

# **SURF LIFE SAVING GB**

## **DISTANCE RACE RULES**



# Contents

<b>Definitions</b>	<b>6</b>
<b>Acronyms</b>	<b>6</b>
<b>Introduction</b>	<b>7</b>
<b>Event Safety</b>	<b>8</b>
<b>SLSGB Distance Racing Definition</b>	<b>10</b>
<b>Course locations</b>	<b>10</b>
<b>Event Categories</b>	<b>11</b>
<b>Registration</b>	<b>12</b>
<b>Judging</b>	<b>12</b>
<b>Time limits</b>	<b>12</b>
<b>Distance Surf Ski Races</b>	<b>13</b>
Type of Craft	13
Entry Criteria	13
Equipment	14
Distance Ski Racing Courses	14
Safety	16
Registration	18
Starts	18
Competitor numbers	19
Race rules	19
Finishes	20

<b>Distance Board Race</b>	<b>22</b>
Type of Craft	22
Entry Criteria	22
Equipment	23
Distance Board Racing Courses	23
Multi-Lap Events	24
Safety	25
Registration	26
Starts	26
Start lines	28
Race Rules	28
Competitor numbers	29
Finish	29
<b>Distance Swim Race</b>	<b>30</b>
Entry Criteria	30
Equipment Clothing	30
Distance of Swim Courses	31
Safety	33
Registration	34
Starts	34
Race Rules	36
Finish	38
Judging	39
Time limits	39

<b>Distance Beach and Coastal Run Race</b>	<b>40</b>
Entry Criteria	40
Equipment Clothing	40
Distance of Courses	41
Safety	43
Registration	44
Starts	44
Race Rules	46
Competitor numbers	47
Finish	47
Judging	47
Time limits	47
<b>Appendix 1</b>	<b>48</b>
<b>Appendix 2</b>	<b>49</b>

## Definitions

<b>Open water</b>	Area of water where the surface can change due to weather condition e.g. due to winds.
<b>Event</b>	Sports governed by a set of rules.
<b>Race</b>	Where competitors compete against each other to be the first across the line.
<b>Surf Ski</b>	A narrow sit-on-top kayak with indent for seat and foot wells. Fitted with under hull rudder with foot pedals.
<b>Short length long distance ski</b>	Under 6m.
<b>Distance Ski race</b>	Where distances are longer than normal ILS rules.
<b>Lapped races</b>	The course is set around buoys, where the competitor needs to complete multiples of.
<b>Downwind races</b>	The course is between two set points (Also known as Point to Point).
<b>Elite</b>	Experienced, with a proven track record.
<b>Small surf</b>	Surf conditions under 1m

## Acronyms

<b>ILS</b>	International Life Saving
<b>SLSGB</b>	Surf Life Saving GB

## Introduction

The humanitarian mission of SLSGB is to save lives, and through the encouragement and conduct of sporting activities, we equip our members with the ability to carry out this mission. Sport is an essential activity of Surf Life Saving Great Britain (SLSGB) that helps to develop our lifesavers' skills, knowledge, techniques and fitness. Lifesaving sport plays an essential role in bringing our clubs and regions together on a regular basis to share information and experiences. The rules in this rule book cover individual events, but can also be added together to create a multi-discipline events such as Long Distance Oceanman or Swim Run events around beaches and the coast.

## Event Safety

The provision of safety at SLSGB competitions is vital to SLSGB leading up to and during competition and must be in place before commencing the competition. Ultimately the Event Manager is responsible for event safety. However, at all events a nominated lead representative for safety must be in place and must:

- 🚩 Have relevant qualifications and experience for the role and conditions.
- 🚩 Assess the risks and potential harm to all involved
- 🚩 Have a safety Plan specific for the event
- 🚩 Implement Controls to reduce risk and harm, as far as reasonably practicable to do so.
- 🚩 Assign adequate life saving resources to ensure the safety of those involved with the competition.
- 🚩 Check to ensure that only qualified and experienced rescue personnel and IRB coxswains with competent crew members shall be deployed in the competition areas.
- 🚩 Ensure that no event shall be conducted until the lead safety representative has assessed the surf conditions and confirmed that appropriate safety controls are in place (Tests may be undertaken to assist in the assessment process and the Organising Committee shall be consulted in this process.)

- 🚩 Monitor the implementation of the safety plan and changes in level of risk
- 🚩 Action any updates required to ensure that safety is maintained
- 🚩 If an emergency arises during competition the Safety Officer or the appointed Emergency Services Coordinator shall assume control of the situation. During an emergency, only qualified and experienced people should enter the water or handle any of the rescue equipment under the control of the Safety Officer or appointed Services.

**Note:** Please refer to the National Event Water Safety Guidelines Document and relevant lifeguard manuals for full guidance on event water safety and safety cover procedures.

## SLSGB Distance Racing Definition

SLSGB Distance Racing involves competition on the ocean and in the surf, that are performed under the criteria set in this document over distances greater than that set out in SLSGB and ILS rules for 'sprint' based competitions. The SLSGB distance races are classed as separate races with differing needs and rules to the SLSGB and ILS sprint race events.

