



SURF LIFE SAVING GB
Nipper Competition Rulebook



Sport is an intrinsic activity of the Surf Life Saving GB (SLSGB). It helps to develop our lifesavers' skills, knowledge, and techniques, and lifesaving sport plays an essential role in bringing our clubs and regions together on a regular basis to share information and experiences.

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.

SLSGB Sport Commission

Contents

Section 1 – General Championship Information	8
1. Event Organisation and Conduct	8
2. Competition Safety	8
3. Entry And Entry Fees	9
Section 2 – Nipper Surf & Stillwater Events	10
1. General Conditions & Eligibility	10
4. Age Limits	10
5. Qualifications – Still Water Events	11
6. Qualifications – Beach Events	11
7. Qualifications – Surf Events	11
8. General	11
9. Point Score	12
10. General	12
Section 3 - Team Uniform /Competition Apparel	13
1. Team Uniform	13
2. Caps	13
3. Swimwear	14
4. Footwear	14
5. Wetsuits	15
6. Other Apparel	15
Section 4 - General Competition Conditions	16
1. Luck of prevailing conditions	16
2. Penalties & Protests	16
3. Event Cancellation	18
4. Dead heats (ties)	19

Section 5 – Ocean Competition	20
1. General Conditions for Ocean Competition	20
2. The Start	21
3. <i>Start lines</i>	23
4. <i>False starts</i>	24
5. <i>Changeovers and tagging in relays</i>	24
3. The Finish	25
4. Judging	25
5. Time Limits	26
6. Competitor Limits	26
Section 6 – Ocean Races	27
1. The Wading Race	27
4. <i>Course</i>	27
5. <i>The Start</i>	27
6. <i>The Race</i>	28
7. <i>The Finish</i>	28
8. <i>Disqualifications</i>	28
2. The Surf Swim	28
1. <i>The Course</i>	28
2. <i>The Start</i>	29
3. <i>The Race</i>	29
4. <i>The Finish</i>	30
5. <i>Disqualifications</i>	30
3. Board Race	30
1. <i>The Course</i>	30
2. <i>The Start</i>	31
3. <i>The Race</i>	31
4. <i>The Finish</i>	32
5. <i>Disqualifications</i>	32
4. The Board Relay	32

1. <i>The Course</i>	32
2. <i>The Start</i>	33
3. <i>The Race</i>	34
4. <i>The Finish</i>	34
5. <i>Disqualifications</i>	34
5. Golden Nipper	35
1. <i>The course</i>	35
2. <i>The start</i>	36
3. <i>The Race</i>	36
4. <i>The Finish</i>	37
5. <i>Disqualifications</i>	37
6. Beach Sprint	37
1. <i>The Course</i>	37
2. <i>The Start</i>	39
3. <i>The Finish</i>	39
4. <i>Disqualifications</i>	39
7. Beach Flags	40
1. <i>The Course</i>	40
2. <i>Equipment</i>	40
3. <i>The Start</i>	40
4. <i>Deliberate Impedance</i>	43
5. <i>Disqualifications</i>	43
8. Beach Relay	44
1. <i>The Course</i>	44
2. <i>The Start and Procedure</i>	44
3. <i>The Finish</i>	45
4. <i>Disqualifications</i>	45
9. Beach Run	46
1. <i>The Course</i>	46

	<i>2. The Start</i>	47
	<i>3. The Finish</i>	47
	<i>4. Disqualifications</i>	47
10.	Surf Relay	48
	<i>1. The Course</i>	48
	<i>2. The Start and Procedure</i>	49
	<i>3. The Finish</i>	49
	<i>4. Disqualifications</i>	49
11.	Board Rescue	50
	<i>1. The Course</i>	50
	<i>2. The Start</i>	51
	<i>3. The Race</i>	51
	<i>4. The Finish</i>	51
	<i>5. Disqualifications</i>	51
Section 7 - Nipper Stillwater Events		52
1.	Events to Be Contested	52
2.	General Rules of the Events	52
Section 8 - Pool Races		53
1.	Obstacle Race	53
2.	Flipper Race	54
3.	Board Race	54
4.	Manikin Carry Race	54
5.	Rescue Tube Race	55
6.	Board Rescue	56
7.	Medley Relay	56
8.	Manikin Relay	57
9.	Board Relay	58

Section 9 – Facility & Equipment Standards		60
6.	Starting platform	60
7.	Automatic officiating equipment	60
8.	Water	60
9.	Depth	60
10.	Dive Start	60
	<i>11. Obstacle Swim, Obstacle Relay</i>	<i>61</i>
10.	SLSGB Equipment Standards	62
	<i>1. Batons (Beach Flags)</i>	<i>62</i>
	<i>2. Boards</i>	<i>63</i>
	<i>3. Manikins</i>	<i>66</i>
	<i>4. Obstacles</i>	<i>67</i>
	<i>5. Rescue Tubes</i>	<i>67</i>
Section 10 - Appendix		70
Appendix 1 - Stillwater Disqualification Codes		70
Appendix 2 - Penalty Protest Form PPF1		74

Section 1 – General Championship Information

1. Event Organisation and Conduct

- i. All Surf Life Saving GB (herein after referred to as SLSGB) accredited competition occurs under the auspices of the SLSGB Sport Commission and is organised by the persons/clubs/regions appointed by the Commission to conduct the competition.

2. Competition Safety

- i. The provision of safety at SLSGB competitions is vital to the organisational processes leading up to and during competition. (See also Section 2).
- ii. At all competitions the authority appointed by SLSGB to arrange the competition shall provide adequate life saving resources to ensure, as far as practicable, the safety of those involved with the competition. It is confirmed that only qualified IRB coxswains with competent crew members shall be deployed in the competition areas.
- iii. No event shall be conducted until the Referee of the competition has assessed the surf conditions. Tests may be undertaken to assist in the assessment process. The Organising Committee shall be consulted in this process.
- iv. If an emergency arises during competition the Referee or the appointed Emergency Services Coordinator shall assume control of the situation. During an emergency, any Member of SLSGB entering the water or handling any of the rescue gear against the wishes of the Referee or Safety and Emergency Coordinator will be reported to the organising group for misconduct and shall be dealt with as SLSGB deem appropriate. All Members who are permitted to enter the water, unless otherwise directed, must wear a distinguishing cap. All Members not

engaged in actual rescue work should assist in maintaining a clear area so that the rescue work can be efficiently carried out.

- v. This direction is mandatory and essential to the safe and orderly conduct of lifesaving competition.

3. Entry And Entry Fees

- i. Entries are restricted to currently affiliated members of SLSGB clubs. Guest teams or individual competitors may be granted entry to certain events with the permission of the Sport Commission.
- ii. All competitors must be individual paid up members of SLSGB either before the closing date for the entry forms.
- iii. Entry is only accepted on official entry forms and any conditions or restrictions printed on that form are mandatory. Entries are normally only accepted electronically, unless stated otherwise.
- iv. SLSGB reserves the right to refuse or reject any entry even after conditional acceptance.
- v. The entry fee for SLSGB Championships and other events will be promoted in Championship bulletins/circulars, calculated in advance through the entry process and paid by each competing club at the duly notified pre-competition registration period.
- vi. Clubs will not be cleared to compete until the full entry fees have been paid. Once the closing date for entries has passed, no refunds will be given if a team or competitor withdraws from the event.

Section 2 – Nipper Surf & Stillwater Events

1. General Conditions & Eligibility

1. Age Limits

- i. The age group in which any person competes is determined by the year of their birth, rather than the date of the competition. The basic rule is to add one year to the age a competitor is on 31st December in the year prior to the competition and this determines the age group in which the competitor competes for the following year. Thus:
- ii. **8 Year Nipper** competitors will be 7 on the 31st December in the year preceding competition and will reach the age of 8 in the year of competition.
- iii. **9 Year Nipper** competitors will be 8 on the 31st December in the year preceding competition and will reach the age of 9 in the year of competition.
- iv. **10 Year Nipper** competitors will be 9 on the 31st December in the year preceding competition and will reach the age of 10 in the year of competition.
- v. **11 Year Nipper** competitors will be 10 on the 31st December in the year preceding competition and will reach the age of 11 in the year of competition.
- vi. **12 Year Nipper** competitors will be 11 on the 31st December in the year preceding competition and will reach the age of 12 in the year of competition.
- vii. **13 Year Nipper** competitors will be 12 on the 31st December in the year preceding competition and will reach the age of 13 in the year of competition.

2. Qualifications – Still Water Events

- i. For all age groups in Nipper competition no specific qualification required, but a specific 'Declaration of Competence' confirming that the competitor is able to swim at least 50m is to be given by the Club on entry for events.

3. Qualifications – Beach Events

- i. For all age groups in Nipper competition no specific qualifications required.

4. Qualifications – Surf Events

Qualifications for Surf events will be set by the organising committee.

