



SURF LIFE SAVING
NEW ZEALAND



Surf Life Saving New Zealand

NZ Pool Championships Manual

50m Pool

Updated May 2014

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General Event Conditions

Events

Events/Age Groups	U11	U12	U13	U14	U16	U19	Open	Masters
50 metre Swim With Obstacles	✓	✓						
100 metre Swim With Obstacles			✓	✓				✓
200 metre Swim With Obstacles					✓	✓	✓	
100 metre Patient Tow with Fins		✓		✓				
100 metre Manikin Tow with Fins					✓	✓	✓	✓
50 metre Swim with Fins	✓	✓	✓	✓	✓	✓	✓	✓
50 metre Rescue Medley (brick)	✓	✓	✓	✓				
100 metre Rescue Medley (manikin)					✓	✓	✓	
50 metre Brick Carry	✓	✓	✓	✓				
50 metre Manikin Carry					✓	✓	✓	
100 metre Manikin Carry with Fins					✓	✓	✓	
200 metre Super Lifesaver						✓	✓	
Line Throw					✓	✓	✓	✓
4 x 50 metre Obstacle Relay		✓		✓	✓	✓	✓	✓
4 x 25 metre Brick Relay		✓		✓				
4 x 25 metre Manikin Relay					✓	✓	✓	
4 x 50 metre Medley Relay		✓		✓	✓	✓	✓	
6 x 50 metre Mega Relay							✓	

Point Score

Points will be allocated for each individual and team race. All points will be added together for top club points. The Top Club will be awarded the Paul Kent Memorial Trophy.

Masters will not be eligible for overall top club points, but they will be eligible for medals and the top Masters Club Trophy.

Points System

The following points will be awarded for each individual and team race from first through to eighth place respectively.

Individual Events: 8, 7, 6, 5, 4, 3, 2, 1

Team Events: 16, 14, 12, 10, 8, 6, 4, 2

No points for Masters Races will be entered into the online system and go towards overall top club. Master points will be recorded on an excel spreadsheet and Top Masters Club awarded from there.

Eligibility of Competitors

This competition is open to any SLSNZ affiliated club.

SLSNZ reserve the right to limit the number of competitors per event.

All competitors taking part in this event are to be members of a SLSNZ affiliated club, and have completed a SLSNZ Membership form.

Please Note:

- Eligibility of competitor's requirements must be met by the close of entries.
- It is not a requirement of the event that competitors have their Surf Lifeguard Award.
- Combined club teams for relays will not be permitted.
- Team substitutes must be registered to compete in the event (named in either a team, competing in an individual event or listed in the 300 substitutions code). Substitutions cannot be made for individual events.

Age

The NZ Pool Events programme are scheduled before the Beach based events for the current season and therefore a competitor's age group is determined by their age as at midnight on 30th September 2014. This is to allow athletes to remain in the same age group for the entire season.

For example, if you are 14 on the 30th of September 2013, you are not eligible to race in the U14 age group and will be in the U16 age group.

For Regional and National Events please refer to the 'Event Entry Memos' found at www.surflifesaving.org.nz/sport/calendar/ for each events entry details.

Please Note:

1. All competitors must be aged 10 years or older before midnight 30th September 2014 to be eligible to compete in the Swim Championships.
2. Masters must be aged 30 years or older before midnight 30th September 2014 to be eligible to compete in that age group.
3. Competitors (individual and team events) may compete in age groups as detailed below:
 - i. U12 may compete in U12, U14 events, U16, U19 and Open events
 - ii. U14 may compete in U14 events, U16, U19 and Open events
 - iii. U16 may compete in U16, U19 and Open events
 - iv. U19 may compete in U19 and Open events
 - v. Open can only compete in Open events
 - vi. Masters may compete in Masters and Open events

4. Competitors can only compete in any event once (individual and team events), for example an U19 competitor wishing to compete in the 50m with Fins must choose either the U19 or Open event, not both. The patient for the line throw in the U19 age group cannot become the 'rescuer' or 'patient' in the Open age group.
5. The 50m obstacle swim has been classified as the same event as the 100m obstacle swim. This means that U12 athletes can only enter one of these events – either their own age group, or they can choose to swim up in a 100m obstacle swim but not both.
6. U12 and U14 competitors may not compete in any manikin event.
7. U12 and U14 competitors may not compete in any Line Throw event.
8. Although the way has been paved for U14 competitors to compete up in a number of events coaches and team managers are encouraged to use their discretion with regards to this ruling and take into account the welfare of their athletes.

Team Events

Where there are specific age group events for both male and female teams, there are to be No mixed gender teams entered.

Where there is provision for male/female and mixed teams in any age group a competitor may only compete once e.g. they cannot compete in an under-14 female team and an under-14 mixed team.

Event Equipment

All competitors are required to supply their own competition equipment (excluding manikins, line throw ropes and rubber bricks) including rescue tubes and fins.

All equipment must comply with the SLSNZ equipment specifications as specified within the SLSNZ Equipment Specifications Manual. Copies of this can be downloaded from the Sport section www.surflifesaving.org.nz/sportdocs of the SLSNZ website.

Competition equipment will be subject to random scrutineering checks during the event.

Swimming Togs and Attire

Competitors shall wear togs, clothing or dress as approved by SLSNZ. A competitor shall be excluded from taking part in any competition if, in the opinion of the Referee, the competitor is improperly attired.

Please Note:

- Competitors are **NOT** required to wear their club competition beanies while competing at this event.
- For the line throw. Competitors shall wear togs, clothing or dress as approved by SLSNZ. Board shorts and T shirts will not be permitted. Exceptions to this rule must be approved by the Event referee
- Swimwear worn by males should not extend above the navel or below the knee.
- Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two piece swimsuits that conform to this standard may also be worn.

FEMALE SWIMSUITS

Full Length	Zippered Back	Two Piece
Not Allowed	Not Allowed	Allowed
		
Knee Length, Open Back		Short, Open Back
Allowed		Allowed
		

MALE SWIMSUITS

Full Length	Long	Long Legs
Not Allowed	Not Allowed	Not Allowed
		
Knee Length	Square Leg	Briefs
Allowed	Allowed	Allowed
		

The material and construction used in swim wear to be worn in all pool rescue swimming events shall be:

- Only textile woven fabric(s) shall be permitted.
- Non-woven and /or non-permeable (e.g. Wetsuit type) materials shall not be permitted.
- The material used shall have a maximum thickness of 0.8mm.
- Other than string ties for the tops of men's swimwear or the bottom of a female two piece; no zippers or other fastening systems shall be permitted.
- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

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

Equipment and Specifications

General

SLSNZ has adopted the International Life Saving (ILS) standards for all equipment used in pool rescue competition. Specifications are as follows:

Swimming Pool

SLSNZ Pool Championships is designed primarily for 50m long swimming pools.

Swimming Pool Obstacles

The obstacles used in pool rescue events are to be 70cm high and 240cm wide and shall have no dangerous parts. The inner frame must consist of a net or another element, which does not permit passage by a swimmer. The colour of the net is to contrast with the water. The upper line of the obstacle is placed on the water level and is clearly visible. It is recommended to use an additional floating line across the upper line of the obstacles.

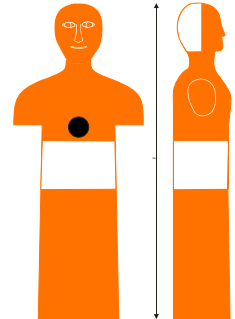
Life Saving Manikins

The Surf Life Saving New South Wales Manikin has been adopted as the standard Manikin for use in SLSNZ competition.

Construction: Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).

Height: The manikin shall be 1 m in height.

Transverse line: A transverse line of 15 cm is painted in a contrasting colour in the middle (or clearly distinguishable) of the body (measured 40 cm from the bottom of the body to 55 cm in the direction of the head).



Swim Fins

At the ILS World Championship events large “fiberglass” fin are used. Therefore any type of fin may be used in the U16, U19 and Open age groups in those events that permit the use of such equipment, provided they comply with the following specifications:

- Maximum overall length including ‘shoe’ or ankle strap (ankle strap extended) 65cm
- Maximum width at the widest point of the blade 30cm

Please Note:

- All measurements are taken with the competitor wearing the fins.
- Fins will not be permitted if they do not conform to the above dimensions or if they are considered to constitute a safety hazard.
- All competitors in U12, U14 and masters events are not eligible to use the “fiberglass” type of fin in any event including the mega relay.

Rescue Bricks

Weight: 3.5kg Rubber Dive Bricks

Measurements: 230mm x 80mm x 80mm

The rescue brick is to have a contrast colour line with the pool center line.

