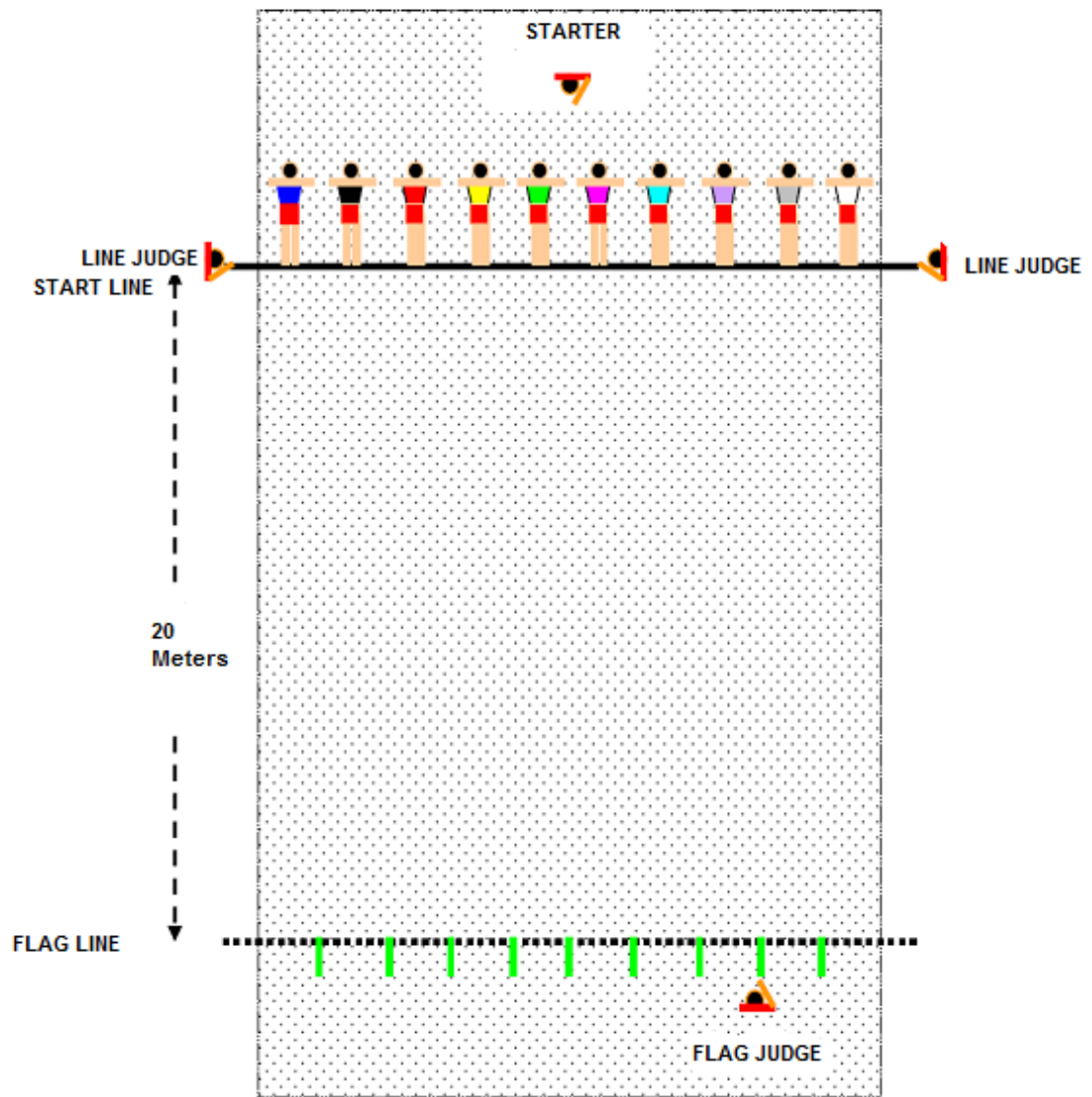
United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

A competitor may otherwise use his or her body to improve his or her position in obtaining a flag. A competitor may negotiate the shoulder and or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position.

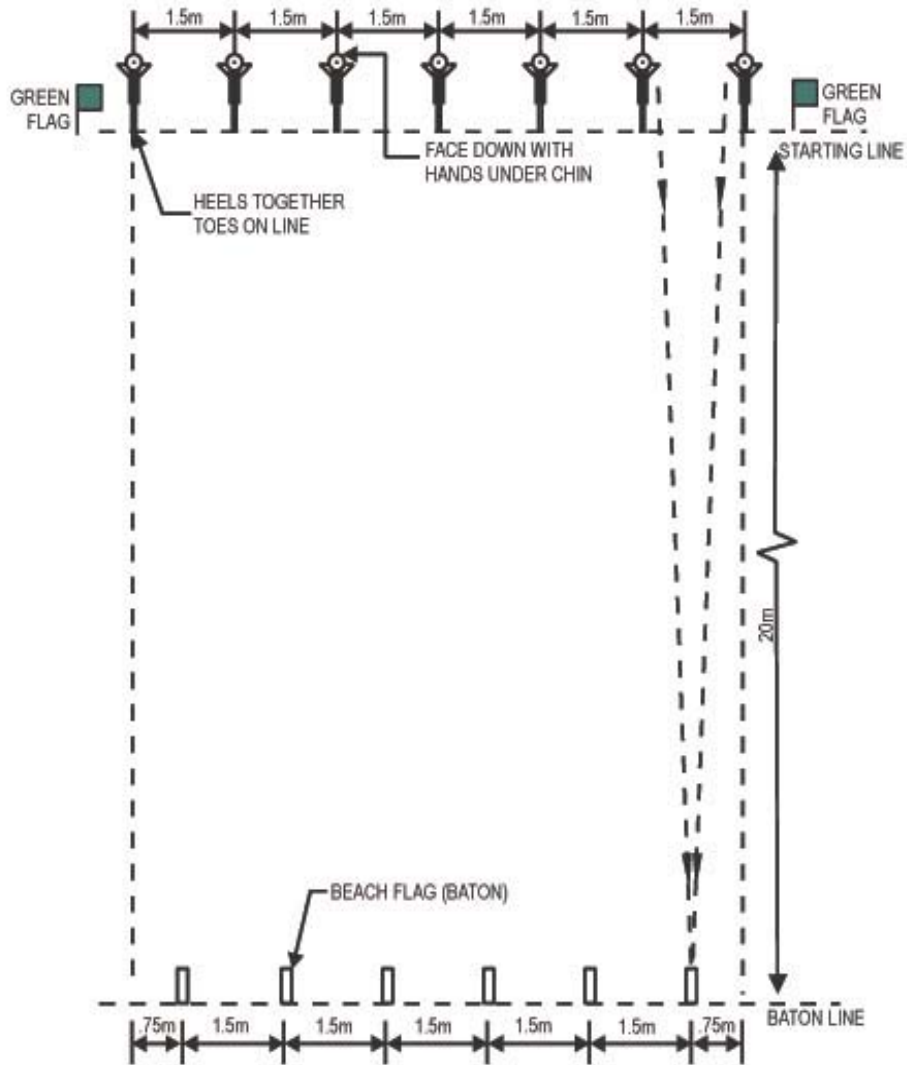
If a competitor legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.

A competitor may cross over in front of a slower competitor.
If two or more competitors are guilty of deliberate impedance, the competitor who first used hands, arms, feet or legs will be disqualified.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.12 BEACH FLAGS

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.13 BEACH RUN-2km

Event description

Competitors race 2000m on the beach in two 1000m legs as follows:
On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 1000m distant, and return 1000m toward the starting pole and then race to cross the finish line.