## Course locations

Courses may be held in open water such as those found at coastal beaches, estuaries and inland beaches. Events are held in a variety of formats and conditions. Courses should be set to utilise the conditions of the venue to ensure safety, while providing an adequate challenge and test of the seamanship/fitness of the competitors. The event should also consider the spectators and members of the public as well as other water users to ensure a safe and enjoyable event. Typically, the majority of the course should be set beyond the breaking surf zone, although entry re-entry may be necessary through small surf conditions for certain venues. In larger conditions, the start may be staged and initiated beyond the surf to allow escorting of competitors safely beyond the break. The finish may also be required to be beyond the break in certain circumstances, please see starts and finishes for further detail. It should be possible to enter and egress from the water safely.

## Event Categories

All event categories should be clearly defined on the event entry form. The recognised categories for SLSGB distance racing are currently separated by age, gender, elite/non elite competitor levels and type of craft:

The following categories are recognised by SLSGB:

-  Nipper 8 years old too (and including) 13 years old
-  Youth 13 years old too (and including) 19 years old
-  Open 16+ (the year of the race)
-  Master 30+

Other categories can be used e.g:

-  Elite
-  Advanced
-  Experienced
-  Improver
-  Novice

## Registration

1. All competitors must register for every race.
2. All competitors will be required to complete a series or event registration and Indemnity form.
3. Race entries will be taken online and/or on the day of the race. Race entries should close 30 minutes before the stated, race start time.

## Judging

1. All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
2. Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
3. Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

## Time limits

1. A time limit may be imposed on the duration of an event at the referee's discretion. Competitors shall be advised of any time limits prior to the commencement of the event.
2. The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached.

## Distance Surf Ski Races

### Type of Craft

---

1. Single U16 and U19 events – restricted to craft under 6m i.e. SLSGB /ILS spec ski or short length long distance ski only.
2. Any U16/U19 paddling a craft over 6m will be required to enter the Open event.
3. Open and Masters events – SLSGB spec skis and long distance skis allowed.
4. Any double ski meeting build specifications may be used for double events.

### Entry Criteria

---

Entry criteria and rules for SLSGB Distance Ski Racing are different from SLSGB sprint based rules. Additional measures such as those specified in these rules are provided to allow wider potential for participation in the events, from like minded sports and participants. Typically conditions in a distance event will be less challenging than a sprint or surf based event and therefore reflect this. However, there remains a likelihood of fatigue and a necessity for safety cover.

At minimum competitors must:

-  Be members of SLSGB (minimum of day membership).
-  Swim 100m unaided.
-  Hold a SLSGB Surf and Ski competency or skill award or a self declaration of competency and indemnity (see Appendix 1).

## Equipment

---

### ***Ocean Surf Ski Construction***

1. The Surf ski has a closed, watertight hull and deck design where the paddler is seated in indentations in the deck.
2. Self bailing drains may be used to drain the footwell(s) and the seat(s).
3. The shape, construction method, materials used and steering mechanisms are without restrictions.
4. All the crafts shall have at least one hard point provided near the cockpit for attaching a leash.
5. All openings into the hull larger than 12mm in diameter (drain and vent holes) must be fitted with a cover that is mechanically fastened in place.
6. The surf ski must have internal buoyancy added to the construction such as a foam stringer, that enable the boat to remain buoyant even, if full with water.

### ***ILS Specification Construction***

1. ILS spec skis must meet the criteria established in current ILS International Life Saving rule books.

## Distance Ski Racing Courses

---

Courses may be changed at short notice to suit the conditions on the day of the race. However, the following principles should be considered when setting the course:

### ***Course Distance***

There will be no limit of the length of course, but in order to promote consistency across competitions, the following race distances / duration have been recommended.

-  Open Men 10k / 1 hour
-  Open Ladies / Masters Men / U19 Men & Ladies 8k / 45 mins
-  U16 Boys & Girls 6k / 30 mins.

N.B. Currently, Open double events are not British Title Races, but would probably be best run with the 8k or 10km race at the race organizers discretion.

These distances may vary depending upon the type of competition and category of paddlers entering. However, safety and control measures should be adjusted to suit. I.e. Elite races may occasionally occur at much greater distances than recommended, an example of an additional control measure for this may include evidence of qualifying criteria or competencies being demonstrated. Further controls may also be required.

### ***Multi - Lap Based Events***

1. Courses should utilize lap formats to ensure that competitors remain within a controlled area, where spotters, competitor checks and safety craft can be used. This also allows for public viewing of the event.
2. Competitors should not be caused to cross paths in opposite directions around buoys or turning points
3. Suggested formats for a course layout are provided below, but further modifications on these themes, may be appropriate:

-  M-shaped course
-  Rectangular course
-  Triangular course (utilizing conditions)

See appendix 2 for examples of these courses.

### ***Downwind Based Events (Point to Point)***

Point to point events may require additional rules specific to the location of the event. Spotters and additional communication and safety cover needs to ensure that competitors are always within proximity of assistance/safety cover or able to communicate to gain assistance as necessary.

Check points, landing egress points should be identified along the course and consideration to extra spotter along the course.