Rescue Tubes

Rescue tubes shall meet SLSNZ specifications as per the SLSNZ Equipment Specification Manual.

General Conditions

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

- i. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- ii. A competitor or team absent from the start of an event shall be disqualified.
- iii. Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.
- iv. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g. hand webs, armbands).
- v. The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, to assist the competitor to push off the bottom, is not permitted in pool events.
- vi. Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g. obstacle swim, 4 x 25 m manikin relay).
- vii. Taking assistance from any pool fittings (e.g. lane ropes, steps, drains or underwater hockey fittings) is not permitted.
- viii. A competitor who interferes with another competitor during a race shall be disqualified.
- ix. In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee to leave the pool. (Competitors should exit by the sides of the pool, not the end).
- x. Order of finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.

Event Rule Changes

Event rules are subject to change at the discretion of the Event Referee or Event Manager at anytime. If there were to be any changes these would be communicated at the earliest opportunity.

Draw For Lane Allocation

The initial draw for heats will be produced by the SLSNZ Event Management System.

The Event Referee or his delegate shall approve the method used for the draw, including any seeding of competitors.

Competitor Limitations

The Event Manager shall decide whether events shall be conducted in heats, semi-finals or timed finals providing that the numbers in any event does not exceed the number of lanes available in the pool. The Event Manager also has the right to determine whether events will be decided on fastest times.

Starts

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

- i. Check that all officials and judges are in position
- ii. Check that competitors, manikin handlers and victims are properly attired and in correct positions
- iii. Check that all equipment is in a safe and correct position
- iv. Notify competitors to remove all clothing except for swim-wear and get ready to race.

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

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

Dive Start Procedure

At the SLSNZ Pool Championships, the one-start rule shall be used:

- i. On the long whistle, competitors step onto the starting platform and remain there.
- ii. On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.
- iii. U12, U14 and Masters Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall or starting platform.

In-Water Start Procedure

The Manikin Relay event begins with an in-water start as follows:

- i. On the long whistle, competitors enter the water.
- ii. At the second long whistle, competitors return without undue delay to the starting position.

- iii. The competitor starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block with the other hand.
- iv. When all competitors have assumed their starting positions, the starter shall give the command “Take your marks.” When all competitors are stationary, the starter gives the acoustic starting signal.

Disqualification

- i. Under the one-start rule, all competitors that start (i.e. commence a starting motion) before the starting signal has been given, shall be disqualified.
- ii. If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race.
- iii. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back, be reminded by the starter of the penalties, and start again.
- iv. The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referees designate shall blow a whistle, to be followed by the starter's signal (repeated).

For the 100 m Manikin Carry with Fins event, the call-back signal will be by underwater acoustic signal.

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

Notes

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

The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.

- iii. The starter's or referee's decisions on starts are not subject to protest or appeal.

Manikins

Surfacing the manikin

- i. Competitors may push off the pool bottom when surfacing with the manikin. Competitors must:
 - break the surface with the manikin
 - have the manikin in a correct carrying position when the top of the manikin's head passes the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10 m line (Manikin Carry with Fins).
 - not re-submerge after surfacing
- ii. Surfacing the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5 m line or 10 m line.
- iii. Note: "Surface" means the horizontal plane of the surface of a stillwater pool.

Carrying the manikin

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

Note: Water over the face of the manikin is no longer a judging criterion.

Towing the manikin

- i. In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.
- ii. Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.
- iii. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.
- iv.
- v. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

- vi. Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the manikin is towed face up at the surface.
- vii. The manikin’s face may be on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Manikin handlers

- viii. A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the Chief Referee’s approval, non-team members may act as handlers, provided they are a participant at the competition in some capacity.
- ix. Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.
- x. Manikin handlers must wear their teams’ cap.
- xi. Manikin handlers may not intentionally enter the water during the event.

Bricks

Surfacing/carrying the Brick:

A rubber brick is not classified as a “living object and therefore it may be carried above or below the surface of the water as follows:

- The brick must be carried not pushed. Pushing means the brick is held forward of the competitors head.
- Competitors must have surfaced with the rubber brick before the competitor’s head passes the relevant pick up/changeover line.
- The brick must be carried with one or two hands.

Timekeeping and Determination of Placing

Automatic Officiating Equipment

- i. Automatic electronic timing systems may be used to record the time of each competitor and to determine the place of each competitor in race events.
- ii. Any equipment installed must not interfere with competitors' start and turns. The automatic officiating equipment must be activated by the starter and must provide easy digital readings of the competitors' times.
- iii. Times recorded by automatic officiating equipment shall be used to determine the winner and all placing's, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.
- iv. The placing and times determined by automatic officiating equipment shall have precedence over the decision of judges and timekeepers. If electronic equipment breaks down or fails, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official.
- v. In addition to the electronic timekeeping, a minimum of one timekeeper per lane are required.

Manual Timekeeping and Officiating

- i. In SLSNZ lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least two timekeepers.
- ii. Watches are started when the starting signal is given and stopped when the competitor touches (clearly visible to the timekeeper) the finish wall with any part of the competitor's body.
- iii. With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch fails, the average of the other two times shall constitute the competitor's official time.
- iv. In the order of finish indicated by the times recorded by the manual timekeepers does not coincide with the order of finish as determined by the finish judges, the finish judges' placings prevail. The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

Judges

- i. Technique judges ensure that events operate fairly within SLSNZ rules and procedures. Judges also assess whether competitor's technique complies with specific event rules.
- ii. Judges must be positioned to ensure they have a clear view of the lane they are judging.
- iii. At the SLSNZ Pool Championships there must be at least one technique judge per lane.

Protests

Should a team or individual not accept the ruling of the Event Referee, their Team Manager may lodge a formal protest that shall meet the following conditions:

- i. Any protest against the conditions under which an event is to be conducted must be made verbally to the Event Referee prior to the start of the event, after which the Starter shall inform the competitors of such a protest.
- ii. Any protest against a competitor or team must be lodged verbally to the Event Referee within five (5) minutes of the completion of the event. All formal protests shall be recorded on a protest form held by the Event Manager within fifteen (15) minutes of a protest being lodged verbally with the Event Referee. Payment of a **\$50.00 protest fee** must accompany this form.
- iii. Any trophies and medals associated with the event under protest shall be withheld until the result of the protest is announced.

Immediately after the correct lodgement of a protest the Referee shall pass the matter directly to the Competition Appeals Committee.

The Competition Appeals Committee (CAC) shall consist of a panel of up to five members who shall be appointed prior to every Championship. The CAC:

- Shall require three persons from its committee to participate in any protest hearing.
- Shall adjudicate after the protestor has had an opportunity to state their case.
- May call for evidence from other persons and shall have access to electronic or video equipment if available.
- Shall determine the outcome of the protest and if called upon impose such penalty as it may think fit.

The decision of CAC shall be final without the right of appeal.

Underwater Swimming Distances (From a Start)

The following table summarises the underwater swimming distances permitted from the start of each event:

Individual Events	Athletes Must Surface:
50m Swim With Obstacles	Before each obstacle
100m Swim With Obstacles	Before each obstacle
200m Swim With Obstacles	Before each obstacle
100m Patient Tow with Fins	No restrictions
100m Manikin Tow with Fins	No restrictions
50m Swim with Fins	Before 15m
50m Rescue Medley	No restrictions
100m Rescue Medley	No restrictions
50 metre Brick Carry without Fins	Prior to recovering the brick
50m Manikin Carry without Fins	Prior to recovering the manikin
100m Manikin Carry with Fins	No restrictions
200m Super Lifesaver	Surface before 15m off dive start

Team Events	Athletes must surface:
4 x 50m Obstacle Relay	Before each obstacle
4 x 25m Brick Relay	N/A
4 x 25m Manikin Relay	N/A
4 x 50m Medley Relay	1 st and 3 rd member- before 15m 2 nd member - no restrictions 4 th member – N/A
6 x 50m Mega Relay	At some stage prior to the end of their 50m
100m Tube Swim with Patient and Fins	Before 15m
Line Throw	N/A