Jostling or obstructing another competitor so as to impede their progress is not permitted.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

The finish is judged on the competitor's chest crossing the finish line.
Competitors must finish on their feet in an upright position.

The course

The course shall be laid out on the beach parallel to the water's edge in two 1000m lanes. The referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a brightly colored synthetic cord stretched between 2 poles.

The finish line shall be an extension of the start line toward the water. The end of the finish line shall be marked by a third pole. The referee shall determine the length of the start and finish lines.

Running lanes

The course shall be divided into 2 lanes parallel to the waterline. The lanes shall be divided by colored tape, bunting, or other appropriate material.

A flag or pole situated 1000m from the start at the end of the lane divider shall designate the turning point.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. All competitors must wear beanies with appropriate team colors. Shoes are optional.

Judging

The referee shall be positioned at one side of the course to maintain overall supervision.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

Break judges shall be positioned about 5m away, in line, and on either side of the starting line. If a break occurs, the break judges shall report the competitors to the starter who shall issue a warning.

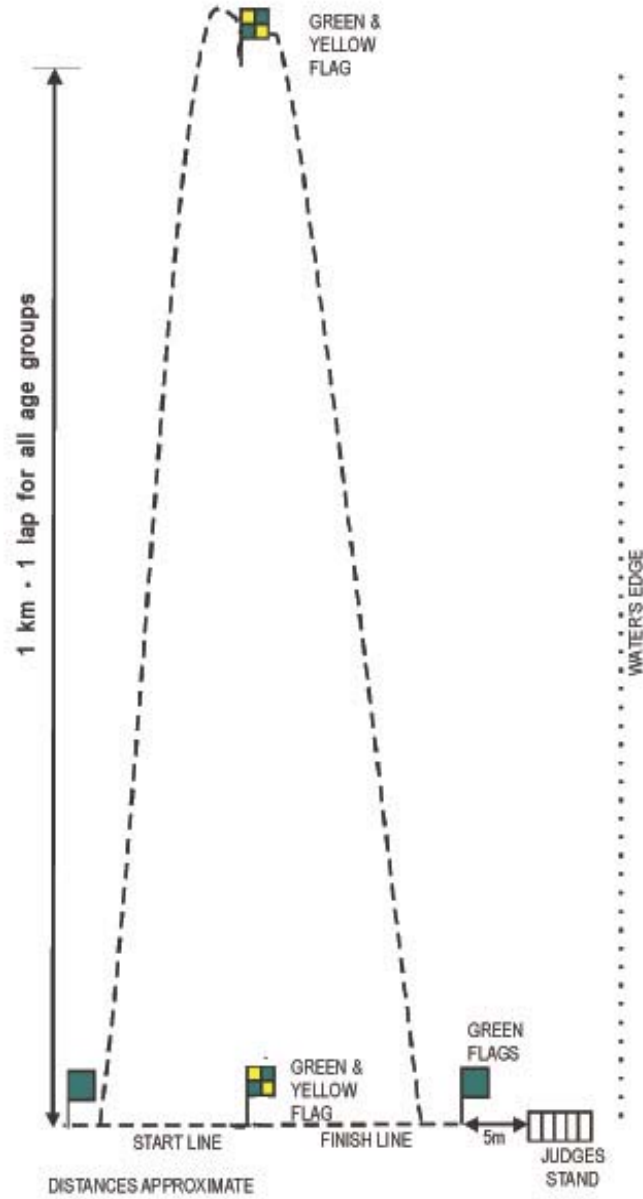
Course judges may be appointed to ensure the competitors run the course without interference to other competitors.
A judge shall be positioned at each turning pole to ensure no unnecessary jostling or interference occurs.

Finish judges shall select final placings.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.13 BEACH RUN

DISTANCE: 2 km COURSE: Two 1km legs

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.14 SURFBOAT RACE

Event Description

Two person Surfboat teams row around the three outside buoy courses returning to shore where one member disembarks from the boat and runs up to the touch line. Once across the touchline the member can return to their surfboat for a second lap, repeating the touch line run. At the finish of the third lap one member must leave the boat and run up to and across the finish line.

Three lap races are approximately 2000 meters, two laps are approximately 1300 meters, one lap is approximately 665 meters.

Competitors may lose contact and control of their surfboat without necessarily being disqualified.

Competitors are not permitted to hold or otherwise interfere with other competitors' surfboat or deliberately impede their progress.

The course

The Surfboat Race shall row round all three Red buoys three times beginning on the left side of the course. First lap is clockwise, second lap counterclockwise, third lap is clockwise.

Ten surfboat teams per heat shall be allowed. Lane placement of all teams shall be determined by random draw prior to start of the race. The center lane will be established prior to the race. Surfboats will be positioned equally on both sides of the center lane. Lane 1 will be that lane furthest to the left looking seaward.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

Equipment

Surfboats shall conform to the USLA specifications. Helmets shall be worn by all rowers.

Special Instructions for the Officials

The Clerk-of-the-Course shall be responsible for the check-in of all registered rowers at the race site. He shall use a public address system to call all participating surfboat crews together 45 minutes prior to the beginning of the race. At the pre-race meeting the clerk will explain the course, the starting commands, and conduct the draw for lanes. The clerk should conduct the lane draw for each heat at the pre-race meeting. After that there should be no more meetings or lane draws. Any crew which does not have at least one of its members present for the lane draw will be disqualified. Under certain mitigating circumstances, such as being involved with another competition, the Course

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Clerk has the right to waive the disqualification, provided that prior notification has been given.

The Start

The Starter shall stand in the direct center of the starting line of surfboats, in a position to be clearly visible to all participants, and by use of an audio hailer indicate to the rowers that the race is about to begin.

The Starter issues the command "Rowers, you are in the hands of the Starter". At any time following that command, the gun may be fired.

The Starter will serve as an Official Judge of touch lines and the funnel finish, and may enlist additional judges, as they are needed.

The bowman must be out of the surfboat and must hold the boat stationary. At the sounding of the Starter's pistol the bowman may enter the surfboat.

The stern man must be behind the starting line until the Starter's gun is fired.

At that time, he may hasten to join his partner in the surfboat and proceed with the race. There shall be no "holder-pusher."

The Race

The surfboats will proceed through the surf until reaching the first buoy. They will round it and continue over the designated buoy course until they return to the beach.

Upon reaching the surf line, one member of each crew must leave the surfboat and run up the beach to the touch line. Any part of their body may make contact, after which they may return to the surfboat to begin their second lap. The touch line shall be a continuous imaginary line between two specified points.

The second lap travels in reverse of the first lap, and the same procedure is required for the completion of lap two.

The Finish

At the completion of the third lap, the surfboat must pass the last buoy, after which time any member of the crew may complete the lap.

One member of the crew must leave the surfboat and run up the beach, and pass through the funnel finish in an upright position.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Open Women, and Masters Men's Events

Open Women, and Men's Masters events 30-34, 35-39, 40-44, 45-49 will be two laps only. Events will start and finish at the finish line area. Same as lap two and lap three are run in the Open event.

Masters Women 30+, and Men's 50+ will be one lap.