See appendix 2 for examples of this course

### **Safety**

1. All paddlers are required to wear ISO Approved personal flotation devices (PFD's) at all SLSGB Distance Ski Races.
2. Anyone finishing a race without their lifejacket on will be disqualified.
3. Flares, Mobile Phone in a water proof pouch or appropriate means of communication are useful at every race, but are recommended in point to point based events.
4. Leashes are advisable. If winds are over 25km/hr: Leash + Flares (or Cell Phone) are also recommended for all, if paddling more than 500metres from shore.
5. If a paddler does not offer assistance to another paddler in distress, they will be disqualified from that race, unless offering assistance puts the paddler in danger them self. Positioning may be amended)
6. All paddlers to give their number to the time keeper at the end of race (Time will be recorded when number is given in to the finishing judge, NOT when crossing finishing line, unless specified otherwise by the race organiser).
7. Any paddler not completing the course must record the race number with the time keeper.
8. A race briefing must take place immediately before the start of the race to confirm the racecourse, safety issues and any other salient facts.
9. It is the paddler's responsibility to ensure that they are present at the race briefing and no responsibility will be accepted by the organisers for the competitors who were not present. Competitors should be notified of the briefing upon registration or before the race start.
10. Competitors may be required to land ashore or pass through check points for safety or other reasons, at points designated by the race organisers.
11. There will be a sweep safety craft/or marshal following the field in longer distances where individuals go out of site of the start and finish lines.
12. It is the responsibility of the race organisers to institute a search for any competitor who had not crossed the finish line or advised of his withdrawal.
13. The costs of this search may be borne by the competitor who had withdrawn and not notified the race organisers.
14. Race organizers are responsible for, and obliged, to meet SLSGB accredited event criteria to run an SLSGB Distance Ski Race. Additional criteria may also be required, specific to the event beyond the scope and advice of SLSGB guidance and resources that are produced to promote good practice within the scope of standard surf life saving events.

## Registration

---

1. All competitors must register for every race.
2. All competitors will be required to complete a series or event registration and Indemnity form.
3. Race entries will be taken online and/or on the day of the race. Race entries should close 30 minutes before the stated, race start time.

## Starts

---

### 1. Beach starts (Dry):

- I. Line skis up approximately 5m from water's edge facing the water.
- II. Line competitors up in line with their skis approximately 10m from water's edge and holding their paddles.
- III. On starting signal, competitors run to ski and carry/push ski into water before mounting.

### 2. Shallow Water Starts:

- I. Competitors steady their skis in line in knee-deep water about 1.5m apart.
- II. Competitors must obey directions from the starter or check starter concerning ski alignment at the start.
- III. On the starting signal, competitors paddle their skis around the course.

### 3. Deep Water Starts:

- I. The start will be between two markers, clearly identified and pointed out to competitors at the briefing
- II. Competitors steady their skis between two marker buoys.

- III. Skis should not be moving and in a straight line (failure to comply will be classed as a False start).

### 4. False Starters:

- I. Will receive a 2 Minute time penalty.
- II. False starters will not be recalled (but will be informed of the penalty at the end of the race)

N.B, the race organiser may change the beach start / finish should conditions require them to do so. This may be for safety reasons or in order to protect the competitor's craft.

## Competitor numbers

---

1. Up to 100 people = All competitors start together in Mass Start
2. Over 100 people Split into Waves of less than 101 competitors

## Race rules

---

1. Any competitor who does not comply with safety requirements will be disqualified.
2. Any competitor who does not follow the prescribed race course on the day will be disqualified.
3. Any competitor who rides the wake of a motorised craft will be disqualified.
4. Any competitor, who gains unfair advantage through unsportsmanlike behaviour, will be disqualified.

## Finishes

---

### 1. Beach Finishes (Dry):

- I. The finishing line will be between 5 and 10m from water's edge.
- II. The paddler must jump off their ski.
- III. Run through finishing flags with their paddle.
- IV. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

### 2. Beach Finishes(Wet):

- I. The finish line will be no less than knee depth water, between two flag on poles.
- II. Any part of the ski crosses the in-water finish line – but must be ridden, gripped, or carried by the competitor.
- III. Paddlers may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.

### 3. Deep water Finishes:

- I. The finish will be between two markers, clearly identified and pointed out to competitors at the briefing.
- II. Paddlers must cross the finish line with sitting on their craft.
- III. The finish is judged when the tip of the bow crosses the finish line.

4. The onus is on the paddler to ensure that timekeepers have registered their number and position.
5. It is the onus of all competitors to cross the finish line or advise the race organisers that they have withdrawn from the event.
6. Craft must be removed from the finish line immediately their number has been recorded.

## Distance Board Race

### Type of Craft

---

1. Paddle board Craft = Any surf board, SUP, Longboard may be used in the competition and may receive spot prizes if successful in the Barrel draw for prizes (except paddle board)
2. SLS Spec Paddle Board or Nipper Board only, is eligible for Series Prizes and medals.

### Entry Criteria

---

1. Individuals are allowed to their own age categories but may also enter the Open category, provided they are a youth or master and their event number is given to the recorders on the final lap of the respective categories when crossing the line. They may then continue to the full number of Laps for the open category. This is at the competitors own discretion and the competitor assumes their own responsibility for time lost in either race as a result.
2. Numbered stickers may be required on the board.

At minimum competitors must:

-  Be members of SLSGB (minimum of day membership).
-  Swim 100m unaided.
-  Hold a SLSGB Surf and Board competency or skill award or a self declaration of competency.

### Equipment

---

#### *Board Construction*

1. Epoxy surfboards (use EPS or expanded poly styrene).
2. PU Surfboards (polyurathan foam).
3. The open/master events are open to any specification of board, paddle board craft = any surf board, SUP, Long board may be used in the competition.
4. For the Nipper race a board that fits the SLSGB specification must be paddled.