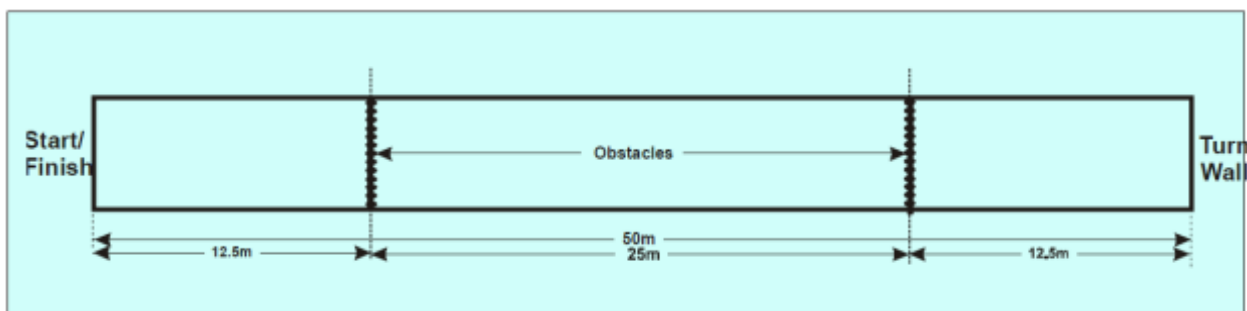
Pool Rescue Event Description and Rules

50m Swim with Obstacles

Age Group:	U11, U12
Composition:	Individual
Gender:	Male and Female

Description of the Event

- With a dive entry on an acoustic signal, the competitor swims the 50m course passing two times under the immersed obstacles to touch the finish edge of the pool.
- Competitors must surface after the dive entry before the first obstacle; and after passing under each obstacle.
- Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water
- Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



Equipment:

- Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes.
- The first obstacle is located 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end.
- The distance between the two obstacles is 25m.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- ii. Failure to surface after the dive entry.
- iii. Failure to surface after each obstacle.
- iv. Failure to touch the finish edge.

100m Swim with Obstacles

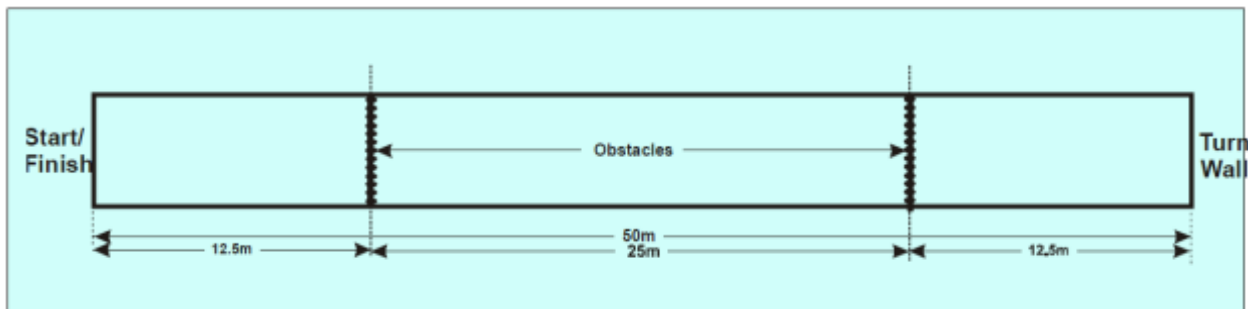
Age Group: U13, U14, Masters

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive entry on an acoustic signal, the competitor swims the 100m course passing four times under the immersed obstacles to touch the finish edge of the pool.
- Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water
- Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification



Equipment:

- Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes.
- The first obstacle is located 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end.
- The distance between the two obstacles is 25m.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- ii. Failure to surface after the dive entry or after a turn.
- iii. Failure to surface after each obstacle.
- iv. Failure to touch the wall during the turn.
- v. Failure to touch the finish edge.

200m Swim with Obstacles

Age Group: U16, U19, Open

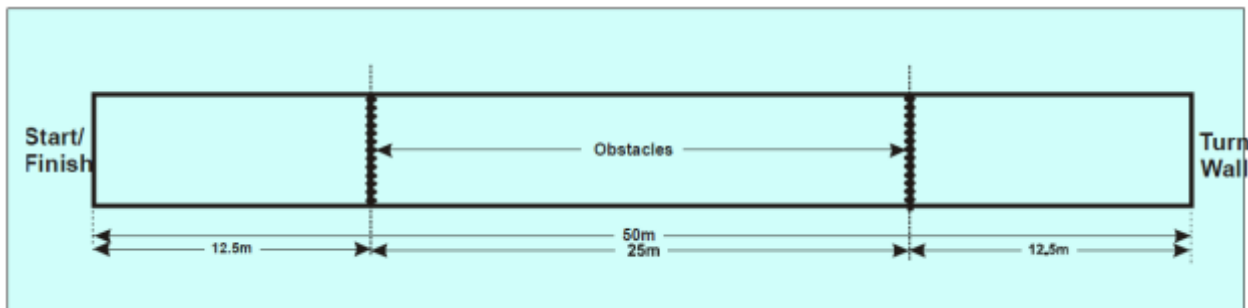
Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive entry on an acoustic signal, the competitor swims the 200m course passing eight times under the immersed obstacles to touch the finish edge of the pool.
- Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water
- Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification

200m Obstacle =Swim



Equipment:

- Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes.
- The first obstacle is located 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end.
- The distance between the two obstacles is 25m.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- ii. Failure to surface after the dive entry or after a turn.
- iii. Failure to surface after each obstacle.
- iv. Failure to touch the wall during the turn.
- v. Failure to touch the finish edge.

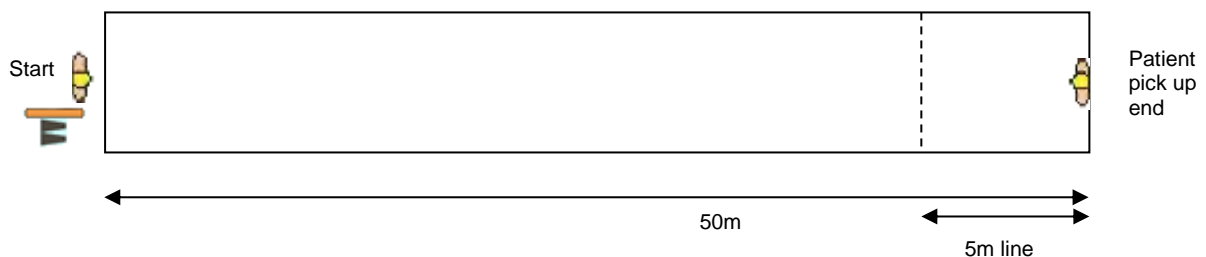
100m Patient Tow with Fins

Age Group: U12, U14
Composition: One patient; one rescuer
Gender: Male and Female Teams

Description of the Event

- With a dive entry on an acoustic signal, the rescuer swims 50m freestyle with fins and rescue tube, where their patient is waiting with at least one hand on the end of the pool above the surface of the water. **Note:** the patient only has to have one hand on the end of the pool when the rescuer touches the turning edge of the pool and not at the start of the race.
- As soon as the rescuer has touched the turning edge of the pool, the patient can let go of the wall and the 'clip in' to the rescue tube can begin.
- The rescuer must clip the patient into the rescue tube with the tube being secured around the body, under both arms and clipped to the O-ring.
- This clip in must be made within the 5 m pick up zone (judged by the top of the patient's head).
- The rescuer and patient may choose to push off the wall if they wish.
- The patient must stay on their back but may assist the tow by kicking and sculling under water.
- The patient may not recover their stroke above the waterline.
- The patient must not, at anytime during the race, hold on to the rescue tube lanyard.
- The finish is determined on the rescuer touching the wall with one hand.
- The patient may grip the rescue tube (foam part only) above the waterline, however this must be with BOTH hands and the movement completed before the 5m line.

100m Patient Tow with Fins



Equipment

- Rescue Tube as per SLSNZ specifications.
- Fins as per SLSNZ specifications.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Patient not having one hand on the turning edge when the rescuer touches the wall.
- ii. Taking assistance from any pool fitting (e.g., lane rope, steps) when securing the rescue tube around the patient.
- iii. Not securing the rescue tube around the patient (judged at the top of the patient's head) before the 5m line.
- iv. Patient helping in the clip up.
- v. The patient making the attempt to grasp onto the rescue tube after the 5 m line (judged at the top of the patient's head).
- vi. The patient holding onto or "climbing" the rescue tube lanyard.
- vii. The patient arms/hands breaking the surface, except if gripping the rescue tube.
- viii. Patient touching the finishing edge before the rescuer.
- ix. Rescuer not touching the finish edge.

Note: In the interests of competitor safety if the patient is deemed to have moved/deflected the lanyard in an effort to protect themselves then the event referee may use their discretion in applying the disqualification rules.

100m Manikin Tow with Fins

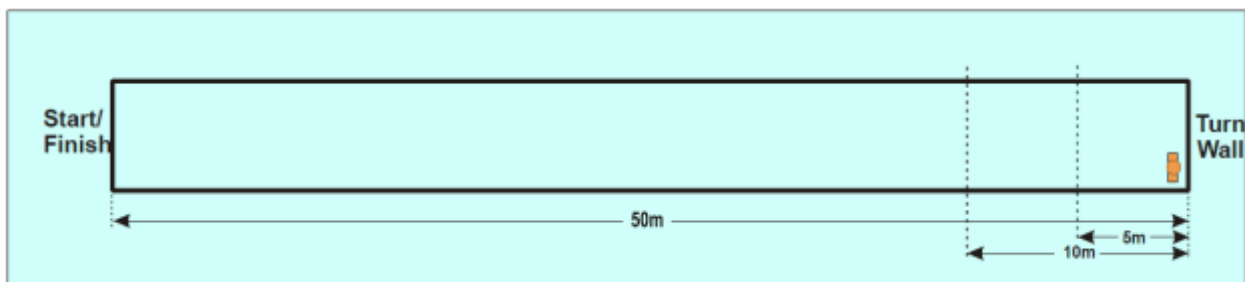
Age Group: U16, U19, Open, Masters

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive entry on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube, where a manikin is being held at the end of the pool.
- After touching the turning edge, and within the 5 m pick up zone, the competitor fixes the rescue tube correctly around the manikin and tows it to the finish.
- The event is complete when the competitor touches the finish edge of the pool.



Equipment

- Rescue Tube as per SLSNZ specifications.
- Fins as per SLSNZ specifications.
- Manikin - the manikin is filled with water so that it floats with the top of its transverse line at the surface.
- Competitors must use the manikins as supplied by organisers.

Positioning the Manikin:

- A member of the competitor's team assists as manikin handler. With the referee's approval, a non-team member may act as a handler provided they are a member of an SLSNZ club and are registered to participate at the championship in some capacity.
- Before the start and during the race, the manikin handler positions the manikin - vertically and facing the turn wall - within the allotted lane.
- The handler releases the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin toward the competitor or the finish edge.
- Manikin handlers may not intentionally enter the water during the event.

Starts with rescue tubes

- At the start, the rescue tube and rescue tube line may be positioned at the competitors discretion, but within the competitors allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.

Wearing rescue tubes

- Rescue tubes must be donned correctly with the loop across or over one shoulder.
- Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the Manikin:

- After first touching the turn wall, the competitor secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within 5m pick up zone.
- Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin, the rescue tube line or any part of the rescue tube to secure the manikin for towing.

Towing the manikin

- Competitors must tow – not carry – the manikin.
- Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin's mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10m line.
- Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- Competitors shall be disqualified if the rescue tube and the manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth or nose of the manikin are maintained above the surface.
- As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Retrieving Lost Fins:

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

Rescue tube defect:

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

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Taking assistance from any pool fitting (e.g., lane rope, steps, drains and underwater hockey fittings) when securing fixing the rescue tube around the manikin.
- ii. During the approach to the manikin, towing the rescue tube without the shoulder loop across or over one shoulder.
- iii. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- iv. Manikin handler pushing the manikin towards the competitor or the finish edge.
- v. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- vi. Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- vii. At 50 m, not touching the pool edge before touching the manikin, the rescue tube line or any part of the rescue tube to secure the manikin.
- viii. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- ix. Not securing the rescue tube around the manikin within the 5 m pick up zone, judged at the top of the manikin's head.
- x. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.

- xi. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
- xii. Pushing or carrying, instead of towing the manikin.
- xiii. Towing the manikin face down.
- xiv. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xv. Touching the finish edge without the rescue tube and manikin correctly in place.
- xvi. Failure to touch the finish edge.

50m Swim with Fins

Age Groups: U11, U12, U13, U14, U16, U19, Open, Masters

Composition: Individual

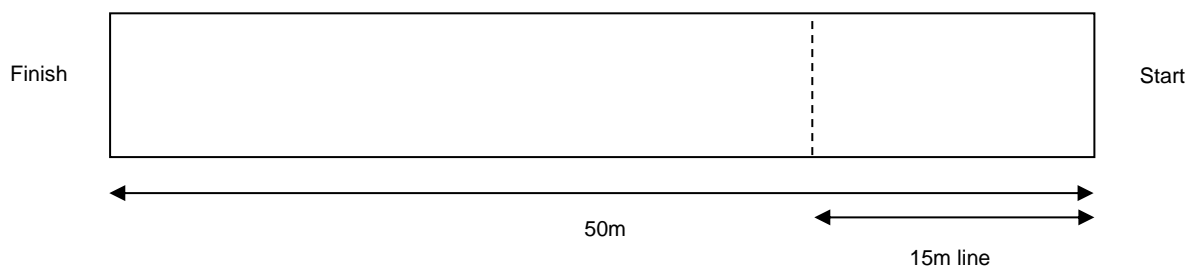
Gender: Male and Female

Description of the Event

- With a dive entry on an acoustic signal, the competitor swims 50m freestyle with fins
- Following the dive entry the competitor must surface prior to the 15m surface line. “Surfacing” means the competitor’s head breaks the plane of the surface of the water
- Some part of the competitor must break the surface of the water throughout the race after surfacing.
- The event is completed when the competitor touches the finish edge of the pool.

“Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly”

Swim with Fins (50m)



Equipment

- Fins as per SLSNZ specifications

Start, Timekeeping, and Attribution of Placing

- Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. A false start.
- ii. Failure to surface after the dive entry prior to the 15m surface line.
- iii. Failure to break the surface of the water throughout the race after surfacing
- iv. Failure to touch the finish edge.

50m Rescue Medley

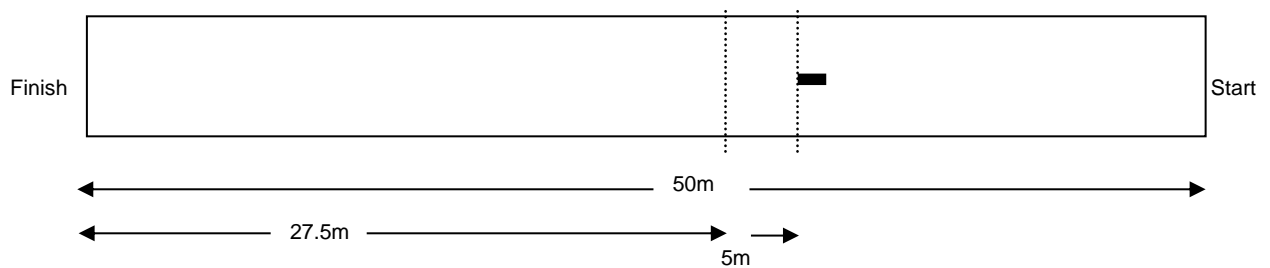
Age Groups: U11, U12, U13, U14

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive start on an acoustic signal, the competitor shall dive, and swim underwater with fins to a submerged brick located at the 17.5m line.
- The competitor picks up the brick within the 5m pick-up line, and then carries it the remaining distance to touch the finish edge.
- Competitors may not breathe after the dive start until they surface with the brick.
- Competitors may push off the bottom when surfacing with the brick.



Equipment

- Rubber Brick weighing 3.5 kg
- Competitors must use the bricks supplied by organisers.
- Fins as per SLSNZ specifications.

Positioning the Brick:

- The brick is located at a depth between 1.8m and 3m. In water deeper than 3m, the brick shall be placed on a platform (or other suitable support) to position it at the required depth.
- The rubber brick is positioned on the 17.5m line.

Surfacing/carrying the Brick:

A rubber brick is not classified as a “living object and therefore it may be carried above or below the surface of the water as follows:

- The brick must be carried not pushed. Pushing means the brick is held forward of the competitors head.

- Competitors must have surfaced with the rubber brick before the competitor's head passes the 5 m line
- The brick must be carried with one or two hands.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification and the rules above, the following behaviour shall result in disqualification:

- i. Surfacing after diving and before lifting the brick.
- ii. Breathing after the dive and before surfacing with the brick
- iii. Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the rubber brick – not including the bottom of the pool.
- iv. Not having surfaced with the rubber brick before the competitor's head passes the 5m line.
- v. Using an incorrect carrying technique. Please note a rubber brick is not 'living' therefore it may be carried above or below the surface of the water, but it must be carried and cannot be pushed.
- vi. Not carrying the brick in one or both hands.
- vii. Utilising outside assistance to secure the brick including bands, swimming togs or other extraneous devices.
- viii. Releasing the rubber brick before touching the finish edge.
- ix. Failure to touch the finish edge.