Equipment removal

To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. All assistance other than rescue related in providing replacement oars, etc. must be done behind the touchline.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

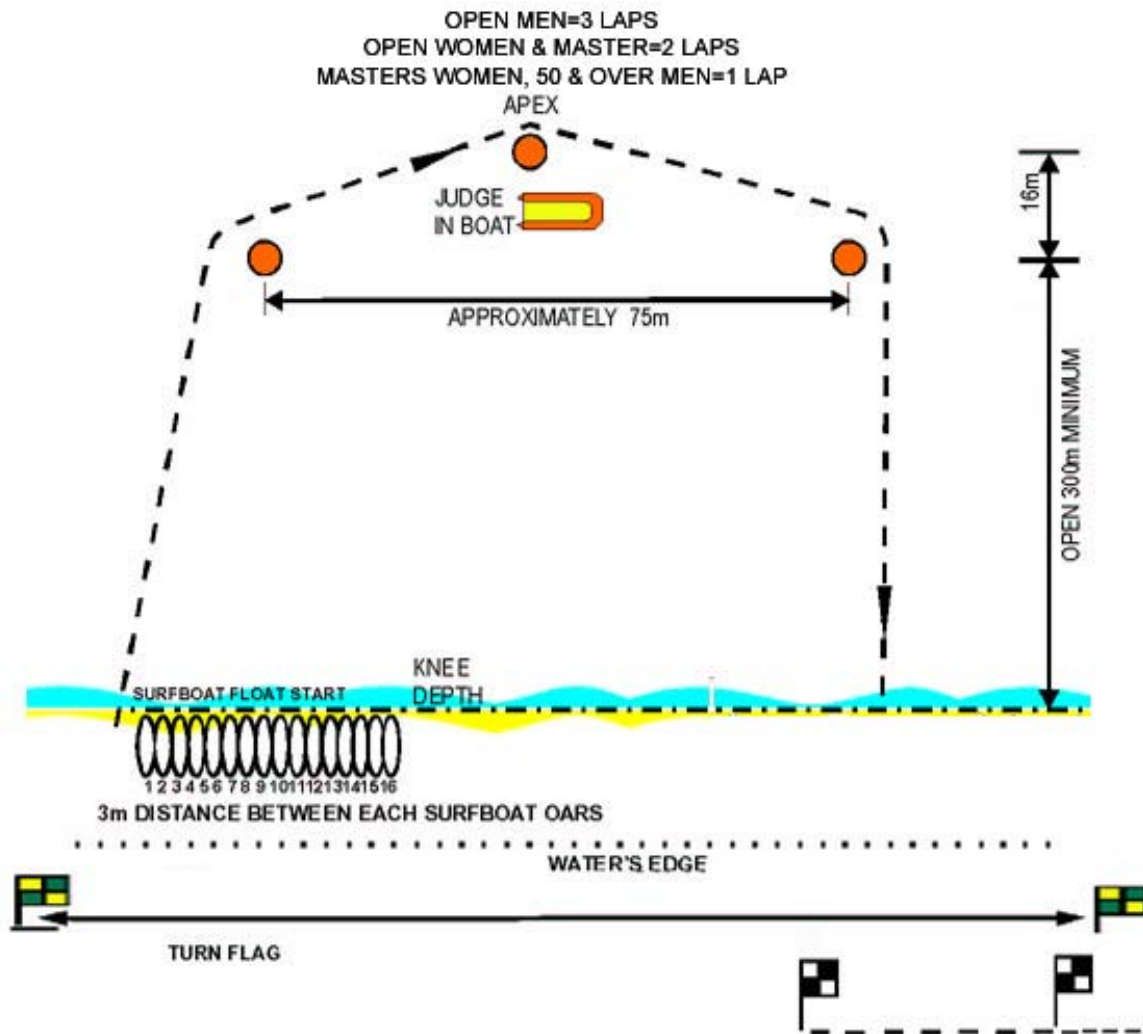
Control of craft

Competitors must be in control of the surfboat up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys.

Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.

One member of the crew must remain with the Surfboat and attempt to maintain control of the Surfboat until after his teammate has passed through the funnel and across the Finish line.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.14 SURF BOAT RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.15 BOARD RESCUE

Event description

In this event, one member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

Competitors must start from the correct allotted position. Competitors swimming to and signaling from the wrong buoy shall be disqualified.

First competitor

From the allotted position on the start line on the beach, and on the start signal, the victim enters the water, swims to place a forearm over the top of the allotted swimming buoy, signaling arrival by waving the designated flag or raising the other arm to a vertical position while in contact with the buoy.

The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signaling the victim has touched the buoy.

Second competitor

On the victim's arrival signal, the board rescuer enters the water and paddles to the victim on the seaward side of the allotted buoy. The victim must make contact with the board on the seaward side of the buoy.

The board rescuer may not start before the victim signals arrival.

The board must round the buoy clockwise (right hand in) before proceeding to shore with the victim.

Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.

The finish is judged on the chest of the first competitor of each team to cross the finish line on their feet in an upright position, with both rescuer and victim in control of and in contact with the board.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

The Course

The course layout shall be as detailed in the following diagram.

The boards must be paddled around the allotted buoys clockwise (right side in) unless otherwise advised by the referee prior to the event.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Equipment

Boards: See Section 6 – *Equipment Standards*.

Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Control of victim or board

Rescuers and victims may lose contact with the board on the return journey, but both must be in contact with the board when crossing the finish line.