5. General

- i. Entries are restricted to affiliated members of SLSGB clubs.
- ii. At all event Nippers must wear club hats.
- iii. The safety of all participants and spectators must be paramount in any event organisation and an up-to-date risk assessment undertaken. At any Championships it is recommended that an IRB is placed on patrol outside the courses at the direction of the Referee and appointed Safety Officer.
- iv. Equal Opportunity & Special Needs - SLSGB believes in being as inclusive as possible and will endeavour to accommodate children with special needs within their own peer group. For health and safety reasons, the relevant awards for competition must still be attained.

6. Point Score

- i. The point score for Nipper events will be determined by the event organiser.

Maximum recommended number of nippers per heat/event in surf events*

Wade	24	Beach Sprint	18
Swim	18	Beach Flags	16
Board	24	Beach Relay	8-10 (Depends on lanes)
Golden Nipper	16	1km Run	30
Surf Relay	16 Teams		

* These numbers should be amended according to surf, weather & beach conditions and safety cover availability.

7. General

- i. Competitors are normally only permitted to compete for one club per season. Their first choice club is the one with which they first enter any National Championship in the calendar year.
- ii. Competitors may normally only participate in their own individual age group events, with the exception of team events where participation in banded age groups is permitted.

Section 3 - Team Uniform /Competition Apparel

1. Team Uniform

- i. All competitors must wear costumes, trunks, or uniforms in accordance with standards approved by SLSGB. The referee has the authority to exclude any competitor whose costume uniform or swimwear is not in accordance with SLSGB standards or the commercial identification policy.
- ii. Commercial identification on uniforms, competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy below.
- iii. No club, competitor, or handler may have any signage, logos, or corporate identification on clothing, competition apparel, gear, equipment or on the person in the competition arena that the referee deems to be objectionable.
- iv. Refusal to comply with any of the above renders the clothing, competition apparel, or equipment ineligible for the competition, and the competitor (and/or team) ineligible for further participation in the championships.
- v. If such breaches are found after the event or in post-race scrutiny, the competitor (and/or team) may forfeit titles and awards.

2. Caps

- i. Competitors shall wear identical club swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.
- ii. In ocean events, caps, securely fastened under the chin, must be worn on competitors' heads at the start of each event.

- iii. In pool events, the ocean event caps or rubber or silicone caps must be worn on competitors' heads at the start of each event.
- iv. A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.

3. Swimwear

- i. The Referee has the authority to exclude any competitor whose swimwear does not comply with the following standards:
 - 🚫 The swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
 - 🚫 All swimwear shall be non-transparent.
 - 🚫 Competitors shall not wear or use anything that may aid buoyancy, speed or endurance, unless specified in the event description.
 - 🚫 All swimwear shall comply with the commercial identification policy.
- ii. Swim goggles may be worn.
- iii. Each team must have swimwear suitable for competition with a demonstrated attempt to have all team members in a similar colour.
- iv. All swimwear must conform to FINA standards. FINA REQUIREMENTS FOR SWIMWEAR APPROVAL, January 1, 2010
 - a. Men's swimsuits shall not extend above the navel or below the knee
 - b. Women's swimsuits shall not cover the neck or extend past the shoulders, nor shall extend below the knee.

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					
Female Swimsuits					
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece	
Not Allowed	Not Allowed	Allowed	Allowed	Allowed	
					

N.B. The Referee has the authority to exclude any competitor whose swimwear does not comply with those standards.

4. Footwear

- i. Competitors shall not wear footwear in competition events unless otherwise specified in the event description or at the discretion of the referee.

5. Wetsuits

- i. Due to the weather conditions often experienced in Great Britain, the use of wetsuits or other foam type outer garments is optional.
- ii. Wetsuits shall not be permitted in pool events.
- iii. The organisers reserve the right to examine wetsuits and refuse permission for a suit to be worn if it does not meet these criteria.

6. Other Apparel

- i. The wearing of protective sun creams is permitted.
- ii. Sunglasses or optical glasses may be worn in all events with the exception of Beach Flags where eye protection or optical glasses worn must be suitably designed for that event.
- iii. Jewellery, that, in the opinion of the Referee, has the potential to cause injury to either the wearer or other competitors must be removed or taped over prior to the competition.

Section 4 - General Competition Conditions

1. Luck of prevailing conditions

Competitors acknowledge and agree:

- i. that surf life saving competitions and the conduct of, and participation in, such competitions, can, and will be affected by the surf conditions;
- ii. that there is often an element of the 'luck of the prevailing conditions' in entering and competing in surf life saving competitions; a protest or appeal on an incident is not available to them when the incident is caused by the conditions of the surf; and
- iii. that the Referee and/or relevant official(s) have absolute discretion as to whether an incident has been caused by the luck of the competition or the prevailing conditions.

2. Penalties & Protests

- i. Penalties specifically identified for a breach of regulations or competition rules will be automatically imposed by the relevant Competition Officials, the Jury of Appeal or where relevant by the Organising Committee.
- ii. Certain Course Officials who are designated as 'Judges of Fact' will be specially briefed upon their duties and upon the item to which they are to judge.
- iii. As soon as practical, those Officials shall report any infringement to the Area Referee who will then take immediate steps to advise the competitor or team, and the nominated Team Manager of the infringement and of the penalty applied.

- iv. A penalty applied for an infringement which takes place during the progression of the event will be notified as soon as practical to the competitor or team, and the nominated Team Manager for the competitor or team.
- v. Any protest against the conditions under which an event is to be conducted must be made verbally to the Referee, prior to the commencement of the event, after which the Referee shall inform the Starter and competitors of such protest, and note that the event is being run under protest.
- vi. Any protest against a competitor or team must be lodged verbally with the relevant Area Referee within five (5) minutes of the completion of the event and be accompanied by the appropriate protest fee which will be announced in the Championship entry information. Clubs will be supplied with a copy of the relevant protest form at the pre-event registration session. The protest may only be made by the nominated Team Manager, or his/her nominee; of the competitor or team wishing to make the protest. The Area Referee must note in writing the time that the protest is made and the details of the protest.

Note: No protest shall be accepted which is a direct challenge to Judges' agreed order-of-finish decisions.
- vii. In the event of a protest being lodged against a competitor or team, the medals and trophies shall be withheld until the protest is resolved. If the protest is upheld, the trophies shall be allotted according to the amended result.
- viii. The decision of the Area Referee on a protest, and the time that it is notified shall be noted on the back of the event result card/sheet, and should be advised to the Championships Referee at the earliest practical opportunity in case of appeal against the decision.
- ix. Team managers wishing to protest against the application of a penalty (other than those applied as a result of the decision of a Judge of Fact by an Official, Referee or the Organising Committee may do so by

lodging a Penalty Protest Form (see Appendix 2) with the Championships Referee within fifteen (15) minutes of the notification by the Area Referee, accompanied by the appropriate protest fee, the amount of which will be promoted on the entry form.

 If the penalty protest is upheld, then the fee will be returned.

 If the penalty protest is dismissed, then the fee will be forfeited.

- x. A penalty protest must be in writing and must be lodged by the Team Manager and must state the ground for protest against the application of the penalty or penalties.
- xi. A separate penalty protest and protest fee must be lodged for each penalty.
- xii. Note: Notwithstanding the above, under the circumstances where multiple penalties stem from the same incident, the Commission may deem such penalties to be held covered by the one penalty protest and one protest fee.
- xiii. The protest will be adjudicated by the Jury of Appeal, whose decision is final.
- xiv. The assistance of video or other electronic equipment may be used to consider a protest or dispute if it will assist the jury in reaching a decision.

3. Event Cancellation

- i. No points shall be credited to any team in the overall point score if an event is cancelled – even if some heats have been run.

4. Dead heats (ties)

- i. A dead heat (tie) shall be declared as such and the points shared between the teams involved. eg. tie for 1&2 - total points would be 19.0 for each team.

- ii. When a dead heat occurs in an event that qualifies for the Finals, those Teams tied shall advance to the Finals. When teams finish with equal times in a timed event, their judged placing determines their order of finish.
- iii. Overall team point score dead heats will be judged using the following system of tie breakers:
 - Most first place Final finishes;
 - Most second place Final finishes;
 - Most third place Final finishes - and so on.

Section 5 – Ocean Competition

1. General Conditions for Ocean Competition

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

- i. Competitors may not be permitted to commence 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. Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g. handwebs, armbands).
- iv. The use of wax or similar substances to assist the competitor in maintaining the grip on or contact with boards is permitted in ocean events.
- v. Competitors must wear their club swim caps in all events. Ocean event caps, securely fastened under the chin, must be worn on competitors' heads at the start of each event.
 - A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.
- vi. **Competition courses:** Protests against the course will only be accepted prior to the start of each event.
 - All courses shall be measured, set, and aligned to the Referee's satisfaction ensuring as far as possible, that all lanes have fair and equal conditions.
 - The use of colour-coded buoys and flags is recommended to guide competitors accurately through the required courses.