#### *IIS Specification Construction*

1. ILS spec skis must meet the criteria established in current International Life Saving rule books

### Distance Board Racing Courses

---

Courses may be changed at short notice to suit the conditions on the day of the race. However, the following principles should be considered when setting the course:

#### *Course Distance*

There will be no limit of the length of course, but in order to promote consistency across competitions, the following race distances / duration have been recommended.

1. Nipper 1.5km/30 mins
2. Youth 3km/45 mins
3. Open 6km/1 hour
4. Master 3km/45 mins

These distances may vary depending upon the type of competition and category of paddlers entering. However, safety and control measures should be adjusted to suit. I.e. Elite races may occasionally occur at much greater distances than recommended, an example of an additional control measures for this may include evidence of qualifying criteria or competencies being demonstrated. Further controls may also be required.

### Course Design

1. Courses will vary from event to event to allow variety and to suit the venue environment and safety requirements.
2. Courses should bring the competitor back towards the spectators so they do not lose contact with the race.
3. The course route & marshalling arrangements will be safe & suitable for the size of the field.
4. The course will be signed, taped, and marshalled, where appropriate, with all turnings clearly indicated, to ensure runners keep to the approved route.

### Multi-Lap Events

4. Courses should typically utilise lap formats to ensure that competitors remain within a controlled area, where spotters, competitor checks and safety craft can be used. This also allows for public viewing of the event.
5. Competitors should not be caused to cross paths in opposite directions around buoys or turning points
6. Suggested formats for a course layout are provided below, but further modifications on these themes, may be appropriate:

-  M-shaped course
-  Rectangular course

-  Triangular course (utilizing conditions)

See appendix 2 for examples of these courses

### Downwind Based Events (Point to Point)

Point to point events may require additional rules specific to the location of the event. Spotters and additional communication and safety cover needs to ensure that competitors are always within proximity of assistance/safety cover or able to communicate to gain assistance as necessary.

Check points, landing egress points should be identified along the course and consideration to extra spotter along the course.

See appendix 2 for examples of this course.

Check points, landing egress points should be identified along the course and consideration to extra spotter along the course.

See appendix 2 for examples of this course

### Safety

1. If a paddler does not offer assistance to another paddler in distress, they will be disqualified from that race.
2. All paddler to give their number to the time keeper at the end of race (Time will be recorded when number given in, NOT when crossing finishing line).
3. Any paddler not completing the course must record the race number with the time keeper.
4. A race briefing must take place 5 minutes before the start of the race to confirm the racecourse, safety issues and any other salient facts.
5. It is the paddler's responsibility to ensure that they is present at the race briefing and no responsibility will be accepted by the organizers for the competitors who were not present.

6. There will be a sweep safety craft/or marshal following the field in longer distances where individuals go out of site of the start and finish lines.
7. It is the responsibility of the organisers to institute a search for any competitor who had not crossed the finish line or advised of his withdrawal.
8. The costs of this search may be borne by the competitor who had withdrawn and not notified the organisers.
9. Race organizers are responsible for, and obliged, to meet SLSGB accredited event criteria to run an SLSGB Distance Board Race. Additional criteria may also be required, specific to the event beyond the scope and advice of SLSGB guidance and resources that are produced to promote good practice within the scope of standard surf life saving events.

## Registration

---

4. All competitors must register for every race.
5. All competitors will be required to complete a series or event registration and Indemnity form.
6. Race entries will be taken online and/or on the day of the race. Race entries should close 30 minutes before the stated, race start time.

## Starts

---

### 1. Prior to the start, a official or marshall shall:

- i. Place competitors in the order as drawn for all heats and or finals.
- ii. Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order

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

- i. Check that all officials and judges are in position.
- ii. Check that competitors have swim wear and caps for a legal start.
- iii. Check that equipment and course markers are in position.

### 3. The starter shall:

- i. Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- ii. Position himself or herself so as to have full visual control over all competitors during the start.
- iii. Ensure that the start for all races is consistent and fair.
- iv. Add 2 minutes to competitors for false starts.

The following 3-step start shall be used.

- i. On the starter's "**On your marks**" command, competitors assume a position in their marshalled order at the start line.
- ii. On the starter's "**Set**" command, competitors immediately assume their steady starting stance.
- iii. When all competitors are stationary, the starter gives the acoustic starting signal.
  - If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.
  - After the start, competitors may enter the water at their own discretion, providing there is no interference to other competitors.

## Start lines

---

1. Start lines may be designated by:
  -  a cord between two poles.
  -  a line drawn on the sand between two poles.
  -  a line of sight between two poles or otherwise as determined by the starter.
    - i. Where a cord is used competitors' toes may be on or behind the line but parts of the body may overhang the line.
    - ii. Where a cord designates the start line, a part of the board held by competitors may be over the line but it must be at right angles to the line or at an angle to accommodate prevailing conditions. Where a board is placed on the beach, it shall be placed at 90 degrees to, and on the shoreward side of, the start or changeover line.

### **False starts:**

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

All competitors who **commence a forward starting motion** after assuming a final set position and before the starting signal shall have 2 minutes added to their time.

## Race Rules

---

2. Any competitor who does not comply with safety requirements will be disqualified.
3. Any competitor who does not follow the prescribed racecourse on the day will be disqualified.
4. Any Competitor who rides the wake of a motorised craft will be disqualified.