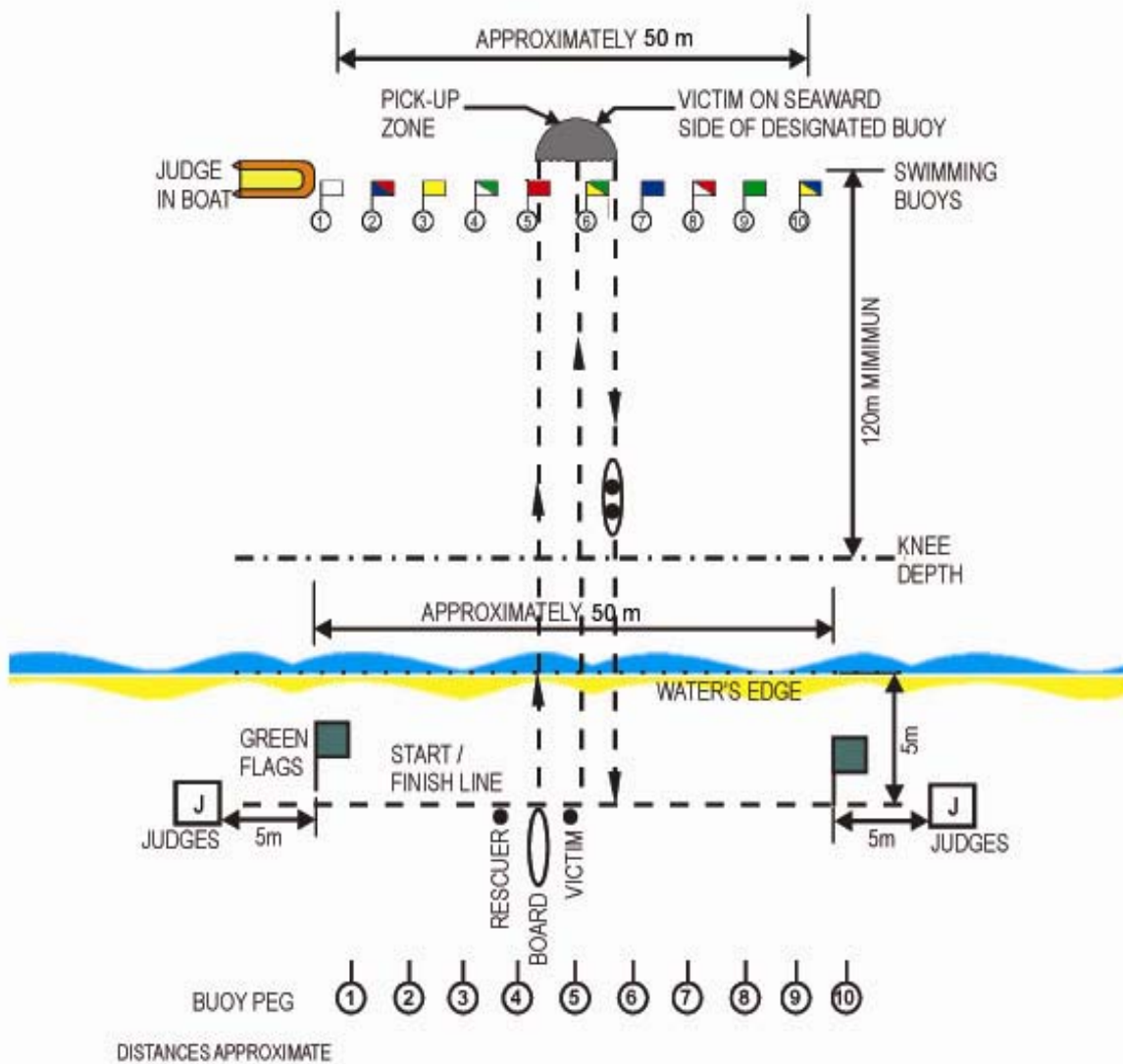
Victim pickup

While it is not required that the entire board be on the seaward side of the allotted buoy, the victim must make contact with the board on the seaward side.

Disqualification

In addition to the *General Rule* the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.15 BOARD RESCUE RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.16 RESCUE RACE

Event description

Four competitors from each team participate in this event: a “victim,” one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line at their allotted lane while in contact with the victim.

The Start

All four competitors assemble at their team’s allotted lane position at the start line facing the water. The rescue tube swimmer holds the rescue tube and swim fins in his or her hands or places them on the shoreward side of the start/finish line.

Victim

On the starting signal, the victim enters the water, swims to touch the allotted buoy, signaling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signaling the victim has touched the buoy, such as dipping the flag. Competitors must start from the correct allotted position. Competitors swimming to and signaling from the wrong buoy shall be disqualified.

Rescue tube swimmer

On the victim’s arrival signal, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims clockwise past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy.

The rescuer secures the rescue tube correctly around the victim’s body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube.

With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the beach.

Rescuers

After the rescue tube swimmer has started to tow the victim to the beach, the two rescuers, at their discretion, may cross the start line to enter the water and assist the rescue tube swimmer to bring the victim to the beach. The victim must be dragged or carried to the finish.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

The Finish

The finish placings are judged on the chest of the first team member crossing the finish line on their feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

Notes:

- At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start/finish line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be worn.
- Rescue tubes must be worn with the loop across or over one shoulder. The tube must be towed behind the competitor with the line fully extended.
- The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.
- Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring, and with the line fully extended.
- The victim must not be towed on the stomach.
- During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.
- At no time, may the victim assist by walking or running.
- Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

The course

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The start/finish line

a brightly colored cord stretched between the ten poles carrying flags, approximately 50 m apart – shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. The start line will also be the finish line. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

The swimming buoys shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Equipment

Rescue tube, swim fins: See Section 6 – *Equipment Standards*.

Competitors must use rescue tubes provided by organizers.

Judging

Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole.

An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

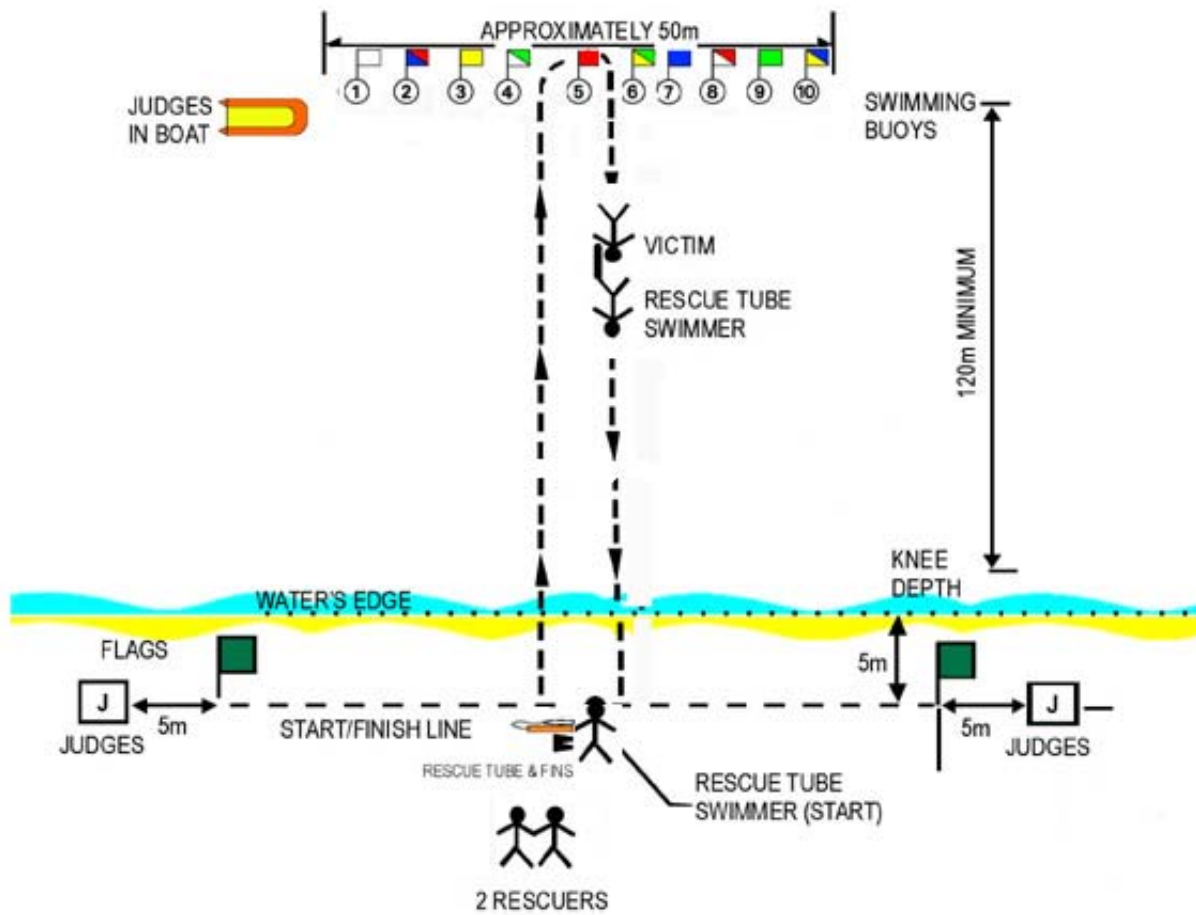
Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned.

An in-boat judge observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



DISTANCES APPROXIMATE

5.16 RESCUE RACE

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

5.17 LANDLINE RESCUE RACE

Event Description

This event consists of 4 persons: one victim, one landline swimmer, and two landline pullers.

Each team will be assigned to a lane and corresponding flag buoy by random draw immediately before the heat.