- Buoy distances shall be measured from the end of knee depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors. Adjustment of the buoys may be necessary during the competition if they move out of alignment.
 - Competitors in craft events may pass through the swimming buoys on their craft on the understanding that they are solely responsible if the buoys offer an impediment to their progress.
- vii. Competitors and Officials must leave the designated competition area when not competing or officiating. The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the referee.
- viii. Judges' order-of-finish decisions are not subject to protest or appeal.
- ix. **Luck of prevailing conditions:** No protest or appeal will be entertained when an incident is caused by the conditions of the surf.
- Surf conditions affect the conduct of and participation in surf lifesaving competitions and competitors are subject to the luck of the prevailing conditions. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

2. The Start

Prior to the start, a marshal shall:

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

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 swimwear and caps for a legal start.
- iii. Check that equipment and course markers are in position.

A designated official shall signal the Starter that the competitors are under the Starter's control.

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. Disqualify competitors for false starts (or in beach flags, eliminate competitors.)

Note: See individual event descriptions for the start procedures for beach flag.

The following 3-step start shall be used in ocean events.

- 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 in swim, board and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.
- In relay or multi-discipline events, after completion of the first leg, the competitor entering the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor coming from the water is impeded.

3. Start lines

- i. 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.
- ii. Where a cord is used, competitors' toes may be on or behind the line but parts of the body may overhang the line.
- iii. **In beach events:** where a line is drawn, toes and fingers shall be on or behind the line except where an upright starting position is adopted. In such circumstances, competitors' toes shall be on or behind the line, but parts of the body may overhang the line.
- iv. **In board events:** where a cord designates the start line, a part of the board held by competitors may be over the line but it must be at right angles to the line or at an angle to accommodate prevailing conditions. 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.

- v. **In boat and ski events:** where a line of sight is used, the bow of the craft shall be on or behind the line and at 90 degrees to the line or at an angle to accommodate the prevailing conditions.

4. False starts

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

- i. All competitors who start (i.e. commence a forwards starting motion) after assuming a final set position, and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
- ii) If the starting signal sounds before the disqualification is declared, the competitors shall be called back and start again.

The signal to call back the competitors shall be the same as the starting signal but repeated.

Any competitor who is disqualified for a false start shall not be permitted to continue in the race and must withdraw from the start line.

- i. All competitors who fail to comply with the Starter's commands within a reasonable time shall be disqualified.
- ii. Any competitor who, after the Starter's first command, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags).

5. Changeovers and tagging in relays

- i. Exchanges or changeovers in relay events shall be affected by a competitor 'tagging' the next team member unless otherwise provided (see Beach Relay).
- ii. In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on or on the shoreward side of the changeover line.

- iii. Competitors in relay events must start their leg of the event from the position or lane allotted by the marshall. If the competitor does not comply with this, the team may be disqualified.
- iv. Runners cannot be used for injured competitors in any team event.

3. The Finish

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

4. Judging

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

5. Time Limits

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

6. Competitor Limits

The Referee shall decide whether events shall be conducted in heats, semi-finals, or finals providing that the maximum number of competitors in a heat or final race shall not exceed the following taking into account safety and the conditions:

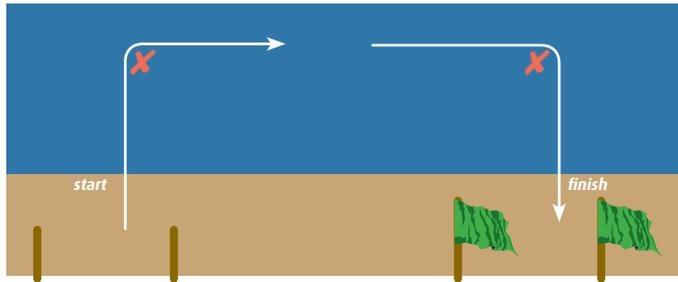
Nipper	
Wade	24 competitors
Swim	18 competitors
Board	24 competitors
Golden Nipper	16 competitors
Surf Relay	16 teams
Beach Sprint	18 competitors
Beach Flags	16 competitors
Beach Relay	8 - 10 competitors (depends on lanes)
1km Run	30 competitors
Teams March Past	No limit

Section 6 - Ocean Races

1. The Water Skills Race

1. Course

- i. Diagram of the wading race – no set distances. The distances are to be determined by the age of the Nippers and sea and weather conditions on the day.
- ii. The markers (X) to be adults holding up Rescue Tubes or poles/ flags etc. Other adults to be stationed at appropriate intervals from the start to finish.
- iii. The race is to be no more than thigh depth water and of sufficient width, length and depth for each age group.



2. The Start

- i. Nippers will be told the expectations and course and at the start they will line up with toes behind the line.
- ii. The Starter will say, "Take your marks - set" and then blow a whistle or other starting device. A false start will be re-called by a number of blasts on the whistle.

3. The Race

- i. There will be no pushing or deliberate interference of other Nippers. The race will run right hand (clockwise) around the two markers. Water skills are to be encouraged, wading, dolphin diving, swimming and body surfing.

4. The Finish

- i. This is determined when a Nipper crosses the line between the two finishing posts.
- ii. The finish is judged on the competitor's chest crossing the finishing line.

5. Disqualifications

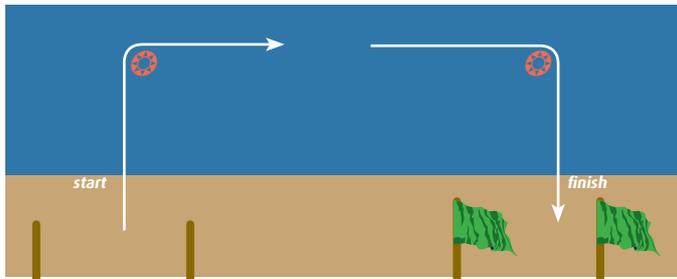
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

2. The Surf Swim

1. The Course

- i. The distances to be linked to awards, and sea and weather conditions on the day.
- ii. It may be that the race will not go outside the recognised 'break' if this would unnecessarily lengthen the course.
- iii. Depending on conditions it may also be appropriate to do a straight 'there and back' for the younger Nippers.
- iv. Safety cover to be provided by qualified adults on rescue boards and others in the water with rescue tubes.



2. The Start

- i. Nippers will be told the expectations and course and at the start they will line up with toes behind the line.
- ii. The Starter will say, "Take your marks - set" and then blow a whistle or other starting device. A false start will be re-called by a number of blasts on the whistle.

3. The Race

- i. There will be no pushing or deliberate interference of other Nippers.
- ii. Nippers to swim right hand (clockwise) around the markers.
- iii. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore.

4. The Finish

- i. This is determined when a Nipper crosses the line between the two finishing posts.
- ii. The finish is judged on the competitor's chest crossing the finishing line.

5. Disqualifications

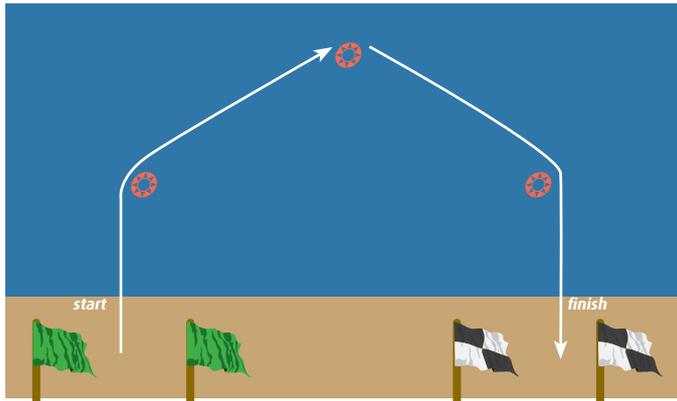
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

3. Board Race

1. The Course

- i. The distances to be linked to awards and sea and weather conditions on the day.
- ii. The distance should not be shorter than the course for the Surf Swim.
- iii. It may be that the race will not go outside the recognised 'break' if this would unnecessarily lengthen the course.
- iv. Depending on conditions it may also be appropriate to do a straight 'there and back' for the younger Nippers.
- v. Safety cover to be provided by qualified adults on rescue boards and others in the water with rescue tubes.
- vi. The boards used must meet the specification.



2. The Start

- i. Nippers are lined up with toes behind the marker line, holding onto their boards.
- ii. They will be told the course prior to the start of the race.
- iii. The Starter will say, "Take your marks -set " and then blow a whistle or other starting device.
- iv. A false start will be re-called by a number of blasts on the whistle or other starting device.

3. The Race

- i. The Nippers will carry/drag their board into the sea, get on and paddle around the course.
- ii. Nippers must paddle right hand (clockwise) around the marker buoys.
- iii. There will be no deliberate interference of other Nippers or their boards.

4. The Finish

- i. This is determined when a Nipper crosses the finishing line in contact with their board.
- ii. The finish is judged on the competitor's chest crossing the finishing line from the seaward side.