5. Any competitor, who gains unfair advantage through unsportsmanlike behaviour, will be disqualified.
6. Competitors may lose contact and control of their board without necessarily being disqualified.

## Competitor numbers

---

3. Up to 100 people = All competitors start together in Mass Start
4. Over 100 people = Split into Waves of less than 101 competitors

## Finish

---

1. Competitors may lose contact and control of their board without necessarily being disqualified.
2. To complete the race, competitors must have (or have regained) their board and cross the finish line from the seaward side, while maintaining contact with their craft.
3. In events competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.

## Distance Swim Race

### Entry Criteria

Individuals are allowed to their own age categories but may also enter the Open category, provided they are a youth or master and their event number is given to the recorders on the final lap of the respective categories when crossing the line. They may then continue to the full number of laps for the open category. This is at the competitors own discretion and the competitor assumes their own responsibility for time lost, in either race, as a result.

At minimum competitors must:

-  Be members of SLSGB (minimum of day membership).
-  Hold a SLSGB Surf Competency or skill award or a self declaration of competency to swim the distance of the course unaided.

### Equipment Clothing

1. Swimming costume must be worn)
2. Wetsuits: Due to the weather conditions often experienced in Great Britain, the use of wetsuits, or other foam type outer garments is optional.
  - a. Wetsuits must conform to ILS standards outlined in SLSGB Ocean Rule Book
3. The organisers reserve the right to examine wetsuits and refuse permission for a suit to be worn if it does not meet these criteria.
4. Goggles are allowed but not mandatory.

## Distance of Swim Courses

Courses may be changed at short notice to suit the conditions on the day of the race. However, the following principles should be considered when setting the course:

### Course Distance

There will be no limit of the length of course, but in order to promote consistency across competitions, the following race distances / duration have been recommended.

-  Nipper 500-1000m
-  Youth 1500m
-  Open 2000m
-  Master 1500m

These distances may vary depending upon the type of competition and category of swimmers entering. However, safety and control measures should be adjusted to suit. I.e. Elite races may occasionally occur at much greater distances than recommended, an example of an additional control measures for this may include evidence of qualifying criteria or competencies being demonstrated. Further controls may also be required.

### Course Design

5. Courses will vary from event to event to allow variety and to suit the venue environment and safety requirements.
6. Courses should bring the competitor back towards the spectators so they do not lose contact with the race.
7. The course route & marshalling arrangements will be safe & suitable for the size of the field.
8. The course will be signed, taped, and marshalled, where appropriate, with all turnings clearly indicated, to ensure runners keep to the approved route.

### **Multi-Lap Events**

7. Courses should typically utilise lap formats to ensure that competitors remain within a controlled area, where spotters, competitor checks and safety craft can be used. This also allows for public viewing of the event.
8. Competitors should not be caused to cross paths in opposite directions around buoys or turning points
9. Suggested formats for a course layout are provided below, but further modifications on these themes, may be appropriate:
  -  M-shaped course
  -  Rectangular course
  -  Triangular course (utilizing conditions)

See appendix 2 for examples of these courses

### **Downwind Based Events (Point to Point)**

Point to point events may require additional rules specific to the location of the event. Spotters and additional communication and safety cover needs to ensure that competitors are always within proximity of assistance/safety cover or able to communicate to gain assistance as necessary.

Check points, landing egress points should be identified along the course and consideration to extra spotter along the course.

See appendix 2 for examples of this course.

### **Safety**

1. If a Swimmer does not offer assistance to another Swimmer in distress, they will be disqualified from that race.
2. A swimmer experiencing difficulty and in need of assistance should roll onto their back and raise an arm overhead and call or seek assistance.
3. No diving on entry to the water is permitted at any time (Unless the depth of water is greater than 1.8m). Dolphin dives in surf conditions are accepted
4. Swim hats must be worn at all times by competitors during their race.
5. All Swimmers to give their number to the time keeper at the end of race (Time will be recorded when number given in, NOT when crossing finishing line).
6. Any swimmer not completing the course must record the race number with the time keeper.
7. A race briefing must take place 5 minutes before the start of the race to confirm the racecourse, safety issues and any other salient facts.
8. It is the swimmer's responsibility to ensure that they are present at the race briefing and no responsibility will be accepted by the organisers for the competitors who were not present.
9. It is the responsibility of the organisers to institute a search/emergency action plan for a lost competitor, for any competitor who has not been recorded to cross the finish line or has not advised of his withdrawal.
10. The costs of this search may be borne by the competitor who had withdrawn and not notified the organisers.
11. Race organisers are responsible for, and obliged, to meet SLSGB accredited event criteria to run a Distance Swim Race. Additional criteria may also be required, specific to the event beyond the scope and advice of SLSGB guidance and resources that are produced to promote good practice within the scope of standard surf life saving events.

## Registration

---

1. All competitors must register for every race.
2. All competitors will be required to complete an event registration and Indemnity form.
3. Race entries will be taken online and/or on the day of the race. Race entries should close 30 minutes before the stated, race start time.

## Starts

---

### 1. Prior to the start, a marshall shall:

- iii. Place competitors in the order as drawn for all heats and or finals.
- iv. Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order

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

- iv. Check that all officials and judges are in position.
- v. Check that competitors have swim wear and caps for a legal start.
- vi. Check that equipment and course markers are in position.