Heats will consist of no more than ten teams.

Prior to the start the victim is placed at the designated buoy and the swimmer and landline pullers assemble at their team's allotted position.

At the start the landline swimmer with shoulder strap or harness already on, swims in the assigned lane to the victim. Only the landline pullers may feed line to the swimmer.

When the swimmer reaches the victim, the swimmer raises one arm in the air as a sign to the pullers to commence pulling.

The victim must hold onto the rescue can with both hands at all times, and may kick.

Upon signal from the swimmer, the pullers pull victim and swimmer to the beach. The pulling area is restricted to the assigned lane and may be no greater than 25 meters long (see Figure 5.5).

Tying any knots in loop form is not permissible.

Carrying the line in loop form by the rescuer is permitted.

Launching the rescuer into the water by the pullers is not permitted.

The Course

As shown in the following diagram, the course shall be approximately 250 m.

The Start

Before the start of the race the victims are positioned at the flag buoys in their lane. The victims must keep in contact with their flag buoy until receiving the rescue can from the swimmer. At the start of the race the swimmer and the pullers must be behind the start line in their designated lane.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

The Finish

All four team members must cross the finish line in their assigned lane in contact with each other. The victim may not aid in any way (walk, crawl, etc.) with their transport across the finish line. When the victim is being carried from the water, they must hold on to the rescue can with at least one hand.

Victims must be carried across the finish line.

Equipment

Rescue can

"Mini or Maxi" with shoulder or waist harness, swim fins to be worn by the landline swimmer, 600 ft landline, no less than one-quarter (1/4) inch in diameter. Landline must be kept in some sort of container (a bucket, on a reel, in a bag), but may not be laid out prior to the start of the race.

See Section 6-*Equipment Standards*.

Judging

Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole.

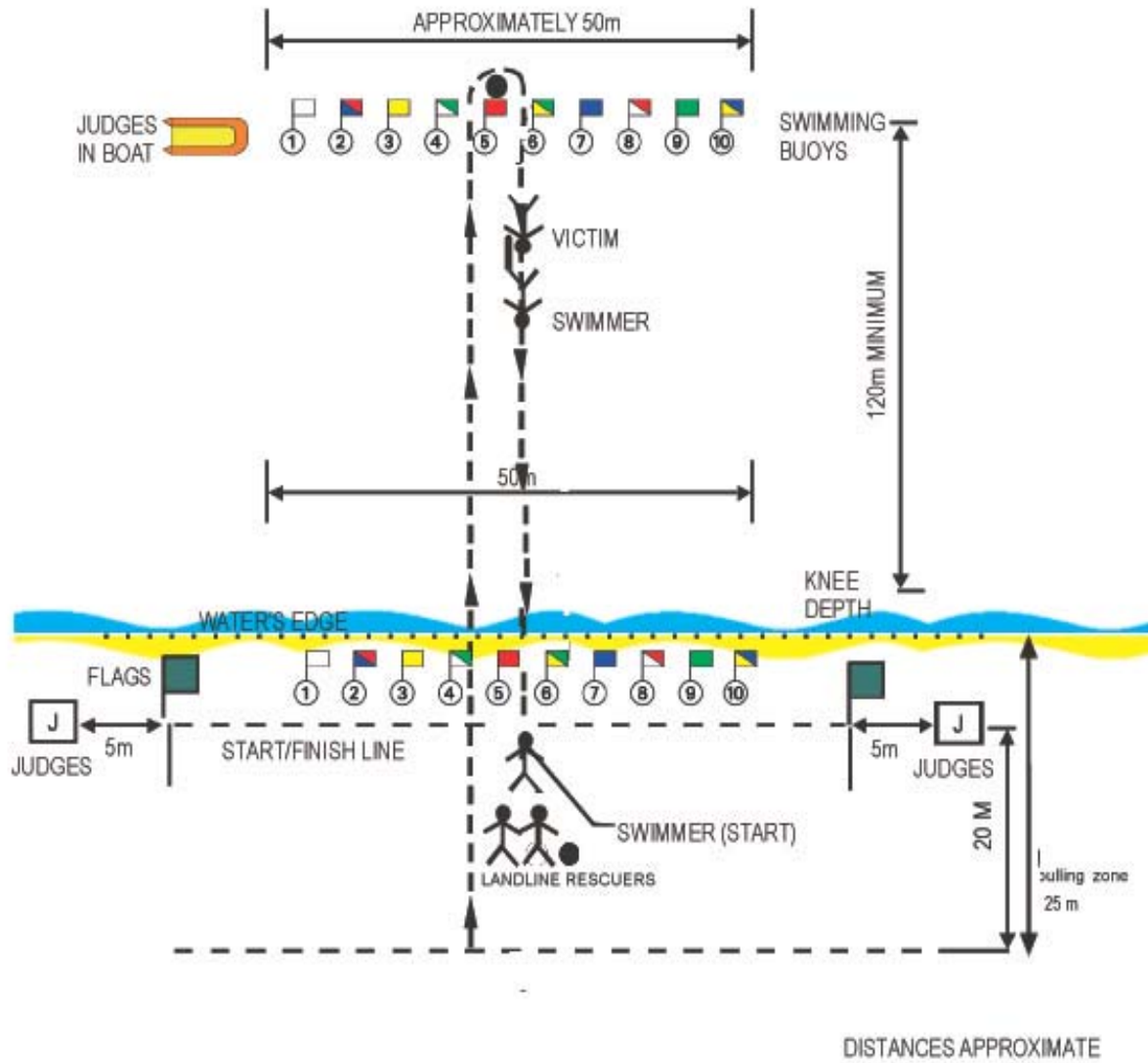
An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. An in-boat judge observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



5.17 LAND LINE RESCUE RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.18 BEACH RELAY

Event description

Teams of four individuals compete in baton relay fashion over a 100 yard course.

To start, two competitors take positions in their allotted lane at each end of the course.

After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner.

All competitors shall finish their leg of the event on their feet and in an upright position.

Competitors are not permitted to interfere with the progress of other competitors.

The start

The start shall be with the first competitor taking the mark.

The finish

The finish will be judged by any part of the torso of the 4th member of the relay team crossing the finish line. Competitors shall be placed at the finish in the order in which their bodies (*i.e.*, the "torso," as distinguished from the head, neck, arms, hands, legs, or feet) crosses the finish line.

Baton changeovers

The baton shall be exchanged in the following manner:

No marks or objects may be placed on the course or surrounding area which may assist the runners with their baton exchange.

The competitor coming in to exchange the baton must carry the baton to the front line. (The baton may not be thrown to the next competitor.)

Competitors receiving the baton on the first, second, and third exchange must be stationary and behind the line while taking the baton, The runner taking the baton shall stand with both feet behind the exchange line, and must not cross the line until he or she has possession of the baton and will be disqualified if they cross the front line before taking possession of the baton.

No running starts shall be allowed.

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

Runners must be stationary when receiving the baton.

If a baton is dropped during the exchange, the receiver may recover the baton (ensuring that there is no interference to other competitors) and continue the race.

If a baton is dropped at any other stage, the competitor may recover the baton (providing that there is no interference to other competitors) and continue the race.

The course

The course shall be as shown in the following diagram.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

Different colored singlets or vests may be required by the officials to assist in judging the finish.

Baton:

See Section 6 – *Equipment Standards*.

Judging/changeovers

In general, judging shall be as for the other beach events with the course judges, and the finish judges assuming similar duties in regards to the start and finish.