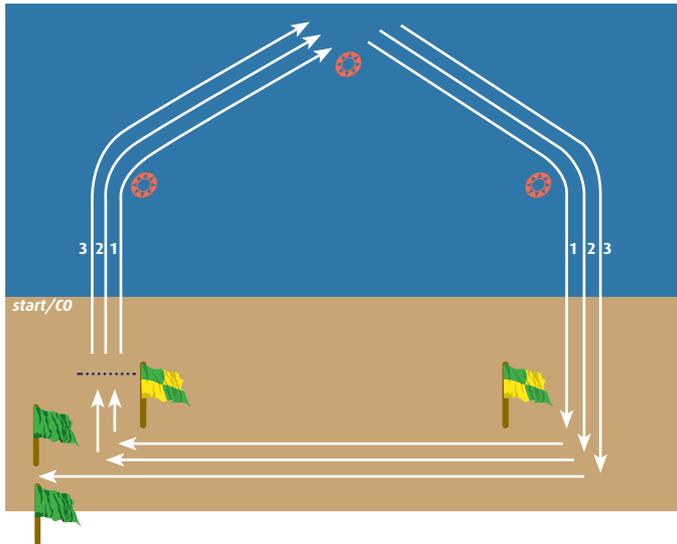
5. Disqualifications

- In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:
- i. Failure to complete the course as defined and described.

4. The Board Relay

1. The Course

- i. The distances to be linked to awards and sea and weather conditions on the day.
- ii. The distance should not be shorter than the course for the Surf Swim.
- iii. It may be that the race will not go outside the recognised 'break' if this would unnecessarily lengthen the course.
- iv. Depending on conditions it may also be appropriate to do a straight 'there and back' for the younger Nippers.



- v. Safety cover must be provided by qualified adults on rescue boards and others in the water with rescue tubes.
- vi. The boards used must meet the specification.
- vii. Teams shall consist of three (3) Nippers who complete each leg of the course in sequence.

2. The Start

- i. The first leg Nippers are lined up with toes behind the marker line, holding onto their boards.
- ii. They will be told the course prior to the start of the race.
- iii. The Starter will say, "Take your marks - set " and then blow a whistle or other starting device.
- iv. A false start will be re-called by a number of blasts on the whistle or other starting device.

3. The Race

- i. The first leg Nipper will carry/drag their board into the sea, get on and paddle around the course.
- ii. Nippers must paddle right hand (clockwise) around the marker buoys.
- iii. There will be no deliberate interference of other Nippers or their boards.
- iv. The Nipper may then leave their board (anywhere after rounding the buoys).
- v. They run around the two turning flags and tag the second Nipper who is on the designated board changeover line.
- vi. A tag is visibly touching the hand or body of the Nipper.
- vii. The race is repeated until the third Nipper completes the course and finishes between the two finish flags (green).

4. The Finish

- i. This is determined when the third Nipper crosses the finishing line between the finish flags.
- ii. The finish is judged on the competitor's chest crossing the finishing line.

5. Disqualifications

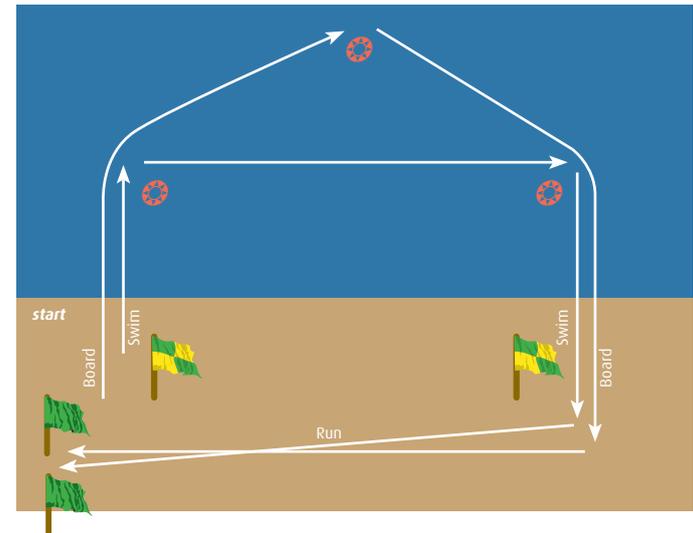
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.
- ii. Not tagged on the hand or body.

5. Golden Nipper

1. The course

- i. The event is based on the Iron Boy/Diamond Girl event and involves, in this order: a swim and run, a board leg and a run finish.
- ii. The event is only open to certain age groups.
- iii. The distances should be altered for the different age groups, taking weather and surf conditions into consideration.
- iv. The distances of the course should correspond to those for the surf swim and board race courses with a running arena between the two turning flags.



- v. Safety cover must be provided by qualified adults on rescue boards and others in the water with rescue tubes.
- vi. The Golden Nipper event shall be conducted under the general rules of the surf swim with a transfer to the board race on the run phase.
- vii. The Nipper may leave their board in the water anywhere after rounding the final marker buoy.
- viii. They must go around the turning flag.

2. The start

- i. Nippers will be told the expectations and course and at the start they will line up with toes behind the line.
- ii. The Starter will say, "Take your marks - set" and then blow a whistle or other starting device. A false start will be re-called by a number of blasts on the whistle.

3. The Race

- i. There will be no pushing or deliberate interference of other Nippers.
- ii. Nippers to swim right hand (clockwise) around the two markers.
- iii. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore.
- iv. After rounding the two markers they will then return to the beach where they will run around the two flags before picking up their board and entering the water for the board leg.
- v. After rounding the final marker buoy the Nipper may leave their board anywhere (so long as it does not cause an obstruction to other competitors) and enter the final run phase.
- vi. The Nipper completes the course by running through the two finish flags.

4. The Finish

- i. This is determined when the Nipper crosses the finishing line between the finish flags.
- ii. The finish is judged on the competitor's chest crossing the finishing line.

5. Disqualifications

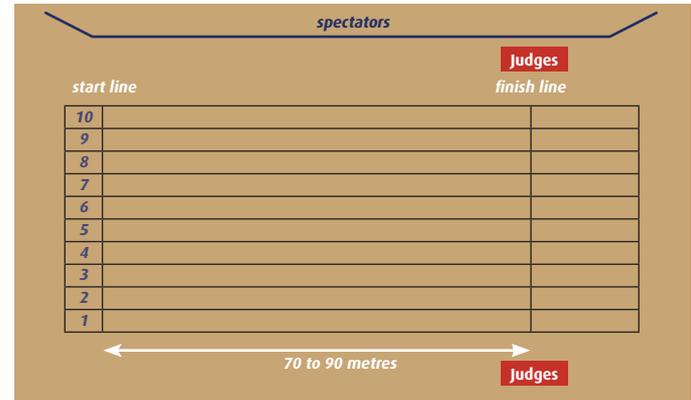
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

6. Beach Sprint

1. The Course

- i. The course shall be between 70 and 90 metres in length, the distance to be determined by the softness of the sand – the softer the sand, the shorter the distance to run.
- ii. Running lanes separated by coloured ropes shall be laid on the beach to assist runners in keeping a straight course. The lanes shall be laid 1.8m in width where possible with a minimum width of 1.5m.
- iii. Competitors must remain in their own lane throughout the course.
- iv. Numbered pegs identifying running lanes shall be placed before the starting mark and beyond the finishing line. Lane number 1 shall be closest to the sea.
- v. The course may be laid in either direction, preferably so that the finish is closest to the centre of the competition area.
- vi. The course shall have a demarcated starting line and finishing line between two poles, with sufficient run off at the finish end of the track.
- vii. The spectator area should be tapered so that there is sufficient room for the place Judges.
- viii. The place Judges must be sited so that they can all have a clear view of the finish line and the course. No spectators should be positioned within 5m of the start or finish line and should only be positioned along the two long sides of the running track.



NB. Distance to be determined by the softness of the sand..

2. The Start

- i. Nippers will wear different coloured running bibs supplied by the organisers. The same colour will be used in the same lane throughout the competition to assist the Judges in determining the order of finishing.
- ii. Upon the Starters command “Take your marks - set”, the Nippers will take up their positions on the start line with toes on or behind the line. They can take any stance they wish for the start but no blocks or equipment can be used.
- iii. On the command from the Starter “Set”, the Nippers will assume a racing start posture. When all the Nippers are stationary then the Starter will give an acoustic starting signal.
- iv. If a Nipper moves between the “Set” and start signal, it shall be called as a false start. They can be recalled by a number of blasts.

3. *The Finish*

- i. The finish is judged when the chest of the Nipper crosses the finishing line.
- ii. The Nipper must be on their feet and in an upright position.
- iii. At the conclusion of the race, all Nippers in the race, no matter in what position they think they have finished must return to the finish line and stand in their lane, still wearing their running bib and club hat.
- iv. When the Judges have determined the agreed finishing order, a judge will give each Nipper a place to indicate their placing.