### 3. The starter shall:

- v. Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- vi. Position himself or herself so as to have full visual control over all competitors during the start.
- vii. Ensure that the start for all races is consistent and fair.
- viii. Add 2 minutes to competitors for false starts.

### The following 3-step start shall be used.

- iv. On the starter's "On your marks" command, competitors assume a position in their marshalled order at the start line.
- v. On the starter's "Set" command, competitors immediately assume their steady starting stance.
- vi. When all competitors are stationary, the starter gives the acoustic starting signal.
  - If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.
  - After the start, competitors may enter the water at their own discretion, providing there is no interference to other competitors.

### Start lines

#### 1. Start lines may be designated by:

-  a cord between two poles.
-  a line drawn on the sand between two poles.
-  a line of sight between two poles or otherwise as determined by the starter.
- iii. Where a cord is used competitors' toes may be on or behind the line but parts of the body may overhang the line.

#### 2. Deep water Starts:

-  The start will be between two markers, clearly identified and pointed out to competitors at the briefing.

### 3. Wave 5 starts:

-  At the discretion of the event director, swims may be started in waves in which each wave is separated at the start from other waves by a set time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

### **False starts**

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

All competitors who **commence a forward starting motion** after assuming a final set position and before the starting signal shall have 2 minutes added to their time.

### **Race Rules**

---

1. Any competitor who does not comply with safety requirements will be disqualified.
2. Competitors shall use no aids other than a cap, goggles, nose clip, a wetsuit.
3. A wetsuit may consist of up to three separate parts.. The maximum permitted thickness of material is 5mm. This maximum thickness also applies to any overlap of materials.
4. Competitors may stand, or rest on the bottom, or on a non-moving object, but may not gain unfair advantage or make progress, other than is deemed necessary to execute entry into and exit from the designated swimming course by doing so.
5. Competitors shall at all times swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedence.
6. Race cut off times are displayed on the competitors entry pack.

7. At the end of the specified time limit any competitor still in the water shall be ordered to retire. Competitors refusing to retire will not be insured to continue racing..
8. It is the competitor's responsibility to ensure any race timing chip (if used) is fitted securely to their ankle.
9. No competitor is to gain an advantage by going off course.
10. Any competitor who does not follow the prescribed racecourse on the day will be disqualified.
11. Any competitor, who gains unfair advantage through unsportsmanlike behaviour, will be disqualified.
12. No backstroke is allowed during the race, this is to prevent un-needed medical attention.
13. Once a competitor has received assistance they will not be allowed to re-enter the race.
14. If any of the race rules are broken the competitor will be disqualified from the race with immediate effect.
15. The race judge's decision is final.

NB – The following competitor rules have been compiled using ASA, FINA and BTA guidelines.

### Competitor numbers

Group Area	BTA	ASA	FINA
<b>Number of Competitors</b>	120 per Wave	Consider what is a safe number	Consider what is a safe number

### Finish

#### 4. Land Finish:

- a. To complete the race, competitors must have cross the finish line from the seaward side.
- b. In events competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.

#### 5. In-the-Water:

6. The swimmer shall have finished the swim when any part of the swimmer touches a vertical surface or crosses a specifically designated finish line (clearly identified and pointed out to competitors at the briefing) after completion of the prescribed distance. Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line. Place judges and timers shall position themselves accordingly.

### Judging

4. All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
5. Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
6. Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

### Time limits

3. A time limit may be imposed on the duration of an event at the referee's discretion. Competitors shall be advised of any time limits prior to the commencement of the event.
4. The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached.

## Distance Beach and Coastal Run Race

### Entry Criteria

---

Individuals are allowed to their own age categories but may also enter the Open category, provided they are a youth or master and their event number is given to the recorders on the final lap of the respective categories when crossing the line. They may then continue to the full number of laps for the open category. This is at the competitors own discretion and the competitor assumes their own responsibility for time lost, in either race, as a result.

At minimum competitors must:

- 🚩 Be members of SLSGB (minimum of day membership).

### Equipment Clothing

---

1. Footwear may be used, unless otherwise specified in the event description or at the discretion of the referee.
2. Shorts and shirts.

## Distance of Courses

---

Courses may be changed at short notice to suit the conditions on the day of the race. However, the following principles should be considered when setting the course:

### Course Distance

There will be no limit of the length of course, but in order to promote consistency across competitions, the following race distances / duration have been recommended.

- 🚩 Nipper 2 – 3k
- 🚩 Youth 5 – 10k
- 🚩 Open/Master 5 – 25+k

### Course Design

9. Courses will vary from event to event to allow variety and to suit the venue environment and safety requirements.
10. Courses should bring the competitor back towards the spectators so they do not lose contact with the race.
11. The course route & marshalling arrangements will be safe & suitable for the size of the field.
12. The course will be signed, taped, and marshalled, where appropriate, with all turnings clearly indicated, to ensure runners keep to the approved route.

### **Multi-Lap Events**

- 10.** Courses should typically utilise lap formats to ensure that competitors remain within a controlled area, where spotters, competitor checks and safety craft can be used. This also allows for public viewing of the event.
- 11.** Competitors should not be caused to cross paths in opposite directions around buoys or turning points
- 12.** Suggested formats for a course layout are provided below, but further modifications on these themes, may be appropriate:
  -  M-shaped course
  -  Rectangular course
  -  Triangular course (utilizing conditions)

See appendix 2 for examples of these courses

### **Point to Point Events**

Point to point events may require additional rules specific to the location of the event. Spotters and additional communication and safety cover needs to ensure that competitors are always within proximity of assistance/safety cover or able to communicate to gain assistance as necessary.

