



National Life Saving Competition

Rules and Regulations

TABLE OF CONTENTS

<u>SECTION</u>	<u>CONTENT</u>	<u>PAGE</u>
3	Life Saving Competition Events: Description and Rules	9
3.1	4 x 50m. Medley	9
3.1.1	Description of the Event	9
3.1.2	Equipment	9
3.1.3	Start, Timekeeping and Attribution of placing	9
3.1.3	Disqualification	9
3.2	4 x 100m. Medley Tow Relay	10
3.2.1	Description of the Event	10
3.2.1.1	Leg 1: Surface Dive and Chin Tow	10
3.2.1.2	Leg 2: Double Arm Tow	10
3.2.1.3	Leg 3: Extended Chin Tow	10
3.2.1.3	Leg 3: Cross Chess Tow	10
3.2.2	Equipment	11
3.2.3	Start, Timekeeping and Attribution of placing	11
3.2.3	Disqualification	11
3.3	Aided Rescue Relay	11
3.3.1	Description of the Event	11
3.3.1.1	Leg 1: 15m. Rope Throw Rescue	11
3.3.1.2	Leg 2: Rope Rescue	11
3.3.1.3	Leg 3: Sarong Rescue	12
3.3.1.3	Leg 3: Stick Rescue	12
3.3.2	Equipment	12
3.3.3	Start, Timekeeping and Attribution of placing	12
3.3.3	Disqualification	12
3.	DESCRIPTION OF LIFE SAVING TECHNIQUES	13
3.1	Chin Tow	13
3.2	Double Arm Tow	13
3.3	Extended Chin Tow	13
3.3	Cross Chest Tow	13
3.4	Life Saving Back Stroke	13
3.5	Side Stroke	14

3. LIFE SAVING COMPETITION EVENTS: DESCRIPTION AND RULES

3.1 4 x 50m. Medley Relay

3.1.1 Description of the Event

The race shall start off in the water. After an acoustic signal, the 1st swimmer starts off in the water and swims **50m. in Life Saving Back Stroke or Inverted Breastroke** without the use of the arms except to stretch the arm 5m before reaching the end of the pool. The flexed arms shall be placed across on the abdomen.

The 2nd swimmer dives into the water after the 1st swimmer touches the wall and swims **50m. Breastroke** as per FINA rules.

The 3rd swimmer starts off in the water after the 2nd swimmer touches the wall and swims **50m. Side Stroke** where the swimmer's shoulder and body shall be kept on the side.

The final 4th swimmer dives into the water after the 3rd swimmer touches the wall and swims **50m. Freestyle** as per FINA rules.

3.1.2 Equipment

No equipment is required for this event.

3.1.3 Start, timekeeping and attribution of placing

Refer general conditions of competition

3.1.4 Disqualification

- A false start as described in general condition of competition.
- Assisted movement by arms in Life Saving Back Stroke.
- Swimmer's shoulder and body is not kept on the side.
- Infringement on Life Saving techniques (See pp. 13-14).

3.2 4 x 100m. Medley Tow Relay

3.2.1 Description of the Event

3.2.1.1 Leg 1: Surface dive and Chin Tow

- After an acoustic signal, the **victim (3rd swimmer)** shall swim **Freestyle the first 25m., surface dive** to retrieve a brick from the bottom of the pool (dept not exceeding 3m) **and surface** (underwater swim is not allowed) to complete the second 25m, with the brick above water at all times using any stroke.
- The 3rd swimmer shall place the brick on the deck at the end of the pool and signal with the table tennis bat or any visible object for the **rescuer (1st swimmer)** to start.
- The rescuer (1st swimmer) will plunge and **swim 50m.** to the victim (3rd swimmer). On reaching the casualty, the rescuer shall touch the end of the pool with one hand and tow the victim back to the starting point using the **Chin Tow**.

3.2.1.2 Leg 2: Double Arm Tow

- Once the rescuer reaches the finishing end, the **victim (4th swimmer)** will enter the water and **swim 50m.** to the other end.
- When the 4th swimmer has touched the end of the pool and signaled with the table tennis bat or any visible object, the **rescuer (2nd swimmer)** will enter the water and **swim 50m.** to the victim, the rescuer shall touch the end of the pool with one hand and tow back to the starting point using the **Double Arm Tow**.

3.2.1.3 Leg 3: Extended Chin Tow

- Once the rescuer reaches the finishing end, the **victim (1st swimmer)** will enter the water and **swim 50m.** to the other end.
- When the 1st swimmer has touch the end of the pool signaled with the table tennis bat or any visible object, the **rescuer (3rd swimmer)** will enter the water and **swim 50m.** to the victim, the rescuer shall touch the end of the pool with one hand and tow the victim back to the starting point using the **Extended Chin Tow**.

3.2.1.4 Leg 4: Cross Chess Tow

- Once the rescuer reaches the finishing end, the **victim (2nd swimmer)** will enter the water and **swim 50m.** to the other end.
- When the 2nd swimmer has touched the end of the pool and signaled with the table tennis bat or any visible object, the **rescuer (4th swimmer)** will enter the water and **swim 50m.** to

the victim, the rescuer shall touch the end of the pool with one hand and tow the victim back to the starting point using the **Cross Chest Tow**.

- The race finishes when the 4th swimmer has touched the end of the pool.

3.2.2 **Equipment**

LSSM rubber brick weighing approximately 2 kg and measuring 230mm x 107mm x 80mm.

3.2.3 **Start, timekeeping and attribution of placing**

Refer general conditions of competition

3.2.4 **Disqualification**

- A false start as described in general condition of competition.
- Elbow did not bend in the Chin Tow.
- Failure to resurface after the dive entry to recover the brick.
- Failure to touch the pool edge before rescuing the victim.
- The rescuer leaves the starting position before the victim signals.
- The competitor touching the finish edge without the equipment.
- Infringement on Life Saving techniques (See pp. 13-14).