4. *Disqualifications*

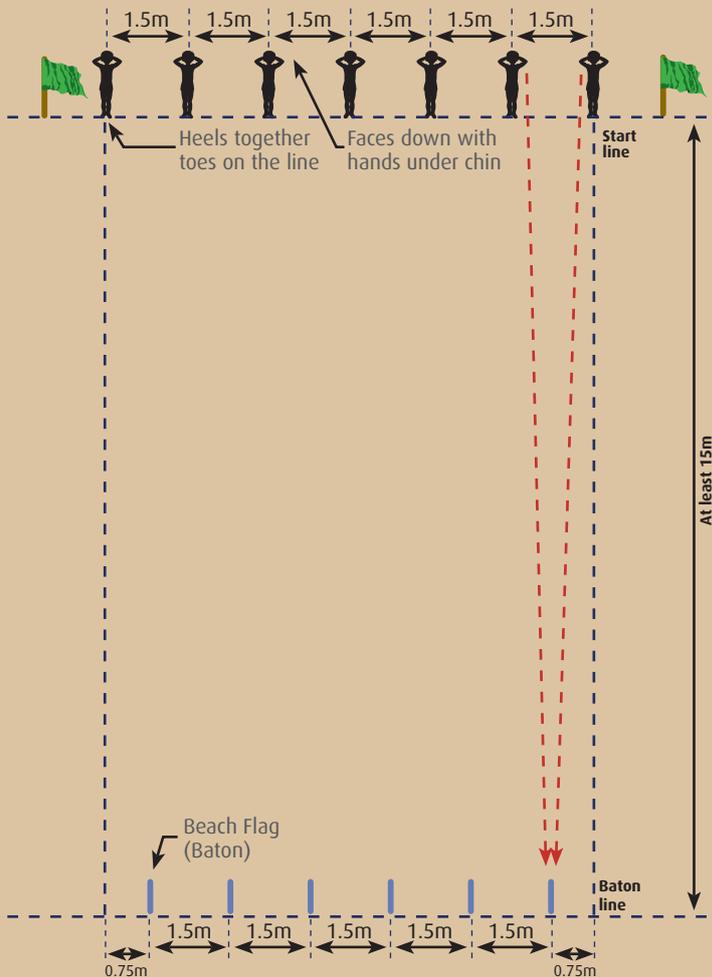
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

7. *Beach Flags*

1. *The Course*

- i. The course shall be at least 15m metres in length from the start of the flags to the batons and with 1.5m between each Nipper – the distance to be determined by the space available and the softness of the sand – the softer the sand the shorter the distance.
- ii. The course shall be squared so that the baton line is parallel with the starting line.
- iii. The course should be positioned on a flat space where possible, but if there is any slope on the beach all competitors should have the same gradation to run up. Competitors must never have to run downhill in this event.
- iv. Ideally the sand should be as soft as possible and thoroughly raked so that any stones are removed.
- v. Batons shall be positioned in line parallel to the start line, and so that a 'perpendicular line' between any two adjacent competitors shall pass approximately through a baton.



2. Equipment

- i. Beach flags (batons): See Section 11 – Facility and Equipment Standards.
- ii. Baggy shorts and t-shirts must not be worn for safety reasons.
- iii. Sunglasses or optical glasses may not be worn in beach flags.
- iv. Jewellery, that, in the opinion of the Referee, has the potential to cause injury to either the wearer or other competitors must be removed or taped over prior to the competition.

3. The Start

- i. There shall be fewer flags than Nippers and no more than three to be eliminated in any run through until the final 16.
- ii. From 16 down to 9 it is permissible to eliminate two at one time. Nippers will share points for the two places eliminated. From 8 down to 1 only one Nipper can be eliminated on any run through.
- iii. A re-draw for positions will take place after each run through for the final 8 Nippers.
- iv. Competitors lie face down with their toes on the start line with heels together, hands on top of each other with fingertips to wrist and with the head up.
- v. Elbows to be 90 degrees to the body's mid line and hips and stomach should be in contact with the sand.
- vi. The body's mid-line should be 90 degrees to the start line. No scooping of the sand or digging, or digging in of the feet is permitted.
- vii. On the Starter's "competitors ready" command, competitors shall assume the starting position as described.
- viii. On the Starter's "heads down" command, competitors – at once and without delay – shall place their chins on their hands.

- ix. After a deliberate pause and when all competitors are stationary, the Starter shall signal the start with a whistle blast.
- x. At the start signal, competitors shall rise to their feet and race to obtain a baton.
- xi. Nippers are not allowed to pick up more than one baton.
- xii. Lifting any part of the body from the sand, or commencing any starting motion after the Starter's "heads down" command and prior to the start signal will be called as a false start.
- xiii. The general false start rules apply.
- xiv. If a Nipper is disqualified or eliminated, the remaining Nippers and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected.

4. Deliberate Impedance

- i. A Nipper will be disqualified if they deliberately impede another Nipper. Deliberate impedance is defined as the deliberate use of hands, arms, feet or legs to impede another Nipper.
- ii. A Nipper may use his or her body or negotiate their shoulder and body in front of another in order to improve their position to obtain a flag but may not use hands, arms, feet or legs to obtain or remain in this position.
- iii. If a Nipper legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.
- iv. A competitor may cross over in front of a slower competitor.
- v. If two or more competitors are guilty of deliberate impedance, the competitor who first used hands, arms, feet or legs will be disqualified.

5. Disqualifications

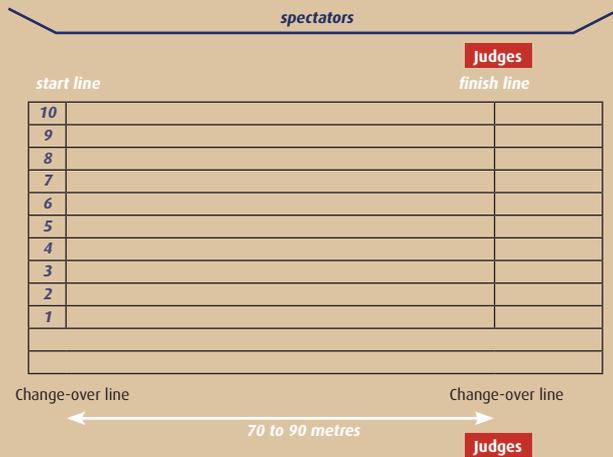
Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a Nipper in a subsequent segment. A Nipper eliminated from the event shall retain the point score and/or placing as at the time in the event. However, a Nipper disqualified from the event shall lose all standing from the event. In addition to the General Rules, the following behaviour shall result in disqualification:

- i. Failure to complete the event as described and defined.
- ii. Deliberately impeding the progress of another competitor.
- iii. Picking up more than one baton.

8. Beach Relay

1. The Course

- i. The course shall be the same as the beach sprint.
- ii. The start and finish lines will also serve as the baton change-over line during the race.



NB. Distance to be determined by the softness of the sand

2. The Start and Procedure

- i. The start will be the same as the beach sprint.
- ii. The first Nipper will run with the baton and hand it over to the second Nipper.
- iii. The Nipper coming in to exchange the baton must carry the baton all the way to the change-over line (the baton may not be thrown to the next Nipper).
- iv. The Nippers receiving the baton on the first, second, and third exchange can be moving while taking the baton, but will be disqualified if any part of their body or hands cross the change over line before taking possession of the baton from the incoming Nipper.
- v. If the baton is dropped then the Nipper may recover the baton and continue with the race. This also applies at any other stage of the race.

3. The Finish

- i. The finish is as for the beach sprint.

4. Disqualifications

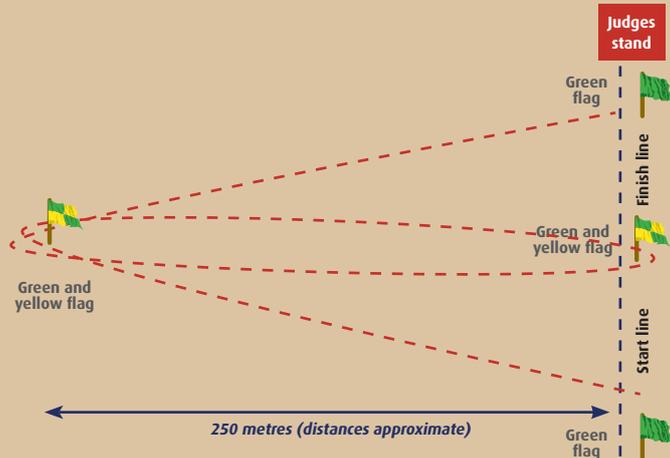
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

9. Beach Run

1. The Course

- i. The course shall be 1km for all age groups.
- ii. Depending on the space available on the beach, the course may consist of one or several laps.
- iii. The Nippers shall turn clockwise around all turning flags (right hand turns).



2. The Start

- i. Care must be taken at the start of the race so that younger or smaller Nippers are not knocked to the ground at the start of the race. Adequate space must be given. If necessary the Nippers should start in two or three lines 2m behind each other.
- ii. Nippers can use any stance they wish to start.
- iii. The starting sequence will be the same as for the beach sprint.

3. The Finish

- i. The finish shall be judged on the chest of the Nipper as they cross the line.
- ii. The Nipper must be in an upright position and on their feet.