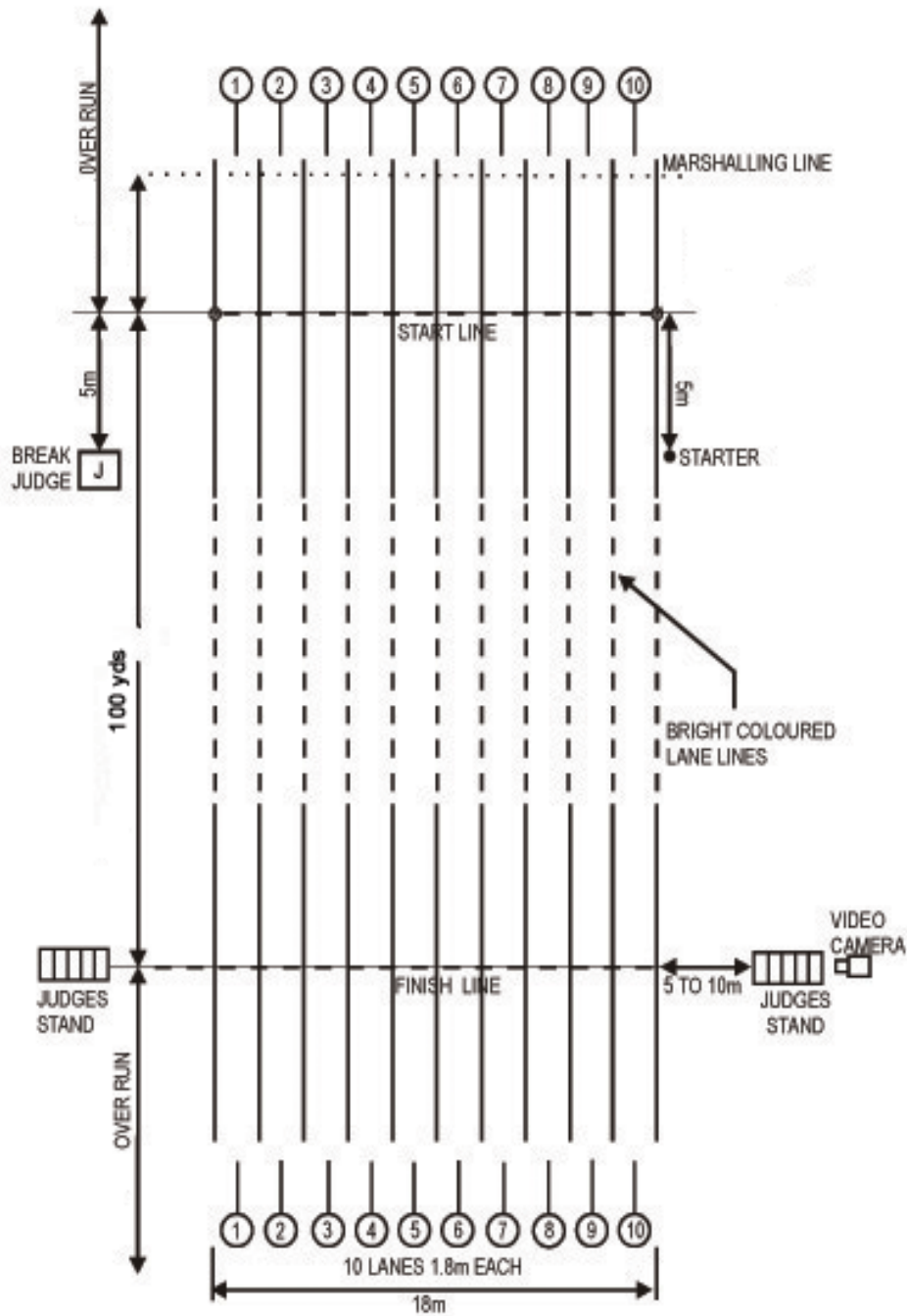
Course judges shall be appointed to check the changeover lines for infringements at each end during the changeovers.

Any infringements observed by the course judges shall be reported to the referee in the case of the changeovers.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures



DISTANCES APPROXIMATE

5.18 BEACH RELAY RACE

United States Lifesaving Association

Lifeguard Competition - Rules and Operational Procedures

5.19 TAPLIN RELAY

Event description

Teams of 4 competitors (1 swimmer, 1 board paddler, 1 surf ski paddler, and 1 runner) cover the approximately 1400 meter course in a sequence of legs determined by draw at the start of each competition.

The run leg is always the final leg.

If the ski leg is first, competitors shall start with a typical in-water start.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

Competitors must commence their leg of the event from the correct allotted beach position.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The following event description assumes the order to be: swim – board – ski – run. The course direction is clockwise.

Swim leg

From a beach start, swimmers enter the water, swim around the swimming course flag buoys White #1 to Yellow/Blue #10, and return to the beach, run around the 2 beach turning flags to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start/changeover line.

Board leg

Board paddlers enter the water with their boards; pass swim buoy White flag #1 on the outside; round the 2 board course buoys; return to the beach passing swim Flag buoy Yellow/Blue #10 on the outside; round the 2 turning flags, and through the start/changeover line to tag the ski paddlers, who are waiting with their surf skis and paddles in approximately knee depth water. On their return, board paddlers may leave their boards at the water's edge.

Ski leg

Ski paddlers paddle around the ski course buoys and return to shore to tag the runners waiting at the water's edge or in the water.

Paddlers must pass on the outside of all buoys. Paddlers shall not cut through swim course or board course buoys.

United States Lifesaving Association Lifeguard Competition - Rules and Operational Procedures

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag.

Run leg

Runners then round 1 turning flag, pass the other flag on the shoreward side, and continue to the finish between the 2 finish flags.

Equipment

Surf ski, paddle, board: See Section 6 –Equipment Standards. Each team shall provide at least 1 board and 1 surf ski.

Team members shall place gear adjacent to the respective starting areas for the various craft.

Equipment removal

To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.

Control of craft

Competitors must be in control of the surfski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in each leg in control of the craft and complete the course.

Judging

The finish is judged on the competitor's chest crossing the finish line.