100m Rescue Medley

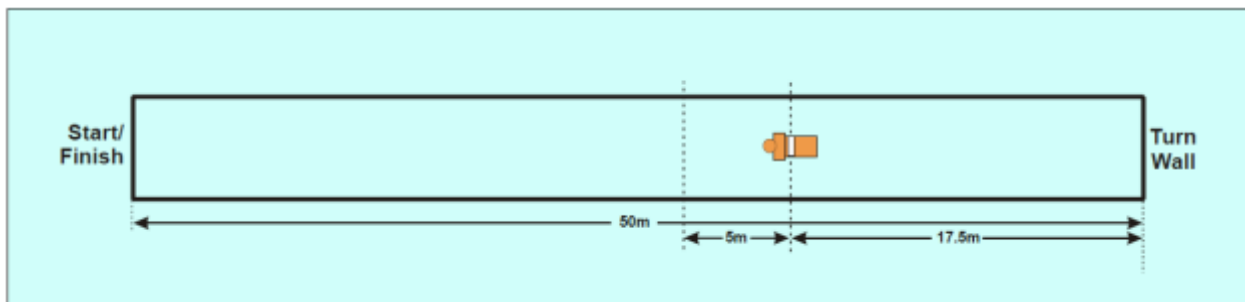
Age Groups: U16, U19, Open

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at the 17.5m line.
- The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish edge.
- Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.
- Competitors may push off the bottom when surfacing with the manikin.



Equipment

- Manikin - the manikin is completely filled with water and sealed for the event.
- Competitors must use the manikins supplied by organisers.

Positioning the Manikin:

- The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth.
- The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin's thorax located on the 17.5m.

Surfacing the Manikin:

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

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification and the rules above, the following behaviour shall result in disqualification:

- i. Surfacing after turning and before lifting the manikin.
- ii. Breathing after the feet leave the turning edge and before surfacing with the manikin
- iii. Using an incorrect carrying technique.
- iv. Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- v. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- vi. Using an incorrect carrying technique. (page 12)
- vii. Releasing the manikin before touching the finish edge.
- viii. Failure to touch the finish edge.

50m Manikin Carry

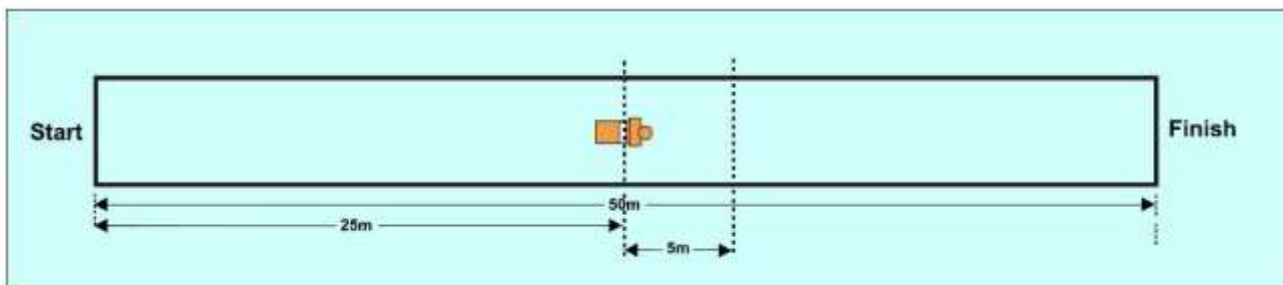
Age Group: U16, U19, Open

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive start on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line.
- The competitor then carries the manikin to touch the finish edge of the pool.
- Competitors may push off the bottom when surfacing with the manikin.



Equipment

- Manikin - the manikin is completely filled with water and sealed for the event.
- Competitors must use the manikins supplied by organisers.

Positioning the Manikin:

- The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth.
- The manikin is positioned on its back, the head in the direction of the finish, with the transverse line in the middle of the manikin's thorax on the 25m-line.

Surfacing the Manikin:

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

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Not surfacing before diving to the manikin.
- ii. Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the manikin – not including the bottom of the pool.
- iii. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.
- iv. Using an incorrect carrying technique. (page 12)
- v. Carrying the manikin face down.
- vi. Releasing the manikin before touching the finish edge.
- vii. Failure to touch the finish edge.

100m Manikin Carry with Fins

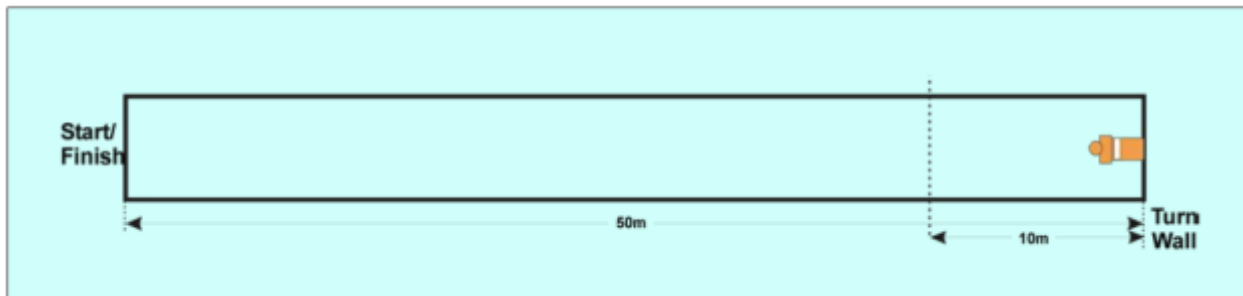
Age Group: U16, U19, Open

Composition: Individual

Gender: Male and Female

Event Description

- With a dive start on acoustic signal, the competitor swims 50m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10m of the turning edge.
- The competitor carries the manikin to touch the finish edge of the pool.
- Competitors need not touch the turning edge of the pool.
- Competitors may push off the bottom when surfacing with the manikin.



Equipment

- Fins as per SLSNZ specifications.
- Manikin - the manikin is completely filled with water and sealed for the event.
- Competitors must use the manikins supplied by organisers.

Positioning the manikin:

- The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- The manikin is positioned on its back in contact with the pool bottom (or platform or other support), with its base touching the pool wall, and its head in the direction of the finish.
- Where the facility design does not provide a vertical wall that joins the bottoms at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

Surfacing the manikin:

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

Retrieving lost fins:

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

Start, timekeeping, and attribution of placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Not surfacing before diving to the manikin.
- ii. Taking assistance from any pool fitting (e.g., lane rope, steps) when surfacing with the manikin – not including the bottom of the pool.
- iii. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line.
- iv. Using an incorrect carrying technique. (Page 12)
- v. Carrying the manikin face down.
- vi. Releasing the manikin before touching the finish edge.
- vii. Failure to touch the finish edge.

50m Brick Carry

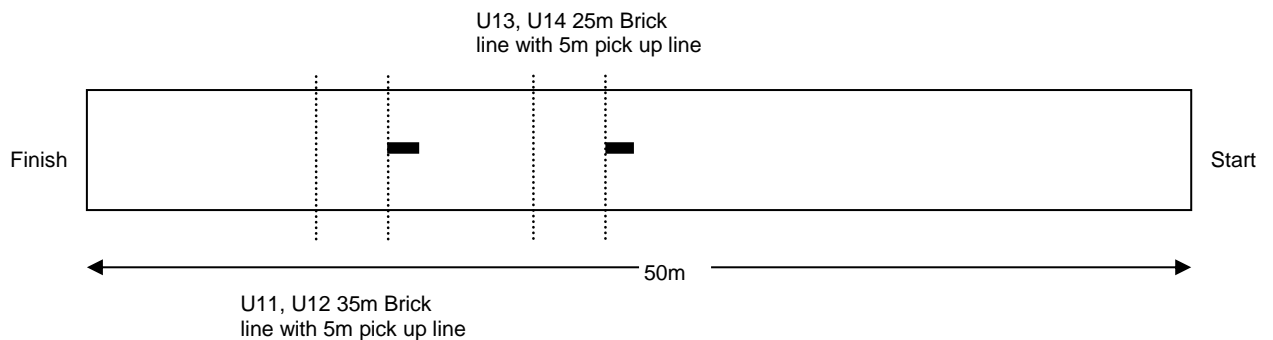
Age Group: U11, U12, U13, U14

Composition: Individual

Gender: Male and Female

Description of the Event

- With a dive start on an acoustic signal, the competitor swims 25m (U13/U14yrs only) or 35m (U11/U12yrs only) freestyle and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line.
- The competitor then carries the rubber brick to touch the finish edge of the pool.
- Competitors may push off the bottom when surfacing with the rubber brick.