3.3 Aided Rescue Relay

3.3.1 Description of the Event

3.3.1.1 Leg 1: 15m. Rope Throw Rescue

- The event starts with the **3rd swimmer in position at the 10m. mark**, holding one end of the 15m. rope.
- The **1st swimmer will be position at the starting** and holding the other end of the rope.
- On the starter's signal, the **casualty (3rd swimmer)** will release the rope and the **rescuer (1st swimmer)** will retrieve the rope by coiling it and throw to the casualty.
- When the rope reaches the casualty, the rescuer will pull the casualty back to the starting point.
- The casualty is not allowed to move to the rope should it be thrown out of the arms' reach of the casualty or the rope crosses over the demarcation line rope.

3.3.1.2 Leg 2: Rope Rescue

- Once the **victim** reaches the finishing end, the **next victim (4th swimmer)** will enter the water and **swim 50m.** to the other end.
- When the victim has touched the end of the pool and signaled with the table tennis bat or any visible object, the **rescuer (2nd swimmer)** will enter the water **with the 2m. rope and swim 50m.** to the victim, the rescuer shall touch the end of the pool with one hand and using the rope as an aid tow the victim back to the starting point

3.3.1.3 Leg 3: Sarong Rescue

- Once the rescuer reaches the finishing end, the **victim (1st swimmer)** will enter the water and **swim 50m.** to the other end.
- When the victim has touched the end of the pool and signaled with the table tennis bat or any visible object, the **rescuer (3rd swimmer)** will enter the water **with the sarongs and swim 50m.** to the victim, the rescuer shall touch the end of the pool with one hand and using the sarongs as an aid tow the victim back to the starting point

3.3.1.4 Leg 4: Stick Rescue

- Once the rescuer reaches the finishing end, the **victim (2nd swimmer)** will enter the water and **swim 50m.** to the other end.
- When the victim has touched the end of the pool and signaled with the table tennis bat or any visible object, the **rescuer (4th swimmer)** will enter the water **with the stick and swim 50m.** to the victim, the rescuer shall touch the end of the pool with one hand and using the stick as an aid tow the victim back to the starting point
- The race finishes when the 4th swimmer has touched the end of the pool.

3.3.2 **Equipment**

- 1 piece of 15m long rope with diameter 6-8 mm.
- 1 piece of 2m. long rope.
- 2 sarongs looped together (teams to use own sarongs)
- 1 piece of broom stick with diameter 15 – 20 mm. and length 120 cm.

3.3.3 **Start, timekeeping and attribution of placing**

Refer general conditions of competition

3.3.4 **Disqualification**

- A false start as described in general condition of competition.
- The rescuer starts to pull the victim back before the rope reaches the victim or the rope crosses the demarcation line rope in the 15m. Throw Rescue.
- Failure to touch the pool edge before rescuing the victim.
- The rescuer leaves the starting position before the victim signals.
- The competitor touching the finish edge without the equipment.

4. DESCRIPTION OF LIFE SAVING TECHNIQUES

4.1 Chin Tow

The rescuer places himself behind the subject and places his left arm over the subject's chin in his left hand. The subject's head rests on the rescuer's left shoulder, and the rescuer secures a firm grip by pressing his bent left arm into the subject's shoulder. The rescuer uses a Lifesaving Backstroke or Side Stroke/Scissors kick. Use your free arm to help you swim.

4.2 Double Arm Tow

Rescuer shall hold the subject's **upper arms** with both hands. Only Lifesaving Backstroke kick (Without the use of arm pull) may be used for this towing. The rescuer must ensure that the subject's nose and mouth are kept clear of the water.

4.3 Extended Chin Tow

The rescuer's hand is cupped under the subject's chin and swim Side Stroke or Lifesaving Backstroke kick towing the subject at arm's length. The towing arm shall be fully extended and must ensure that the subject's nose and mouth are kept clear of the water by flexing his arm or wrist as necessary.

4.4 Cross Chest Tow

From behind the rescuer passes his right arm over the subject's right shoulder and grips him in his left armpit, the rescuer's elbow being clamped firmly down on the subject's chest. The rescuer may use the Lifesaving Backstroke or Side Stroke/Scissors kick, keeps his right hip close up to the small of the subject's back.

4.5 Lifesaving Backstroke (Without the use of hands)

The double-action Lifesaving Backstroke leg kick is shortened so that emphasis is on that part of the leg below the knee. Keeping the upper part of the legs in line with the body, the feet are lowered gently from the knees, as the knees open sideways, until they are directly below the former position of the knees. The movement is a short continuous circular action from the knees, the insteps and the shins pressing against the resistance of the water. The driving force is principally produced by the front and insides of the feet. The extended legs come together in line with the body.

4.6 Side Stroke

The body is straight and laid on one side of the face resting in the water. Assuming the swimmer to be on his right side, the lower arm is extended fully forward beyond the head with the palm of the hand downwards. The upper arm is along the side of the body. During the glide the lower arm begins its stroke pulling with a shallow sweep through the water back to the shoulder; the elbow is bent and the wrist is extended to continue the sweep backwards as a circular movement. The legs recover by bending at the knees and hips while the right arm is completing its backward movement. They are then extended, both legs moving parallel to the surface of the water, to close with a flip of the ankles and feet. The leg trust is obtained by extending the legs and ankles, and scissoring them towards each other. If the upper leg (in this case the left leg) is forward the swimmer is using the orthodox scissors kick; if the lower leg is forward he is using the inverted scissors kick.