4. Disqualifications

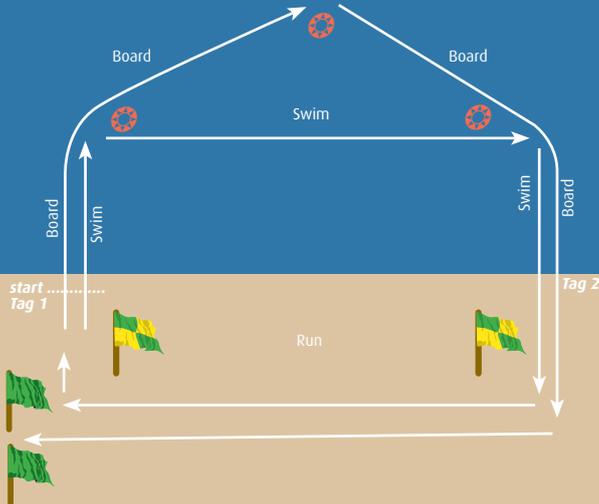
In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

10. Surf Relay

1. The Course

- i. There are three Nippers per team who each participate in one of the swim, board or final run legs of the event.
- ii. The course will be marked out as for the golden nipper.
- iii. Safety cover must be provided by qualified adults on rescue boards and others in the water with rescue tubes.
- iv. The boards used must meet the specification.



2. The Start and Procedure

- i. Swimmers start on the start line for the swim leg.
- ii. The Starter will say, "Take your marks - set" and then blow a whistle or other starting device. A false start will be re-called by a number of blasts on the whistle.
- iii. Once the swimmer comes out the water the Nipper runs around both turning flags to tag a board paddler who is waiting close to the water (as in a Taplin Relay). The tag must take place on the change-over line (Tag 1).
- iv. The board paddler finishes their leg and then tags a runner who is waiting close to the water (Tag 2). The runner then runs around the first turning flag and continues direct to the finish line. The board paddler does not need to be in contact with the board when the tag is made (i.e. once the competitor has turned the last marker buoy he/she may lose contact with the board as in the Taplin Relay).
- v. The tag may take place at any point at the discretion of the team, providing it is made before the runner reaches the first turning flag.

3. The Finish

- i. The finish is judged on the chest of the third Nipper as they cross the finish line.
- ii. They must be in an upright position and on their feet.

4. Disqualifications

In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

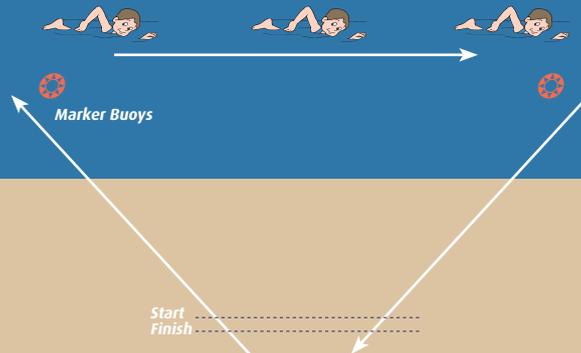
- i. Failure to complete the course as defined and described.

11. Board Rescue

(Pairs event)

1. The Course

- i. The distances to be linked to awards and sea and weather conditions on the day.
- ii. The distance should not be shorter than the course for the surf swim.
- iii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iv. Safety cover must be provided by qualified adults on rescue boards and others in the water with rescue tubes.
- v. The boards used must meet the specification.
- vi. Teams shall consist of two (2) Nippers: one swimmer and one board paddler.
- vii. The course will require a minimum of two (2) buoys.



2. The Start

- i. The board paddlers are lined up with toe behind the marker line, holding onto their boards while the swimmers are taken out (or can swim) to the buoy.
- ii. They will be told the course prior to the start of the race.
- iii. The Starter will say, "Take your marks" and then blow a whistle or other starting device.
- iv. A false start will be re-called by a number of blasts on the whistle or other starting device.

3. The Race

- i. On the signal, the rescuer paddles out and goes around the first buoy.
- ii. They pick up their Patient anywhere on the seaward side of the two buoys.
- iii. The Patient can be in any position on the board.

4. The Finish

- i. This is determined when the first of the pair cross the finishing line between the finish flags.
- ii. The finish is judged on the competitor's chest crossing the finishing line.
- iii. Both competitors must be in contact with the board.

5. Disqualifications

In addition to the General Rules and General conditions for ocean competition, the following behaviour shall result in disqualification:

- i. Failure to complete the course as defined and described.

Section 7 - Nipper Stillwater Events

1. Events to be contested

INDIVIDUAL EVENTS	PAIRS	TEAM EVENTS
Obstacle Race	Board Rescue (10-13 years only)	Medley Relay
Flipper Race	Rescue Tube Race (11-13 years only)	Manikin Relay (12-13 year only)
Board Race		Board Relay
Manikin Carry Race		

2. General Rules of the Events

- i. Nippers that start from a starting block must be competent at executing a shallow dive from a starting block (equivalent to the ASA Competitive Start Award). However Nippers may start from the side or in the water where required.
- ii. Goggles may be worn in all events except for the individual board race (for reasons of safety).
- iii. Club Colour hats/swim caps must be worn in all events.
- iv. Flippers/fins are to be the conventional swim type and not fibreglass.
- v. Boards must meet the specifications of the recognised SLSGB blue Nipper board with a maximum length of 165cm and maximum width at the widest point of 52cm, made of polyurethane covered foam or similar.
- vi. Competitors may only compete in their own individual Nipper age group.

- vii. Unlimited entry to all individual events is permitted.
- viii. Competitors may only participate in one pair in the rescue tube race, and open board rescue events.
- ix. In the board rescue both members of the pair must come from the same age group.
- x. Entry in all pair events is unlimited.
- xi. Competitors may only participate in one team in the open medley relay. Competitors for each team may be drawn from any age group from those entered by their club into the Nipper Championships.
- xii. Entry in this team event is unlimited, though teams must be clearly identified as A, B, C etc.
- xiii. Where necessary, the SLSGB competition rulebook will apply to cover all issues not covered in this section.

Section 8 - Pool Races

1. Obstacle Race

- i. The start will be executed from a dive.
- ii. After the dive entry the competitor must surface before the first obstacle and after passing under each obstacle, including before and after the turn.
- iii. Competitors may push off the bottom of the pool when surfacing from under each of the obstacles. 'Surfacing' means the competitor's head breaks the plane of the surface of the water.
- iv. The finish will be when the Nipper touches the finish end of the pool.

2. Flipper Race

- i. The start will be executed from a dive.
- ii. Only normal swim fins are permitted to be used, not the fibreglass fins.
- iii. The Nipper swims the required distance.
- iv. This can be under or on top of the water at the competitor's discretion, but they must clearly touch the turn end of the pool.
- v. The finish is when the nipper touches the finish end of the pool.

3. Board Race

- i. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.
- ii. On the start signal the Nipper will get onto the board and paddle the required distance. The competitor is only permitted to paddle in the prone position for safety.
- iii. The finish is when the nose of the board with the Nipper on it touches the end of the pool.
- iv. At the turn, the end of the pool must be touched by either the hand or part of the body or board in contact with the Nipper.

4. Manikin Carry Race

- i. 8yrs - 10yrs empty manikin, 11yrs - 13yrs partially full manikin.
- ii. All Nippers will start with the manikin in the water with one hand in contact with the starting end and tow one length.
- iii. The manikin must be carried, not pushed. The hold must not be around the throat. A front crawl stroke is not permitted .
- iv. Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface.
- v. Competitors shall not be disqualified if water covers the manikin's mouth and nose from time to time. However, Officials may disqualify competitors who do not maintain the mouth and nose of the manikin above the surface for the majority of the carry.
- vi. In judging whether the mouth and nose are above the surface, Officials shall disregard the bow wave or wash created by the competitors and/or the manikins.
- vii. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

When using a 50m Pool:

- i. The start will be executed from a dive.
- ii. The Nipper swims 25m (The manikin will be held in the water at the 25m point upright).
- iii. The Nipper will take the manikin and swim the remaining 25m with the manikin being carried to the finish end of the pool (The manikin to be in the correct position within 5m of the pick up).

5. Rescue Tube Race with Fins

(Pair event)

- i. The Patient is in the water holding onto the side of the pool at the turn end.
- ii. The Rescuer will start in the water with a rescue tube in contact with the side of the pool. They must swim with fins the required distance to the Patient and touch the end of the pool towing the rescue tube with the line fully extended behind them.
- iii. Once the Rescuer has touched the wall, the Patient picks up the tube by holding onto the main body of the tube with two hands. They must grip the main body of the rescue tube and not the rope or clip.
- iv. The pick up must be completed within the 5 metre line.
- v. The Rescuer then tows the Patient to the finish end of the pool.
- vi. The finish will be when the Rescuer touches the finish end of the pool with the Patient still holding the rescue tube with two hands.
- vii. The Patient is allowed to assist the Rescuer by kicking their legs but not by using the arms.

6. Board Rescue

- i. The Nipper who is Patient will await the rescuer holding onto the side of the pool.
- ii. All Rescuers to start in the water on the given signal to start.
- iii. The Patient must maintain contact with the edge of the pool until the Rescuer reaches them. The Rescuer is in the water with one hand in contact with the board and one on the side of the pool.
- iv. Upon this signal the Rescuer paddles to the Patient. The Rescuer is not obliged to touch the turn edge of the pool.

- v. He/she picks up the Patient and in any position on the board, they paddle back to the finish.
- vi. The pick up must be completed within the 5m line.
- vii. The finish is when the board, with the both Patient and Rescuer in contact with it, touches the edge of the pool.