Equipment

- Rubber Brick weighing 3.5 kg
- Competitors must use the bricks supplied by organisers.

Positioning the Brick

- The rubber brick is located at a depth between 1.0m and 3m. In water deeper than 3m, the brick shall be placed on a platform (or other suitable support) to position it at the required depth.
- The rubber brick is positioned on the 25 m line for U13 and U14 years.
- The rubber brick is positioned on the 35 m line for U11 and U12 years.

Surfacing/carrying the Brick:

A rubber brick is not classified as a “living object and therefore it may be carried above or below the surface of the water as follows:

- The brick must be carried not pushed. Pushing means the brick is held forward of the competitors head.
- Competitors must have surfaced with the rubber brick before the competitor’s head passes the 5 m line
- The brick must be carried with one or two hands.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

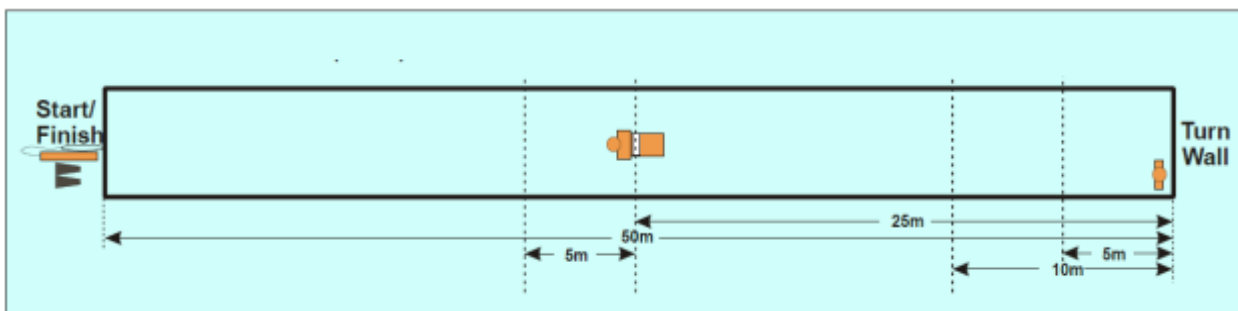
- i. Not surfacing before diving to the brick.
- ii. Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the rubber brick – not including the bottom of the pool.
- iii. Not having surfaced with the rubber brick before the competitor’s head passes the 5m line.
- iv. Using an incorrect carrying technique. Please note a rubber brick is not ‘living’ therefore it may be carried above or below the surface of the water, but it must be carried and cannot be pushed.
- v. Not carrying the brick in one or both hands.
- vi. Utilising outside assistance to secure the brick including bands, swimming togs or other extraneous devices.
- vii. Releasing the rubber brick before touching the finish edge.
- viii. Failure to touch the finish edge.

200m Super Lifesaver

Age Group: U19, Open
Composition: Individual
Gender: Male and Female

Event Description

- With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin.
- The competitor surfaces the manikin within 5m of the pick-up line and carries it to the turning wall.
- After touching the wall the competitor releases the manikin.
- In the water, the competitor dons fins and rescue tube and swims 50m freestyle.
- After touching the wall, and within the 5 m pick up zone, the competitor fixes the rescue tube correctly around the manikin and tows it to touch the finish.
- The event is complete when the competitor touches the finish edge of the pool.



Equipment

- Rescue Tube as per SLSNZ specifications.
- Fins as per SLSNZ specifications.
- 1st Manikin (carry) - the manikin is completely filled with water and sealed for the event.
- 2nd Manikin (tow) - the manikin is filled with water so that it floats with the top of its transverse line at the surface.
- Competitors must use manikins supplied by the organisers.

Placement of Fins and Rescue Tubes:

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

Positioning the 1st Manikin for the Carry:

- The manikin is completely filled with water and sealed for the event. The manikin is located at a depth between 1.8m and 3m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- The manikin is positioned on its back, head in the direction of the finish with the transverse line in the middle of the manikin's thorax on the 25m line.

Positioning the 2nd Manikin for the Tow:

- The manikin is filled with water so that it floats with the top of its transverse line at the surface.
- A member of the competitor's team assists as manikin handler. With the referee's approval, non-team members may act as handlers, provided they are a member of a SLSNZ club and are registered to participate at the championship in some capacity
- Before the start the manikin handler positions the manikin vertically and facing the turn wall within the allotted lane.
- The manikin handler must let go of the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin toward the competitor or the finish edge.
- Manikin handlers may not intentionally enter the water during the event.

Surfacing the First Manikin:

- Competitors may push off the bottom of the pool when surfacing with the manikin.
- Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.

Donning Tube and Fins

- After first touching the turning edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.

Wearing Rescue Tubes:

- Rescue tubes must be donned correctly with the loop across or over 1 shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor.
- Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the Second Manikin:

- After first touching the turning edge, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms and clipped to an O-ring, within the 5m pick-up zone.
- Competitors must complete the freestyle swim by touching the pool edge before touching the manikin, the rescue tube line or any part of the rescue tube to secure the manikin for towing.

Towing the Manikin:

- Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin’s mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line.
- Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the mouth or nose of the manikin are maintained above the surface.
- As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

Retrieving Lost Fins:

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

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Taking assistance from any pool fitting – not including the bottom of the pool when surfacing the manikin.
- ii. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick up zone.
- iii. Using an incorrect carrying technique. (Page 12)
- iv. Carrying the manikin face down.
- v. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- vi. Manikin handler pushing the manikin towards the competitor or the finish edge.
- vii. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge
- viii. Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- ix. At 150m, not touching the pool edge before touching manikin.
- x. Incorrect securing of the rescue tube around the second manikin (i.e., not around body and under both arms and clipped to an O-ring)
- xi. Not securing the rescue tube around the manikin within the 5m pick-up zone (judged at the top of the manikin's head).
- xii. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- xiii. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
- xiv. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xvii. Touching the finish edge without the rescue tube and manikin in place.
- xv. Failure to touch the finish edge.

Line Throw

Age Group:	U16, U19, Open, Masters
Composition:	One patient; one rescuer
Gender:	Male and Female

Description of the Event

- In this timed event, the competitor throws an un-weighted line to a fellow team member located in the water on the near side of a rigid cross bar approximately 12.5m distant. The competitor pulls this “victim” back to the finish edge of the pool.
- This event shall use the 1-start rule as follows: On the long whistle, competitors step into the throw zone and remain there.

Starting Position:

- The competitor stands facing the victim, motionless with legs together and arms straight down and beside their body. The end of the throw line is held in one hand.
- The victim treads water in the center of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the designated spot on the crossbar.

The Start:

- On the long whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane.
- On the starter’s “**Take your marks**” command, competitors immediately assume the starting position.
- When competitors are motionless, the starter gives the acoustic starting signal.

On an acoustic starting signal:

- The competitor retrieves the line, throws the line back to the victim and pulls him or her through the water until the victim touches the finish edge.
- The victim remains in the water and the competitor remains in the throw zone until the referee signals the completion of the event.
- There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Fair Throw:

- Victims may grasp the throw line only within their lane. The lane marker is not “within the lane”. Victims may not submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line.

Pull Through the Water:

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

Throw Zone:

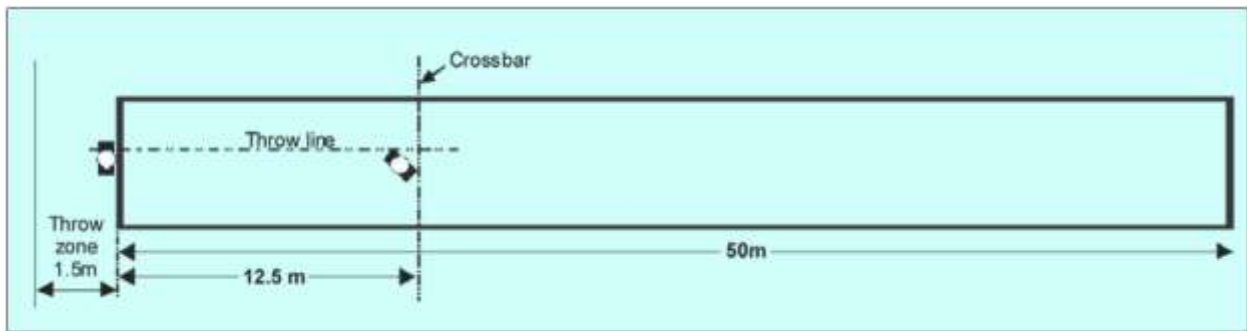
- Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5m from the pool edge.
- If there is a raised portion of the poolside, the line shall be 1.5m back from the deck side of the raised portion.
- Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.
- On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitors’ body may touch or cross the throw zone line without penalty.
- Any part of the competitor’s feet may cross over the front of the “pool edge” of the throw zone without penalty.
- Competitors may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Competitors who enter (or fall into) the water shall be disqualified.