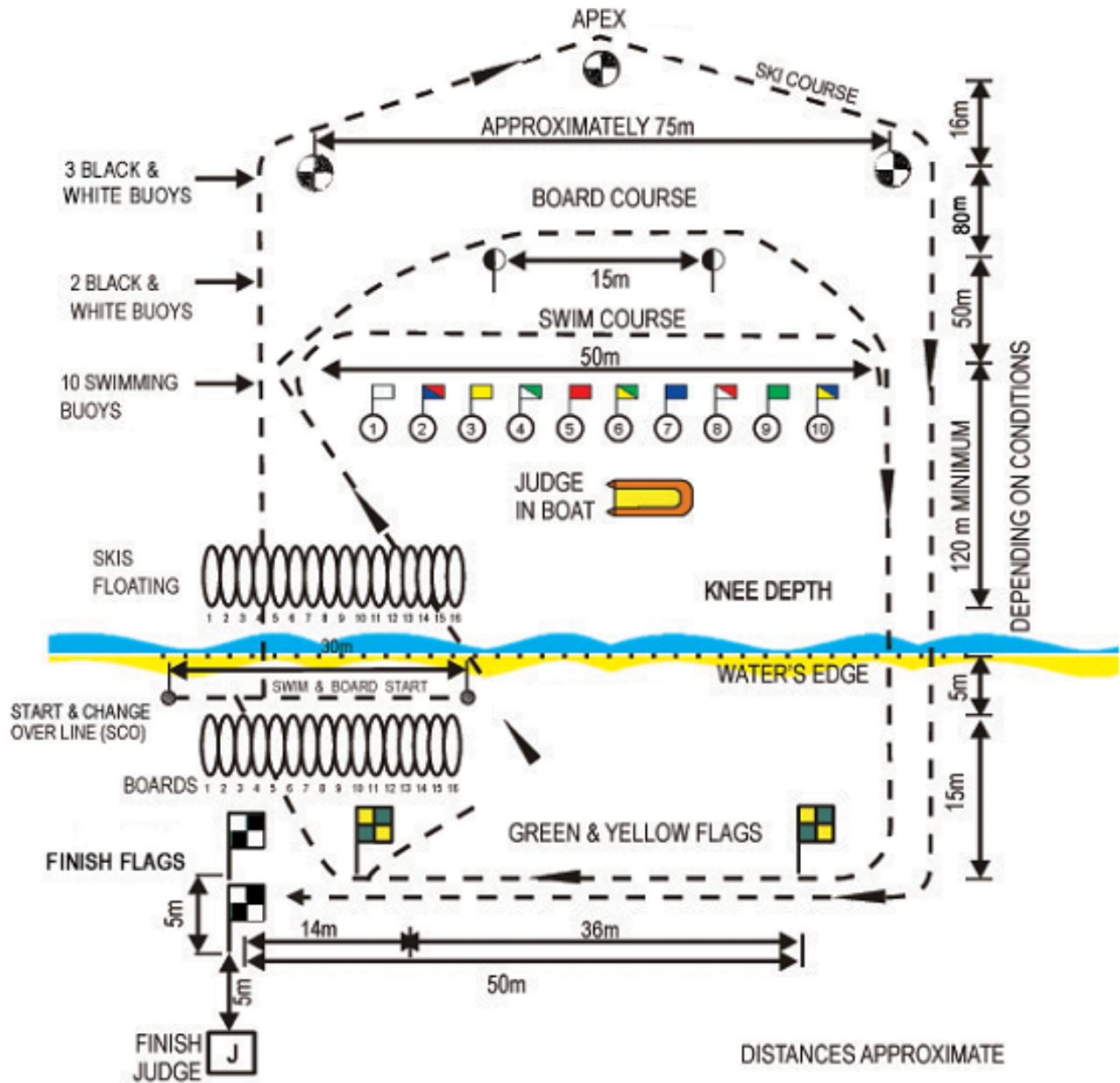
Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the General Rules the following behavior shall result in disqualification: Failure to complete the course as defined and described.

**United States Lifesaving Association
Lifeguard Competition - Rules and Operational Procedures**



5.19 TAPLIN RELAY

United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures

Section 6- EQUIPMENT STANDARDS

6.1 RESPONSIBILITY FOR EQUIPMENT

USLA shall provide the following equipment, which *must be used by competitors*:

- Batons for Run Relays and Beach Flags Event
- Rescue Tubes for the Rescue Race

All other craft and personal equipment shall be provided by competitors provided that each piece of equipment to be used meets the specifications provided in this Section.

The USLA has adopted the ILS equipment standards for the following equipment: Where appropriate, allowable tolerances are recorded as “(± 2 cm)” meaning a tolerance of plus 2.0cm and minus 2.0cm are allowed. Where appropriate, dimensions and weights are recorded as “minimum” or “maximum” allowed. If a craft’s weight is under the minimum requirement, the correct amount of weight must be added permanently to qualify for participation.

Scrutineering of equipment

Scrutineering of equipment prior to the competition will be carried out by the duly appointed officials. Competition bulletins/circulars shall detail the procedures for checking equipment.

The USLA Competition Event Officials reserves the right to re-inspect competition equipment at any time during the competition.

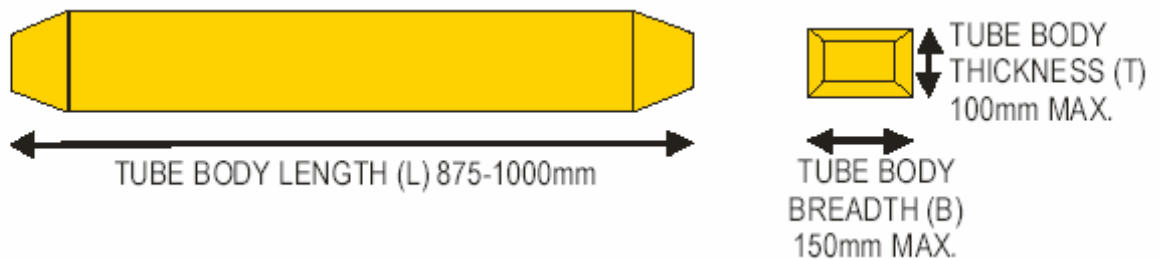
Equipment found to contravene USLA / ILSF specifications shall be subject to disqualification, which may result in the disqualification of the competitor using the equipment and the possible disqualification of the full team.

Appeals against rulings of equipment ineligibility are permitted.

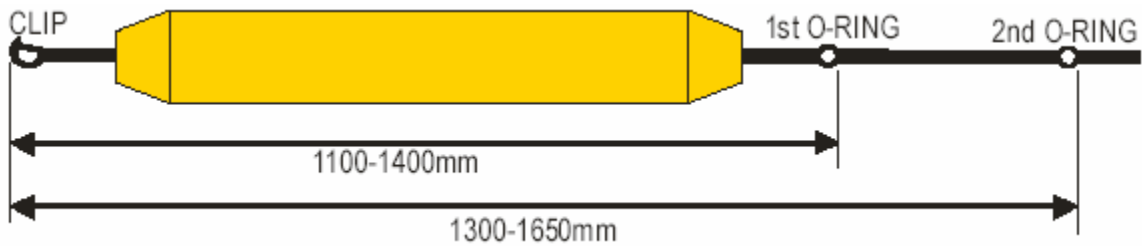
United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures

6.1 RESCUE TUBES

- a. *Source of Buoyancy.* The material shall be closed cell plastic foam, durable and flexible.
- b. *Buoyancy.* The rescue tube shall have a minimum buoyancy factor of 100 Newton's in fresh water.
- c. *Color.* The body of the Rescue Tube shall be a color-fast red, yellow, or orange (impregnated, painted, or covered).
- d. *Flexibility.* The body of the Rescue Tube shall be of such a nature as to be able to roll within itself.
- e. *Strength.* Webbing, leash, and fittings shall be able to withstand a minimum of 1,000 pounds stress in a longitudinal direction without damage.
- f. *Stitching/thread.* Stitching shall be locked with similar properties of the materials being sewn.
- g. *Rescue Tube Dimensions:*
 - 1) Tube Body Length (L): 875-1000mm
 - 2) Tube Body Breadth (B): 150mm
 - 3) Maximum Tube Body Thickness (T): 100mm maximum.
 - 4) The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100 mm to a maximum of 1400mm.
 - 5) The distance from the extremity of the clip to the extremity of the O-ring shall be a minimum of 1300mm to a maximum of 1650mm.
- h. *Leash:* The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900 mm to a maximum 2100mm. The leash shall be a synthetic type rope which is UV treated.
- i. *Webbing connections:* Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm (± 2.5 mm) wide woven nylon.
- j. *Lanyard:* Webbing for the lanyard shall be 50mm (± 5.0 mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.
- k. *O-rings:* O-rings shall pass, stainless steel (welded) OR NYLON. If nylon, the rings shall be UV treated. O-rings shall be 30mm (± 4.0 mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.
- l. *Clips:* The clip shall be a brass or stainless steel snap hook with an overall length of 70mm (± 7.0 mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.