Check points, landing egress points should be identified along the course and consideration to extra spotter along the course.

See appendix 2 for examples of this course.

### **Safety**

---

- 1.** Competitors and Marshals will be fully briefed before the start of the event.
- 2.** All course Marshals will wear conspicuous tabards/bibs.
- 3.** There will be a sweep vehicle and/or marshal following the field in longer distances where individuals go out of site of the start and finish lines.
- 4.** Marshals will remain on course until released by the sweep vehicle or marshal.
- 5.** The course will be cleared of race signs, debris, etc. as soon as is practical.
- 6.** During the race it is incumbent on all competitors to show due care, consideration and courtesy to other beach users to ensure their mutual safety. These principles also extend to consideration for private property when using public rights-of-way.
- 7.** If running during the hours of darkness, planned routes must be well-lit and where there are pavements along most of the route.
- 8.** When running on road, runners should normally face oncoming traffic.
- 9.** Race organisers are responsible for, and obliged, to meet SLSGB accredited event criteria to run an SLSGB Distance beach and Coastal Race. Additional criteria may also be required, specific to the event beyond the scope and advice of SLSGB guidance and resources that are produced to promote good practice within the scope of standard surf life saving events.

## Registration

---

1. All competitors must register for every race.
2. All competitors will be required to complete a series or event registration and Indemnity form.
3. Race Entries will be taken online and/or on the day of the race. Race entries should close 30 minutes before the stated, race start time.

## Starts

---

### 1. Prior to the start, a marshal shall:

- v. Place competitors in the order as drawn for all heats and or finals.
- vi. Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order.

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

- vii. Check that all officials and judges are in position.
- viii. Check that competitors have swim wear and caps for a legal start.
- ix. Check that equipment and course markers are in position.

### 3. The starter shall:

- ix. Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- x. Position himself or herself so as to have full visual control over all competitors during the start.
- xi. Ensure that the start for all races is consistent and fair.

- xii. Add 2 minutes to competitors for false starts.

The following 3-step start shall be used.

- vii. On the starter's "**On your marks**" command, competitors assume a position in their marshalled order at the start line.
- viii. On the starter's "**Set**" command, competitors immediately assume their steady starting stance.
- ix. When all competitors are stationary, the starter gives the acoustic starting signal.
  - If, for any reason, the starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the starter shall order all competitors to withdraw from their marks, and recommence the start.
  - After the start, competitors may enter the water at their own discretion, providing there is no interference to other competitors.

## Start lines

1. Start lines may be designated by:
  - a cord between two poles.
  - a line drawn on the sand between two poles.
  - a line of sight between two poles or otherwise as determined by the starter.
- iv. Where a cord is used competitors' toes may be on or behind the line but parts of the body may overhang the line.

### **False starts**

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

All competitors who commence a forward starting motion after assuming a final set position and before the starting signal shall have 2 minutes added to their time.

### **Race Rules**

---

1. Any competitor who does not comply with safety requirements will be disqualified.
2. On the starting signal competitors race along the course.
3. Jostling or obstructing another competitor so as to impede their progress is not permitted.
4. Judges shall be placed to observe the conduct of the event as well as determine.
5. It is the competitor's responsibility to ensure any race timer (if used) is fitted securely to their ankle.
6. No competitor is to gain an advantage by going off course.
7. Any competitor who does not follow the prescribed racecourse on the day will be disqualified.
8. Any competitor, who gains unfair advantage through unsportsmanlike behaviour, will be disqualified.
9. If any of the race rules are broken the competitor will be disqualified from the race with immediate effect.
10. The race judge's decision is final.

### **Competitor numbers**

---

Each race organiser is aware of the capacity of their course and other aspects of the facilities they use, starts can be done in waves

### **Finish**

---

1. To complete the race, competitors must have cross the finish line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.

### **Judging**

---

7. All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
8. Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
9. Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

### **Time limits**

---

5. A time limit may be imposed on the duration of an event at the referee's discretion. Competitors shall be advised of any time limits prior to the commencement of the event.
6. The referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached.

## Appendix 1



### Self Certification and Indemnity

EVENT: \_\_\_\_\_

#### Part 1 - Self Certification

"I, the undersigned, hereby declare that in accordance with the Distance Rules, I am a member of SLSGB (minimum of day membership) and can swim 100m unaided."

"I hold the appropriate SLSGB competency or skill award for this event or I make a self declaration of competency that I am competent to compete in the sea and in this race."

#### Part 2 - Indemnity

"Given that my competency in the skills referred to above has not been independently verified by you and that you are relying on my self-certification to that effect, I agree to assume all risks of participation in the above race and further agree to indemnify and hold harmless the organisers, their insurers, their assistants and the sponsors from all claims for death, injury, damage, or loss that I may suffer as a consequence of my/our participation in the race. However this indemnity does not extend to personal injury or death that I may suffer as a direct result of negligence on the part of the organisers, their assistants or the sponsors."

"I agree to abide by all the race rules."

"I agree the organisers or sponsors may use photographic or video material from the race in their advertising."