Time Limit:

- Competitors must make a fair throw and tow the victim to the finish edge within 45 seconds.
- If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 45-second limit.
- Competitors who fail to get the victim to the finish edge within the time limit will be designated as “Did Not Finish” (DNF).

Start, Timekeeping, and Attribution of Placing

- Refer to General Conditions.



Equipment

- Throw line - The throw line must be between 16.5m and 17.5m in length. Competitors must use the throw lines supplied by SLSNZ.
- The rigid **crossbar** is positioned on the surface across each lane 12.5m from the starting end of the pool. A tolerance of plus 0.10 m and minus 0.00 m in each lane is allowed.
- A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.

Judging

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

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Victim's moving his or her hand from the designated mark on the crossbar before grasping the throw line.
- ii. Victim submerging to retrieve the throw line.
- iii. Victim grasping the throw line outside the lane.
- iv. Victim not on his or her front while being pulled to the finish edge.
- v. Victim not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall).
- vi. Victim "climbing" the throw line hand-over-hand.
- vii. Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45 second completion signal.
- viii. Victim exiting the water before the 45 second acoustic completion signal.
- ix. Line Thrower executing practice throw(s)

- x. Failure to touch the finish wall.
- xi. Failure to get the victim to the finish edge before the 45-second completion signal shall be designated “Did Not Finish” (DNF).

4 x 50m Obstacle Relay

Age Groups: U12, U14, U16, U19, Open, Masters

Composition: 4 person teams (4 male, 4 female or 2 male/2 female)

Gender: Male, Female and Mixed Team events

Mixed team events are only in U12, U14, Open and Masters events

Masters do not have separate male and female events as well only mixed.

Description of the Event

- i) With a dive entry on an acoustic signal, the first competitor swims 50m freestyle passing under two obstacles.
- ii) After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.
- iii) Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water.
- iv) Competitors may push off the pool bottom when surfacing from under each of the obstacles.
- v) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
- vi) The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.



Equipment:

- Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes.
- The first obstacle is located 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end.
- The distance between the two obstacles is 25m.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Passing *over* an obstacle without immediately returning *over* that obstacle and then passing *under* it.
- ii. Failure to surface after the dive entry.
- iii. Failure to surface after each obstacle.
- iv. One competitor repeating two or more legs of the event.
- v. Leaving the start before the previous competitor has touched the turning edge
- vi. Failure to touch the finish edge.
- vii. A competitor re-entering the water after completing his or her leg of the relay.

4 x 25m Brick Relay

Age Group: U12, U14.

Composition: 4 person teams

Gender: Male and Female

Event Description

- Four competitors in turn carry a brick approximately 25m each.

The First Competitor:

- Starts in the water holding a brick with one hand and the pool edge or starting block with the other hand.
- On an acoustic signal, the competitor carries the brick and passes it to the second competitor within the 4m changeover zone situated between the 23m and 27m mark.

The Second Competitor:

- Carries the brick to touch the turning edge and pass the brick to the third competitor who is in contact with the turning edge with at least one hand.
- The third competitor may only touch the brick after the second competitor has touched the turning edge.

The Third Competitor:

- Carries the brick approximately 25m and passes it to the fourth competitor in the 4m changeover zone between the 73m and 77m mark (23 and 27 m physically).

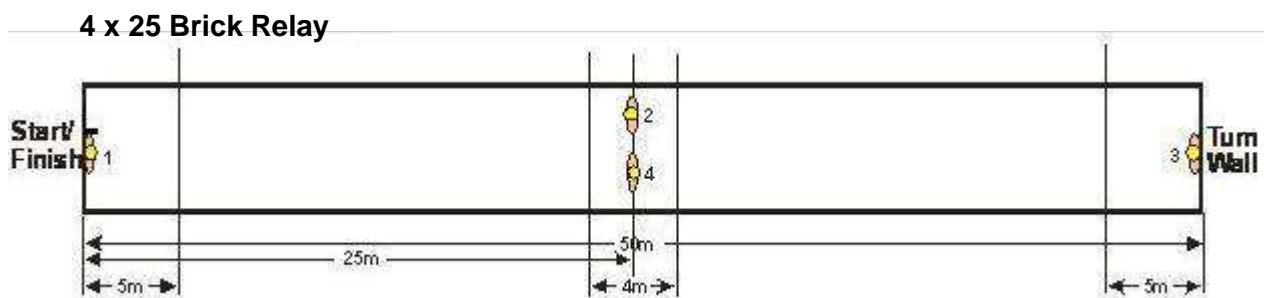
The Fourth Competitor:

- Completes the event by carrying the brick to touch the finish edge with any part of the competitor's body.

Please Note:

- Only the incoming and outgoing competitors may participate in the brick exchange.
- Competitors may not release the brick until the next competitor has grasped it (i.e. one hand of each competitor must be in contact with the brick).
- The start/finish zone and relay changeover zones shall be clearly indicated by flags at the start/finish and turning wall – 5 m from the pool wall

- The relay changeover zones (4m) shall be clearly indicated by markers poolside in the middle of the pool –at 23 m / 77 m and 27 m / 73 m
- Competitors may push off the pool bottom in the relay changeover zone.
- At the start, competitors are not judged on “carrying the brick” criteria within the start zone. Carrying the brick criteria do apply within the start zone at the end of the relay.
- Competitors are not judged on “carrying the brick” criteria within the changeover zone.



Equipment

- Rubber Brick weighing 3.5 kg
- Competitors must use the bricks supplied by organisers.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Surfacing/carrying the Brick:

A rubber brick is not classified as a “living object and therefore it may be carried above or below the surface of the water as follows:

- The brick must be carried not pushed. Pushing means the brick is held forward of the competitor's head.
- Competitors must have surfaced with the rubber brick before the competitor's head passes the 4 m line
- The brick must be carried with one or two hands.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- i. Using an incorrect carrying technique. Please note a rubber brick is not 'living' therefore it may be carried above or below the surface of the water, but it must be carried and cannot be pushed.
- ii. Not carrying the brick in one or both hands.
- iii. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- iv. The brick changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
- v. Assistance from a third competitor during the exchange between the incoming and outgoing competitors.
- vi. Releasing the brick before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the brick).
- vii. Releasing the brick before touching the finish edge.
- viii. Failure to touch the finish edge.

Note Once the top of the competitor's head has entered the changeover zone, competitors are not judged on "carrying the brick" criteria. Once the top of the competitor's head has left the changeover zone, "carrying the brick" criteria apply.

The brick exchange may take place at any time after the top of the competitor's head has entered the changeover zone, but the exchange must occur within the changeover zone.

4x 25m Manikin Relay

Age Group: U16, U19, Open

Composition: 4 person teams

Gender: Male and Female

Event Description

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

The First Competitor:

- Starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block with the other hand.
- On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4m changeover zone situated between the 23m and 27m mark.

The Second Competitor:

- Carries the manikin to touch the turning edge and pass the manikin to the third competitor who is in contact with the turning edge with at least one hand.
- The third competitor may only touch the manikin after the second competitor has touched the turning edge.

The Third Competitor:

- Carries the manikin approximately 25m and passes it to the fourth competitor in the 4m changeover zone between the 73m and 77m mark (23 and 27 m physically).

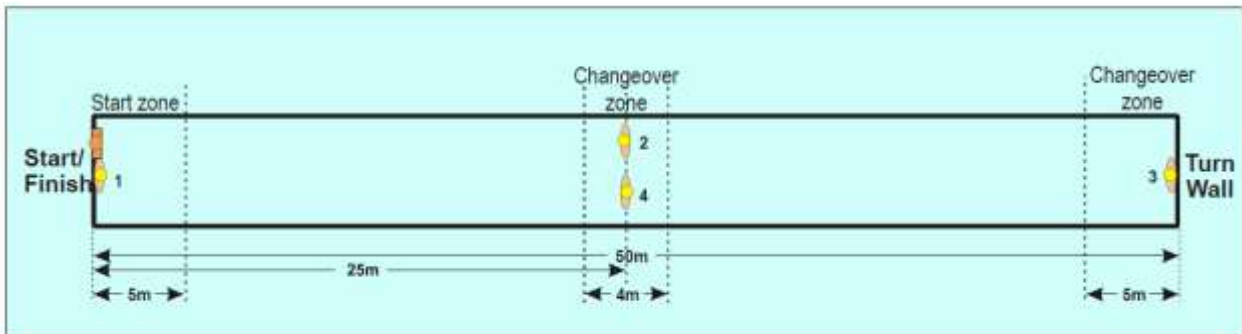
The Fourth Competitor:

- Completes the event by carrying the manikin to touch the finish edge with any part of the competitor's body.

Please Note:

- Only the incoming and outgoing competitors may participate in the manikin exchange.
- Competitors may not release the manikin until the next competitor has grasped it (i.e. one hand of each competitor must be in contact with the manikin).
- The start/finish zone and relay changeover zones shall be clearly indicated by flags at the start/finish and turning wall – 5 m from the pool wall

- The relay changeover zones (4m) shall be clearly indicated by markers poolside in the middle of the pool –at 23 m / 77 m and 27 m / 73 m
- Competitors may push off the pool bottom in the relay changeover zone.
- At the start, competitors are not judged on “carrying the manikin” criteria within the start zone. Carrying the manikin criteria do apply within the start zone at the end of the relay.
- Competitors are not judged on “carrying the manikin” criteria within the changeover zone.



Equipment

- Manikin - the manikin is completely filled with water and sealed for the event.
- Competitors must use the manikins supplied by organisers.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- Using incorrect manikin carry technique. (page 12)
- Carrying the manikin face down.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
- Assistance from a third competitor during the exchange between the incoming and outgoing competitors.

- vi. Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).
- vii. Releasing the manikin before touching the finish edge.
- viii. One competitor completing two or more legs of the event.
- ix. Leaving the start before the previous competitor has touched the wall.
- x. A competitor re-entering the water after completing his or her leg of the relay.
- xi. Failure to touch the finish edge.

Note

Once the top of the head of the manikin has entered the changeover zone, competitors are not judged on “carrying the manikin” criteria. Once the top of the head of the manikin has left the changeover zone, “carrying the manikin” criteria apply.

The manikin exchange may take place at any time after the top of the manikin’s head has entered the changeover zone, but the exchange must occur within the changeover zone.

After the second competitor has touched the turn wall, he or she may assist in the exchange with the third competitor anywhere within the 5m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin’s head passes the 5m line.

4 x 50m Medley Relay

- Age Groups:** U12, U14, U16, U19, Open
- Composition:** 4 person teams (4 male, 4 female or 2 male/2 female)
- Gender:** Male, Female and Mixed Team events
- Mixed team events are only in U12, U14, Open event

Description of the Event

The First Competitor

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

The Second Competitor

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

The Third Competitor

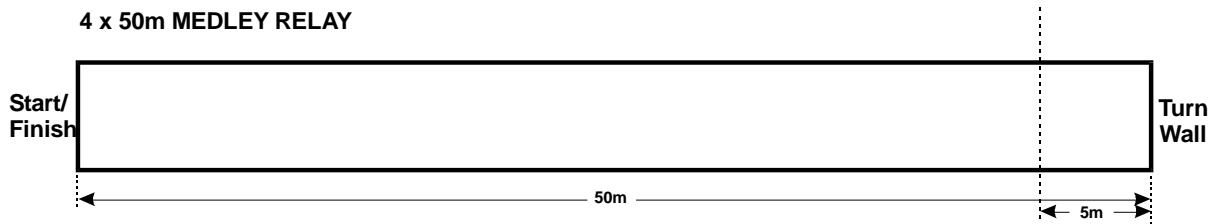
- With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle towing a rescue tube. The third competitor touches the turning edge.

The Fourth Competitor

- The fourth competitor is in the water wearing fins with at least one hand on the turning edge.
- The fourth competitor dons the harness and the third competitor, playing the role of the “victim”, holds the rescue tube with both hands while being towed 50m by the fourth competitor to the finish.
- Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5 m line.
- The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the rescue tube.
- The victim may kick while being towed, but no other assistance is permitted.
- The victim must grip the main body of the rescue tube – not the rope or clip.
- The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.
- While the fourth competitor must have at least one hand on the turning edge when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet.

- The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

4 x 50m MEDLEY RELAY



Starts with rescue tubes:

- For the third competitor's start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane.

Wearing rescue tubes:

- Rescue tubes must be donned correctly with the loop across or over one shoulder. During the third competitor's approach to the fourth competitor, the rescue tube must be towed behind the competitor.
- Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach or tow.

Towing the victim:

- Competitors must tow the victim with the line of the rescue tube fully extended.

Retrieving lost fins:

- Competitors may retrieve fins lost after the start and the team may continue in the event. The team will not be permitted to start again in another heat.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i. The second and third competitors starting before first and second competitors respectively touch the turning edge.
- ii. The third competitor towing the rescue tube without the shoulder loop across or over one shoulder.
- iii. The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turning edge.
- iv. The fourth competitor leaving the turning edge before the third competitor touches the wall.
- v. The victim holding the rescue tube by the rope or clip.
- vi. The victim helping with arm movements, or not holding the rescue tube with both hands.
- vii. The victim losing the rescue tube after crossing the 5 m line.
- viii. The fourth competitor towing the victim without the line of the rescue tube fully extended or without the shoulder loop across or over one shoulder.
- ix. One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- x. Failure to touch the finish edge.
- xi. A competitor re-entering the water after completing his or her leg of the relay.

6 x 50m Mega Relay

Age Group: Open only

Composition and Gender:

1x Open Female

1x Open Male

1x U19 Male

1x U19 Female

1x U16 Male

1x U16 Female

Description of the Event

The First Competitor:

- With a dive entry on an acoustic signal, the first competitor swims 50m freestyle without fins, and touches the turning edge.

The Second Competitor:

- The second competitor dives into the water and swims 50m freestyle with fins, and touches the start/finish edge.

The Third Competitor:

- The third Swimmer swims 50m freestyle without fins, and touches the turning edge.

The Fourth Competitor:

- The fourth competitor dives into the water and swims 50m freestyle with fins, and touches the start/finish edge.

The Fifth Competitor:

- The fifth Swimmer swims 50m freestyle without fins, and touches the turning edge.

The Sixth (last) Competitor:

- The sixth (last) competitor swims 50m freestyle with fins, and touches the finish edge.

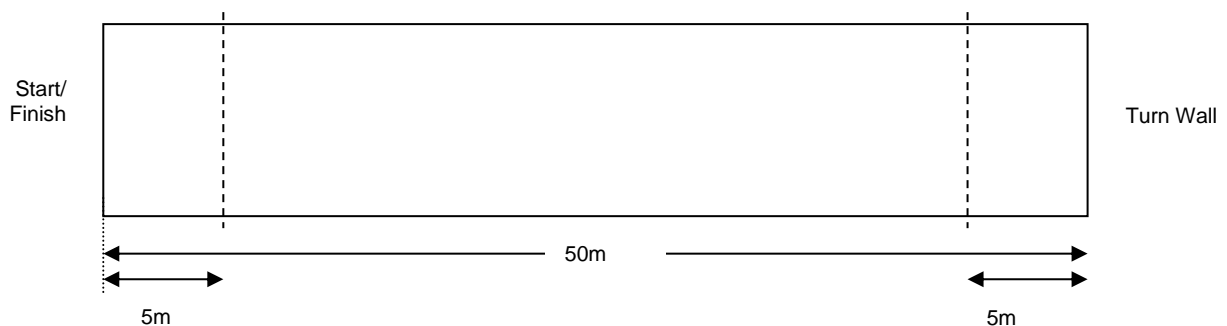
Retrieving Lost Fins:

- Competitors may retrieve fins lost after the start and continue without disqualification.

Please Note:

- Following the dive start to each leg the competitor must surface. From this time on they must swim with some part of their body out of the water for the remainder of their swim leg.

6 x 50m Mega Relay



Equipment

- Fins as per SLSNZ specifications.

Start, Timekeeping, and Attribution of Placing

Refer to General Conditions.

Disqualification

In addition to the General Conditions for disqualification, the following behaviour shall result in disqualification:

- A false start.
- Failing to surface following the dive entry.
- The second, third, fourth, fifth and sixth swimmer's starting before first; second, third, fourth, and fifth swimmer respectively touches the turning edge.
- One competitor completing two or more legs of the event.
- Failure to touch the finish edge.
- A competitor re-entering the water after completing his or her leg of the relay.

Pool Line Map - New Zealand Pool Championships