7. Medley Relay

- i. There are four Nippers in a team.
- ii. The first Nipper dives in and swims to the turn end of the pool and must touch the end of the pool.
- iii. Upon the touch the second Nipper, who has fins on, dives in and swims either under or on top of the water and completes the length by touching the finish end of the pool.
- iv. Upon the touch the third Nipper, waiting in the water with a Rescue Tube, swims to the turn end and touches the end of the pool.
- v. Upon the touch, the third Nipper then transfers the Rescue Tube to the fourth Nipper who has fins on and is waiting in the water holding on to the end of the pool.
- vi. The third Nipper now acts as Patient and picks up the tube by holding onto the main body of the tube with two hands. They must grip the main body of the rescue tube and not the rope or clip.
- vii. The pick up must be completed within the 5 metre line.
- viii. The fourth Nipper tows the third Nipper back to the finish end.
- ix. The third Nipper (Patient) is allowed to assist the fourth Nipper (Rescuer) by kicking their legs but not by using the arms.
- x. The finish will be when the fourth Nipper touches the finish end of the pool with the third Nipper still holding the rescue tube with two hands.

8. Manikin Relay

12yrs & 13yrs only

- i. At the start the Nipper carries the manikin using the rules for the manikin carry.
- ii. They transfer the manikin to Nipper no2 half way.
- iii. The Nipper must not be pushed forward to the awaiting Nipper.
- iv. Nipper no3 holds onto the side of the pool until the second Nipper touches the end and then transfers the hold.
- v. Nipper no3 transfers at the half way mark to the last Nipper who carries the manikin and the race stops when Nipper no4 touches the end.

9. Board Relay

(25m Pool)

- i. There are four people in a team.
- ii. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.
- iii. On the start signal the First Paddler will mount the board and paddle the required distance. (The competitor is only permitted to paddle in the prone position for safety).
- iv. The Second Paddler is in the water with one hand in contact with the side of the pool.
- v. The Second Paddler must maintain contact with the edge of the pool until the First Paddler reaches them. The First Paddler is not obliged to touch the turn edge of the pool, as the Second Paddler can touch the board/paddler, but must still have one hand touching the wall.
- vi. First Paddler dismounts the board and the Second Paddler mounts the board and paddle the required distance. The retuning paddler may help to turn the board, but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.
- vii. The changeover must be completed within the 5m line.
- viii. The Third Paddler is in the water with one hand in contact with the side of the pool.
- ix. The Third Paddler must maintain contact with the edge of the pool until the Second Paddler reaches them. The Second Paddler is not obliged to touch the turn edge of the pool, as the Third Paddler can touch the board / paddler, but must still have one hand touching the wall.
- x. Second Paddler dismounts the board and the Third Paddler mounts the board and paddle the required distance. The retuning paddler may help to turn the board, but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.
- xi. The changeover must be completed within the 5m line.
- xii. The Fourth Paddler is in the water with one hand in contact with the side of the pool.
- xiii. The Fourth Paddler must maintain contact with the edge of the pool until the Third Paddler reaches them. The Third Paddler is not obliged to touch the turn edge of the pool, as the Fourth Paddler can touch the board/paddler, but must still have one hand touching the wall.
- xiv. Third Paddler dismounts the board and the Fourth Paddler mounts the board and paddle the required distance. The retuning paddler may help to turn the board, but must not aid the outgoing paddler to mount the board or push them forward. The fin of the board should not leave the water when turning.
- xv. The changeover must be completed within the 5m line.

- xvi. The finish is when the board, with the paddler in contact with it, touches the edge of the pool.

(50m Pool)

- i. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.
- ii. The first competitor: starts in the water holding the board with one hand and the pool edge with the other. On the start signal the First Paddler will mount the board and paddle the required distance to the Second Paddler who is within the 4m changeover zone situated between the 23m and 27m mark. (The competitor is only permitted to paddle in the prone position for safety).
- iii. The Second Paddler is in the water within the 4m changeover zone situated between the 23m and 27m mark. The First Paddler dismounts the board and the Second Paddler mounts the board between the 23m and 27m mark and paddle the required distance.
- iii. The Third Paddler is in the water with one hand in contact with the side of the pool. The Third Paddler must maintain contact with the edge of the pool until the Second Paddler reaches them. The Second Paddler is not obliged to touch the turn edge of the pool, as the Third Paddler can touch the board / paddler, but must still have one hand touching the wall. The returning paddler may help to turn the board, but must not aid the outgoing paddler to mount the board or push them forward.
- iv. The changeover must be completed within the 5m line.
- v. The Forth Paddler is in the water within the 4m changeover zone situated between the 23m and 27m mark. The Third Paddler dismounts the board and the Forth Paddler mounts the board between the 23m and 27m mark and paddle the required distance.
- vi. The finish is when the board, with the paddler in contact with it, touches the edge of the pool.

Section 9 – Facility & Equipment Standards

1. Starting platform

The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material.

2. Automatic officiating equipment

The pool shall be equipped with automatic officiating equipment to record the time of each competitor and to determine the place of each competitor in race events.

3. Water

The pool water shall meet the clarity standards and the bacteriological and chemical standards of the applicable local health regulations in the host nation. The water temperature shall be 25 to 28 degrees celsius.

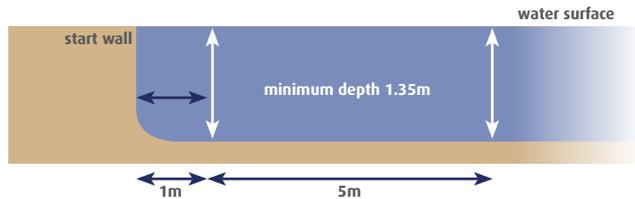
4. Depth

For each event conducted, the pool shall comply with ILS event-specific depth standards, except as specified in event-specific standards, where a minimum depth of 1.0 metre is required.

For all dive starts, a minimum depth of 1.35 metres is required, extending from 1.0 metre to at least 6.0 metres from the starting end wall.

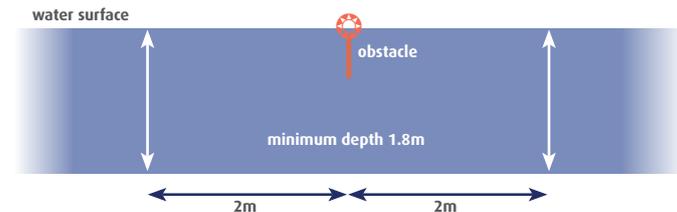
5. Dive Start

Minimum depth of 1.35 metres extending from 1.0 metre to at least 6.0 metres from the starting end wall.



6. Obstacle Swim, Obstacle Relay

Minimum depth of 1.8m extending from 2.0m on both sides of any obstacle.



6. SLSGB Equipment Standards

- i. SLSGB has adopted the following International Life Saving Federation specifications. Where appropriate, allowable tolerances are recorded as ' $(\pm 2\text{cm})$ ', meaning a tolerance of plus 2.0cm and minus 2.0cm is allowed. Where appropriate, dimensions and weights are recorded as 'minimum' or 'maximum' allowed.
- ii. In addition, all equipment used in SLSGB lifesaving championships must comply with the criteria outlined in the commercial identification policy (see Section 1).
- iii. Scrutineering of equipment: Championship bulletins/circulars shall detail the procedures for checking equipment. The organising committee reserves the right to re-inspect competition equipment at any time during the championships. Equipment found to contravene ILS specifications shall be subject to disqualification, which may result in the disqualification of the competitor using the equipment and the possible disqualification of the full team.

1. Batons (Beach Flags)

- i. Beach flag batons and beach relay batons shall be made of flexible material (e.g. flexible hose) a maximum of 30cm and a minimum of 28cm long with an external diameter of approximately 25mm ($\pm 1\text{mm}$).
- ii. Batons should be coloured so as to be easily visible.

2. Boards

1.6m Nipper Board Specification

Length: 165 cms

Width: 52 cms

Material: Polyethylene covered soft foam construction

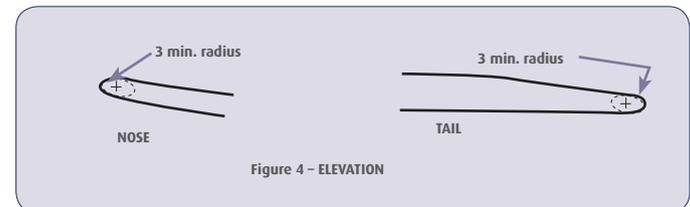
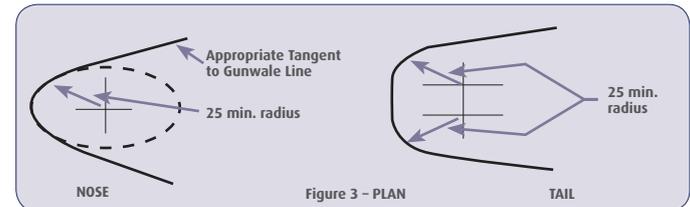
(N.B. Only 1.6m Boards are to be used in Stillwater Competition)



2m Nipper Board Specification

- I. Maximum length – 2.0m
- II. Minimum nose radii – nose and tail in plan view (see below) ~ 25mm
- III. Minimum radii –leading edge nose and trailing edge tail in elevation view (see below) ~ 3mm
- IV. Minimum structural weight – not specified.
- V. Minimum width – not specified.
- VI. Only one fin is permitted. Fin must have minimum profile radius of 25mm at any point, and minimum leading edge radius of 3mm and minimum trailing edge radius of 1.5mm. The fin is to be of flexible rubber/plastic material or moulded foam.