Name: \_\_\_\_\_

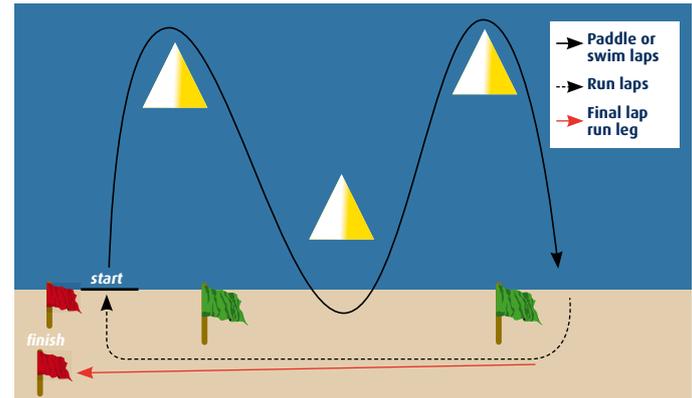
Race Number: \_\_\_\_\_

Signature: \_\_\_\_\_

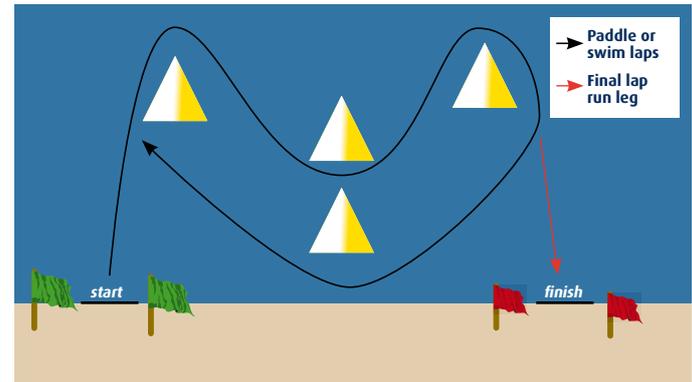
Date: \_\_\_\_\_

## Appendix 2

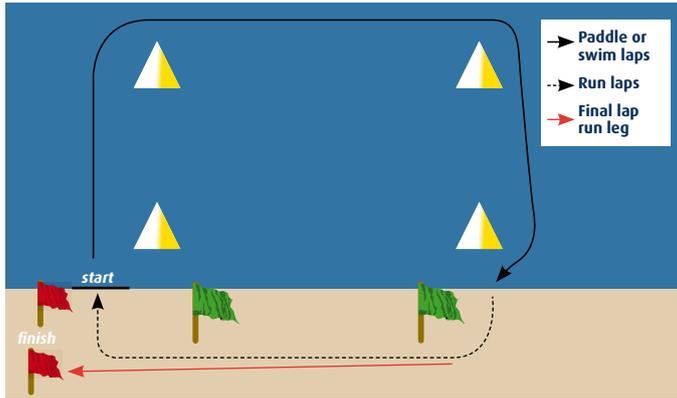
Example of M-Shaped Course 1



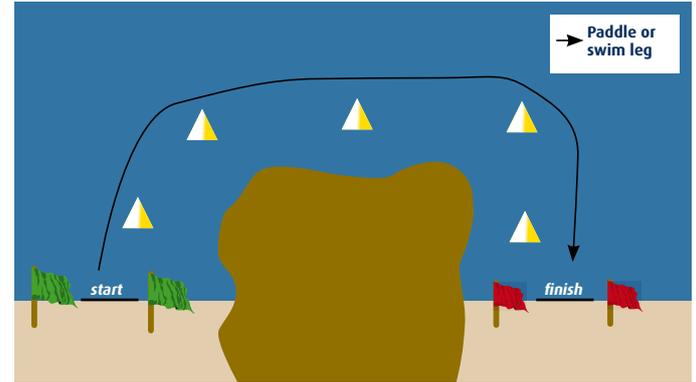
Example of M - Shaped Course 2



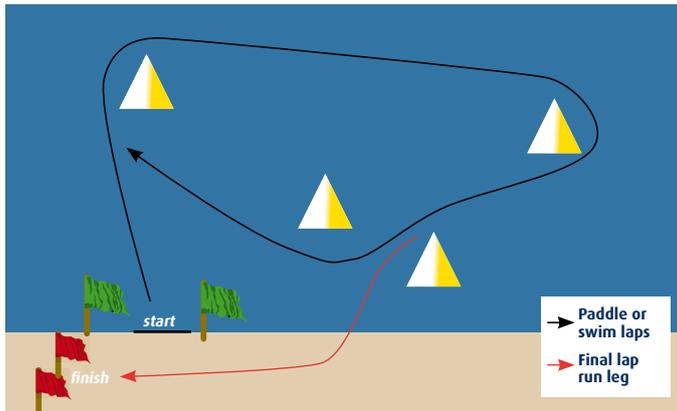
Example of Rectangular Course



Example of Point to Point Course



Example of Triangular Course





Founded 1955, Chief Patron: H.R.H. The Duke of Edinburgh K.G, K.T. A Company Limited by Guarantee not having a Share Capital. Company Reg No. 2678080. Registered in England and Scotland. Registered Office: 19 Southernhay West, Exeter EX1 1PJ. Charity No: 1015668. Scottish Charity No: SC042339. VAT Reg No 142 2439 93. © Surf Life Saving GB All Rights Reserved 2012.