United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures



6.2 RESCUE CAN

Mini or Maxi rescue cans may be used in the Landline Rescue Race with shoulder or waist harness

6.3 LANDLINE

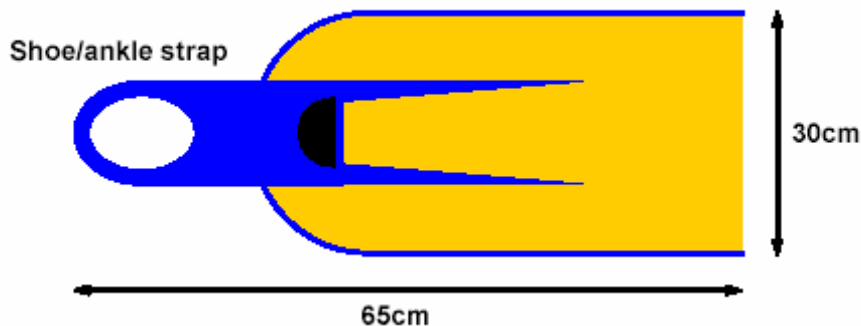
A Landlines total length shall be no more than 600 feet of rope or Line.
The Landline rope must be no less than one-quarter (1/4) inch in diameter.
The Landline must be kept in some sort of container-in a bucket, on a reel, or in a bag.

6.4 SWIM FINS

Fins are measured while not worn. Swim fins used in competitions shall comply with the following ILS specifications:

- Length*: maximum overall length 65cm, including "shoe" or ankle strap (ankle strap extended).
- Width*: 30cm maximum at the widest point of the blade

SWIM FINS



United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

6.5 SURFSKIS

Surfskis must conform to ILS specifications including the following:

- a. *Weight*: Minimum 18kg (39.68 pounds)
- b. *Length*: Maximum 5.80m (19.03 Feet or 228.3 Inches)
- c. *Width*: Minimum width at the widest point of the hull is 480mm (18.9 inches) and shall not include any rubbing strips, molding or additional protective moldings.
- d. Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au

6.6 BOARDS

Boards must conform to ILS specifications including the following:

- a. *Weight*: Minimum 7.5kg (16.53 pounds)
- b. *Length*: Maximum 3.2m (10'6")
- c. Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au

6.7 BATONS (BEACH FLAGS)

Beach flags batons and beach relay batons shall be made of flexible material (e.g. flexible hose)

- a. *Length*: A maximum of 30cm (12") and a minimum of 28cm (11")
- b. *External Diameter*: Approximately 25mm (\pm 1mm or .9843 inches)
- c. Batons shall be of a color so as to be easily visible when placed in the sand.

United States Lifesaving Association

Lifeguard Competition-Rules and Operational Procedures

6.8 SURFBOATS

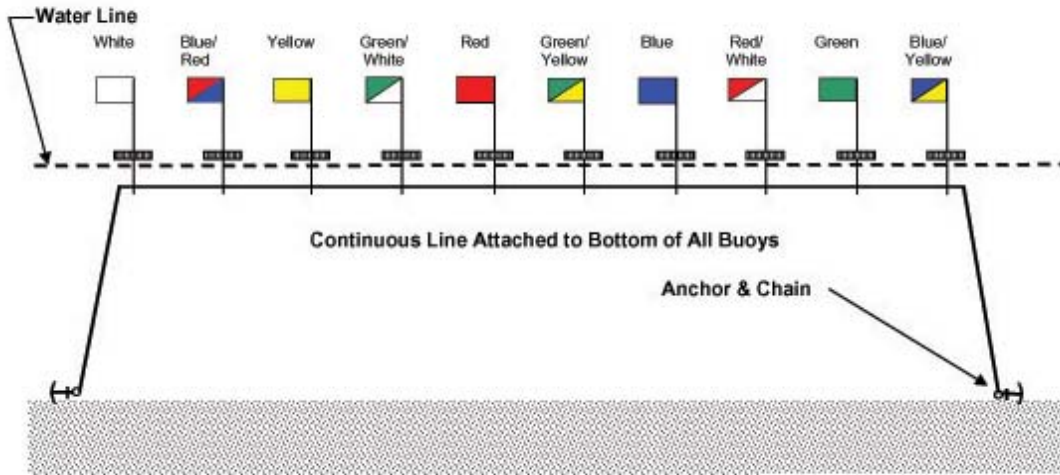
Two Man Surfboat shall conform to the following USLA specifications.

Helmets shall be worn by all rowers.

- a. Length is not to exceed 20 feet 6 inches.
- b. Length bottom is not to exceed 16 feet 6 inches, including any rocker.
- c. Beam is not to exceed 72 inches at gunwale.
- d. Width is not to be less than 21 inches at the widest outside bottom measurement across the chines.
- e. Gunwale Height (freeboard). When calculating gunwale height, surfboats will be placed at level on a flat plane. Gunwale height will be the measurement taken from the top of the gunwale to the plane, at 90 degrees to that plane. At no place shall the gunwale height be less than 21". At the bow, and within one foot of the bow, at the gunwale, the gunwale height shall not be less than 34". At the stern, and within one foot of the stern, at the gunwale, the gunwale height shall be no less than 30".
These measurements pertain to Schock-type dories only.
- f. The "crown" of surfboat deck will be allowed a tolerance of plus or minus one inch.
- g. The minimum weight, including thwarts and oar locks, shall not be less than 300 lbs.
- h. The span between oarlock centers at the oar well centers will be determined by the individual.
- i. Construction material is to be left to the builder's preference.
- j. Non-binding foot straps will be permitted, however, sliding seats will not be allowed.
- k. Oars can be of any construction and may be individually shaped or formed as desired.
- l. Boat markings: lettering and numbers on boats are required. Letters and numbers must be placed on the bow of the boat in block style and of a contrasting color.
Minimum sizes--16 inches high, 12 inches wide, 3 inches in thickness.
- m. Surfboats used in competition since 1960 not meeting these standards will be allowed to continue racing as long as they meet minimum weight.

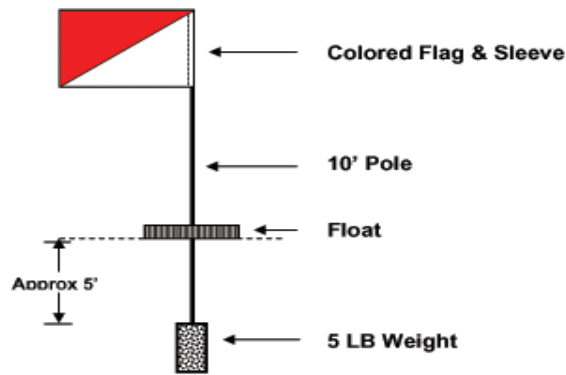
**United States Lifesaving Association
Lifeguard Competition-Rules and Operational Procedures**

6.9 FLAGLINE BUOY ANCHORING SYSTEM



Buoy Anchoring System
Drawing Not to Scale

6.10 BUOY CONSTRUCTION DETAIL



Buoy Construction Detail
Drawing Not to Scale

United States Lifesaving Association Lifeguard Competition-Rules and Operational Procedures

6.12 NATIONAL CHAMPIONSHIP COURSE OVERVIEW