NOTE: Leading edge extends from underside of the board to the lowest point of the fin.



VII. The board must be constructed of foam with solid core construction. No solid reinforcing stringers (e.g. fibreglass, wood, etc) are permitted. No hard plastic/fibreglass type coverings over the foam is permitted (i.e. the surface of the craft must be flexible).

N.B: Plastic/rubber handles and plug attachments are permitted.

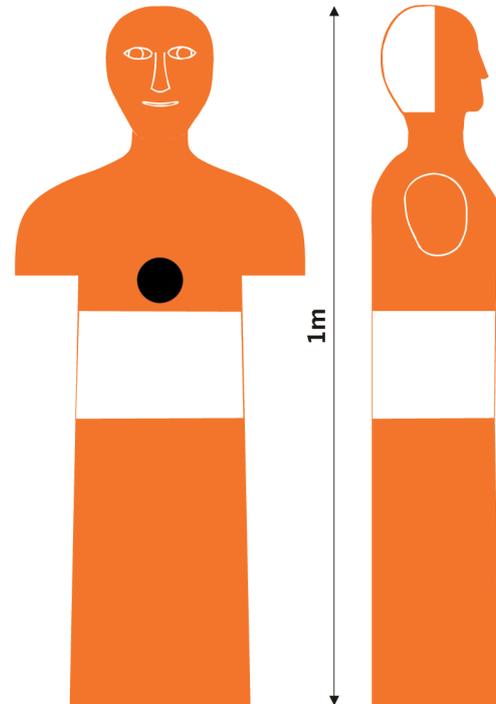
Boards constructed of polyethylene or similar flexible material may incorporate internal stringers to provide rigidity. Such stringers must be adequately covered and approved by the SLSGB Sports Commission.

VIII. Surfboards must contain a minimum floatation in the form of foam or other approved material to provide buoyancy of 20kg mass.

Note: (i) Isolite foam provides buoyancy of 10kg for each 0.01 cubic metre.

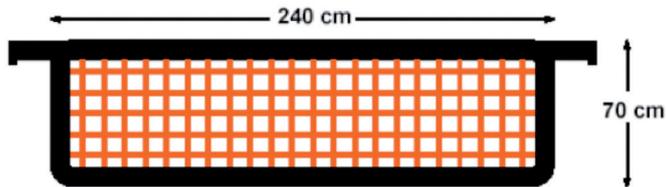
3. Manikins

- i. **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).
- ii. **Height:** The manikin shall be 1m in height.
- iii. **Colour:** The back of the manikin's head must be painted in a colour contrasting with the rest of the manikin and with the water.
- iv. **Transverse line:** A transverse line of 15cm is painted in a contrasting colour in the middle of the body (measured 40cm from the bottom of the body to 55cm in the direction of the head).
- v. Full ILS specifications are available.



4. Obstacles

- i. **Dimensions:** Obstacles used in pool events shall be 70cm (\pm 1cm) high and 240cm (\pm 3cm) wide with no dangerous parts.
- ii. **Inner frame:** The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and of a colour which contrasts with the water.
- iii. **Upper line:** The upper line of the obstacle is placed on the water level and shall be clearly visible. Use of an additional floating line across the upper line of the obstacles is recommended.



5. Rescue Tubes

- i. **Source of buoyancy:** Material to be as specified in Australian Standard AS2259 or equivalent. The material shall be closed cell plastic foam, and durable and flexible.
- ii. **Buoyancy:** The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.
- iii. **Colour:** The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).
- iv. **Flexibility:** The body of the rescue tube shall be of such a nature as to be able to roll within itself.

- v. **Strength:** Webbing, leash, and fittings shall be able to withstand a minimum of 1000 pounds stress in a longitudinal direction without damage.
- vi. **Stitching/thread:** Stitching shall be a locked stitched type 301 of BS 3870 as illustrated in Australian Standard AS 2259. The thread is to have similar properties to the materials being sewn.

vii. Rescue Tube Dimensions:

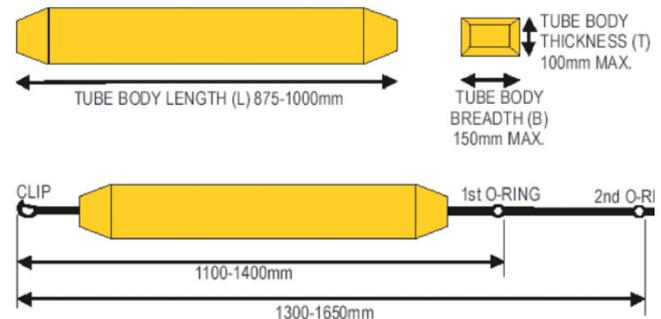
- The body of the tube (flotation component):

L minimum length 875mm; maximum length 1000mm

B maximum breadth 150mm

T maximum thickness 100mm

- The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm.
- The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.



- viii. **Leash:** The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900mm to a maximum of 2100mm. The leash shall be a synthetic type rope which is UV treated.
- ix. **Webbing connections:** Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm (\pm 2.5mm) wide woven nylon.
- x. **Lanyard:** Webbing for the lanyard shall be 50mm (\pm 5.0mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.
- xi. **O-rings:** O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38mm (\pm 4.0mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.
- xii. **Clips:** The clip shall be a brass or stainless steel snap hook KS2470-70 with an overall length of 70mm (\pm 7.0mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

Section 10 - Appendix

Appendix 1 - Stillwater Disqualification Codes

General

1. Not completing the event in accordance with the event description or general rules.
2. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of 'competing unfairly' include:
 - committing a doping or doping-related infraction
 - impersonating another competitor
 - attempting to defeat the ballot or draw for events or positions
 - competing twice in the same individual event
 - competing twice in the same event in different teams
 - purposely interfering with a course to gain advantage
 - jostling or obstructing another competitor handler so as to impede his progress
 - receiving physical or material outside assistance (other than verbal or other direction)
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.

5. Activities that result in wilful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.
6. Abuse of Officials may result in disqualification from the competition.
7. Using sticky, tacky or adhesive substances (liquid, solid or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push of the bottom of the pool.
8. Competitors may not take assistance from the pool bottom except where specifically allowed (e.g. surfacing from under obstacle, surfacing the manikin).
9. All competitors who start before the starting signal has been given shall be disqualified.

Individual Events

10. Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.
11. Failure to surface after the dive entry or after a turn.
12. Failure to surface after each obstacle.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish edge.
15. Taking assistance from any pool – not including the bottom of the pool.
16. Not having the manikin in the correct carrying position.
17. Using an incorrect carrying technique:
 - pushing, instead of carrying, the manikin
 - carrying the manikin by throat, or on the mouth or nose
18. Not maintaining the manikin's mouth and nose above the surface.

19. Releasing the manikin before the finish edge has been touched.
20. Not securing the rescue tube around the manikin before the 5m-line (judged at the top of the manikin's head).
21. Pushing or carrying, instead of towing, the manikin.
22. Not towing the manikin with the line of the rescue tube fully extended.
23. Touching the finish edge without the rescue tube and manikin in place.
24. Releasing one of the manikin before touching the turn edge or finish wall.

Team Events

25. One competitor repeating two or more legs of the event.
26. Leaving the start before the previous competitor has touched the edge.
27. 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
28. Releasing the manikin before the next competitor has contacted the manikin.
29. The second and third competitors starting before first and second competitors respectively touch the turning edge.
30. The fourth competitor touching the harness before the third competitor touches the turning edge.
31. The fourth competitor leaving the turning edge before the third competitor touches the wall.
32. The victim holding the rescue tube by the rope or clip.

33. The victim helping with arm movements, or not holding the rescue tube with both hands.
34. The victim losing the rescue tube after crossing the 5m line.
35. The fourth competitor not towing the victim with the line of the rescue tube fully extended or with the loop on or across one shoulder.

Appendix 2 - Penalty Protest Form PPF1

All protests against a decision must be made using this form. It must be completed in writing and handed with the appropriate protest fee to the relevant official within 15 minutes of the relevant decision being notified to the team manager/competitor/team concerned. See [Section 5](#) of the **SLSGB competition rulebook** for further information. Note that no protest can be made which is a direct challenge to a Judges' agreed order of finishing.

Championship:	
Date:	
Event:	
Heat/Final:	
Club:	
Competitor No:	
Competitor Name:	
Time of Decision:	
Time Protest received:	
Received in time:	
Official(s) involved:	

Decision protested:

Reason for Protest:

(Please ensure that you quote the relevant page and rule no from the current SLSGB competition rulebook which forms the basis for your protest)

Protest made by:

Result of Protest:

Appeal Jury:

Decision notified to appellant by:

Time of notification:

Officials notified:

