

RLSS UK SUSSEX BRANCH – COMPETITION RULES -2024

Updated to accord with RLSS UK National Lifesaving Championships Rules 2024

SUSSEX MIXED PAIRS (Juniors – John Stainer Rosebowl) (Seniors – Butlins Rosebowl)

Juniors – Pairs to consist of one female and one male/open and to be **under 16 years** of age on the 1st January of the year of the Competition.

Have or have held any qualification or award from the RLSS UK apart from the NLA Sports Awards.

Seniors - Pairs to consist of one female and one male/open and **to be 16 years or over** on the 1st January of the year of the Competition.

Have or have held any qualification or award from the RLSS UK apart from the NLA Sports Awards.

Events

1. Staged Aquatic Incident/SERC
2. Line Throw (one member to take part using their partner as the casualty)
3. Swim and Tow (member who did not carry out the line throw rescue using their partner as casualty)

Rules Rank order with Incident weighted by 1.5

Perpetual Silver Bowl Trophy presented to the winners with medals for 1st to 3rd places

The top nine placed Senior Pairs will represent Sussex Branch in the South East Region Mixed Pairs Championships. An unlimited number of Junior Pairs can enter the South East Region Mixed Pairs Championships.

SUSSEX LIFE SUPPORT (Sussex Centenary Shield)

Competitors are to be either an individual member of the RLSS UK or a member of a Group affiliated to RLSS UK Sussex Branch and be holders of a current minimum Life Support Award

Events

1. Questionnaire with multi choice answers
2. Casualty assessment, action for vomit and recovery position on a live casualty
3. CPR on Adult Manikin
4. CPR on Baby Manikin
5. CPR on Junior Manikin
6. Life Support and First Aid Incident

Marking Rank Order

All aspects will be taken from the National Lifesaving Academy Book.

Perpetual Shield and gold medal to the winner with medals for 2nd and 3rd places

SUSSEX CHAMPIONSHIPS

Incorporating:

Junior Youth Pairs, Senior Youth Pairs, Adult Ladies Pairs, Adult Open/Mixed Pairs, Ladies Individual, Open Individual and Masters Ladies and Open

Championships:

As per the RLSS UK Transgender Inclusion Policy for competitive Lifesaving -

<https://www.rlss.org.uk/Handlers/Download.ashx?IDMF=82544713-4063-4bf8-9798-4f54ef6ebaf9>,

The following guidelines apply to this gender-affected activity:
Female for those competitors assigned female at birth.
Open for any competitor irrespective of sex.

1.1 Categories

Championships shall be held in the following categories:

- i) Junior Girls pairs – 12-14 years
- ii) Junior Open / Mixed pairs – 12-14 years
- iii) Senior Girls pairs – 15-17 years
- iv) Senior Open / Mixed pairs – 15-17 years
- v) Adult Ladies pairs - 18-21 years (No trophy)
- vi) Adult Open / Mixed pairs - 18-21 years (No trophy)
- vii) Ladies Individual – 16 years +
- viii) Open Individual – 16 years +
- ix) Masters Ladies - Age Groups 30-39; 40-49; 50-59; 60 -69; 70+ (No trophies)
- x) Masters Open - Age Groups 30-39; 40-49; 50-59; 60 -69; 70+ (No trophies)

1.2 Award Pre-requisites

All Competitors shall, at the date of entry, hold or have held any qualification or award from the RLSS UK apart from a NLA Sport Awards.

1.3 Age Pre-requisites

Competitors shall conform to the following age pre-requisites on 31 December 2024:

- i) Members of Junior Open/Mixed and Junior Girls Pairs shall be between 12 and 14 years of age.
- ii) Members of Senior Open/Mixed and Senior Girls Pairs shall be aged between 15 and 17 years of age.

Note: It is permitted for one 12–14-year-old to pair with a 15–17-year-old; this pairing shall compete in the Senior Open/Mixed or Senior Girls (if both competitors are female) Pairs category.
iii) Adult Open/Mixed and Adult Ladies Pairs will be 18-21 years.

Note: It is permitted for one 15–17-year-old to pair with an 18–21-year-old. This pairing shall compete in the Adult Open/Mixed or Adult Ladies (if both competitors are female) Pairs category.
iv) Open and Ladies Individual Competitors must be 16 years or over.

v) Open and Ladies Masters shall compete in one age band from the following:

30-39 years; 40-49 years; 50-59 years; 60-69 years; 70 years plus.

Note: Masters have the option to compete in the Individual Open / Ladies category, if desired.

1.4 Diving Prerequisites

Competitors who wish to start an event entering the water by diving must have met the required competencies outlined in the RLSS UK Competitive Start Checklist (available from rlss.org.uk).

1.5 Membership

All competitors must be in membership of the RLSS UK appropriate to their age and or qualification for all competitions (regional and finals).

Both members of a pair must belong to the same RLSS UK affiliated club, school, or swim school.

Events

1. Life Support and First Aid Initiative Test (90 seconds)
2. Aquatic Initiative Test (90 seconds)
3. Line Throw: Seniors 12 metres, Juniors and Masters over 50 10 metres
4. Swim and Tow. Total distance between 90 and 105 metres
Juniors and masters over 50 total distance between 40 and 50 metres

Each **CLUB** to provide **TWO** bodies for the **INITIATIVE TESTS**

YOUTH PAIRS Junior Girls – Sussex Shield
Junior Open – Sussex Shield
Senior Girls – Horsham LSC Cup
Senior Open– Trudie & Cliff Sewell Trophy

Rules/Events In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition as noted above.

Perpetual Silver Trophies presented to the winners in the categories as stated above with medals for 1st to 3rd places

SUSSEX INDIVIDUALS Ladies - John Maginnis Cup
Men's/Open - John Stainer Cup

Competitors must be over 16 years at the end of the year of the competition, be in personal membership of the Society

Events 1. Life Support and First Aid Initiative Test (90 seconds)
2. Aquatic Initiative Test (90 seconds)
3. Line Throw 12 metres
4. Swim and Tow (Total distance between 90 and 105 metres)

Rules In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition as noted above.

Perpetual Silver Cups presented to the winners in each category with medals for 1st to 3rd places

SUSSEX MASTERS (No Trophies)

Individual for Ladies and Men in age groups: 30-39, 40-49, 50-59, 60-69 and 70+
(Age, as at the end of the year of the competition)
To be in personal membership of RLSS UK and hold

Events 1. Life Support and First Aid Initiative Test (90 seconds)
2. Aquatic Initiative Test (90 seconds)
3. Line Throw 12 metres (10m for over 50's)
4. Swim and Tow (Total distance between 90 and 105 metres)
(Total distance between 40 and 50m for over 50's)

Rules In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition as noted above.

Medals to be presented to the first 3 places in each age group

SUSSEX BEACH LIFEGUARD (Sussex Shield)

Team Four people, to be any mixture of Male and Female and to be members of the same group affiliated to RLSS UK Sussex Branch. To be over age 15 on the date of the competition.

Qualification Competitors to be holders of one of the following current awards:
National Beach Lifeguard, Surf Lifeguard Proficiency, S&S Open Water or Beach Award.

Events To be selected from the following and dependent upon the Venue.
The events selected for 2023 were as noted below in RED Italics

	Competitors	Approx. Distance
Events 1. Staged Incident/SERC	Max 4 per team	
2. <i>Paddle Board Race</i>	<i>1 per team</i>	<i>180 – 250m</i>

3. <i>Cobra Ski Race</i>	<i>1 per team</i>	<i>180 – 250m</i>
4. <i>Rescue Tube Rescue</i>	<i>1 team of 2</i>	<i>150 - 200m</i>
5. <i>Surf Race</i>	<i>Max 2 per team</i>	<i>350 – 450ms</i>
6. <i>Cobra Ski Rescue</i>	<i>1 team of 2</i>	<i>150 - 200m</i>
7. Reel and Line	Max 4 per team	150 - 200m (Demo)
8. Beach Flags	Max 3 per Team	20m
9. <i>1K Run. On Grass</i>	<i>Max 3 per Team</i>	<i>Top 2 score points</i>
10 <i>90m Sprint. On Grass</i>	<i>Max 3 per Team</i>	<i>Top 2 score points</i>

Each Club to provide a body as casualty for the Reel and Line

Event Rules.

In accordance with the current International Lifesaving Rules (ILS) amended to suit venue if necessary.

Each CLUB to provide a minimum of TWO bodies for the INCIDENT (SERC)

Scoring Rank order with the Incident (SERC) being Double weighted
Perpetual Trophy presented to the winners with medals for 1st to 3rd places

ROOKIE BEACH FESTIVAL

Teams and Age Groups As for Rookie Pool Festival

Events to be selected from the following:

Teams of 4 any mixed gender

Ages; Under 11, 13 and/or Under 15 on the date of the competition.

Prerequisite: Some lifesaving tuition and have approval from the Club and Parent or Guardian

Gold, Silver and Bronze Medals presented to 1st 2nd and 3rd placed teams.

On Sand or Grass (if necessary)

Sprint Run Positions to be added together (4 Team Members to Compete)
Under 11 40m
Under 13 50m
Under 15 70m

Sprint Relay Baton to be carried and passed to next competitor who returns back up the track and passes it to the next competitor etc.

Under 11 4 x 40m
Under 13 4 x 50m
Under 15 4 x 70m

Distance Run Tag Relay (Around perimeter of track)

Under 11 4 x 100m
Under 13 4 x 150m
Under 15 4 x 180m

In Sea

Wade Tag Relay

Under 11 4 x 50m
Under 13 4 x 60m
Under 15 4 x 70m

Swim Tag Relay

Under 11 4 x 50m

Under 13 4 x 60m

Under 15 4 x 70m

Paddle Board Relay

Under 11 4 x 30m

Under 13 4 x 40m

Under 15 4 x 50m

Sequence of Events may vary upon site conditions

SUSSEX SCHOOLS (Girls – Elizabeth Carver Cup) (Boys/Open – Crawley TLSC Cup)

Pairs of either Girls or Boys/Open from any Sussex School, to be under the age of 16 years on the date of the competition and have had some Lifesaving tuition.

1. Life Support and First Aid Test
2. Aquatic Initiative /SERC Test
3. Line Throw (10 metres)
4. Swim and Tow (Total approx. 100 metres)

Both competitors to carry out all events

Marking Rank order. Aquatic Initiative Test is Double Weighted

Perpetual Silver Cups presented to the winners in each category with medals 1st to 3rd

SUSSEX PAIRS (Ladies – Rogers Trophy and Hastings LGC Shield
(Men's – Sussex Local Centre Shield SCASA)

Pairs of Youths Female and/or Male/Open Under the age 15 plus Ladies and/or Men/Open over the age of 15 from the same affiliated RLSS UK Sussex group.

Have or have held any qualification or award from the RLSS UK apart from the NLA Sports Awards.

- Events**
1. **Staged Aquatic Incident (SERC)** Both A & B compete, time 90 seconds
 2. **50m Manikin Carry:** Competitor 'A' 25m Swim and 25m Manikin Carry.
Under 15 Half filled Manikin, Top of white line.
Over 15 Full Manikin
 3. **Obstacle Relay.** Competitors A and B: 50m each with one obstacle across centre of the pool.
 4. **Competitor B** carries out Line Throw rescuing A (Best of 2 attempts)
Under 15 10m, over 15 12.5m.

Rules In accordance with RLSS UK National Lifesaving and Speed Championship Rules where applicable. Each **CLUB** to provide at least **TWO** bodies for the **INCIDENT**

Marking Rank order with the **Incident** weighted by 2

Perpetual Silver Cup and Shield presented to winning Ladies & Men's Pairs with medals for 1st to 3rd places

SUSSEX TEAMS CHAMPIONSHIP (Gilbert Garforth Trophy) for the overall
(John Walker Memorial Shield) for the SERC)

Team: Two Male and or Two Female/Open members from the same Group affiliated to RLSS UK Sussex Branch,

Have or have held any qualification or award from the RLSS UK apart from the NLA Sports Awards.

Events Dependent upon the venue. However, typical events are:

1. Seniors March Past, (Presentation and Standard), Youths Wave Past, to introduce Teams to the spectators.
2. Aquatic Initiative Test (SERC), Long trousers and short sleeved shirt to be worn at the start of the event, CPR only on a manikin. (Technique)
3. 4 x 50 Medley Relay: 1- 50m Freestyle, 2 - 50m Freestyle with Fins, 3 - 50 F/S no fins taking rescue tube, 4- Starts in water with Fins and tows No 3 using tube after No 3 touches end, No 4 not to touch tube until No 3 has touched the end.
4. 4 x 25m Manikin Relay: Seniors Full manikin, Youths half filled manikin filled to top of white line. All start in water. Not a penalty if the manikin is submerged providing the swimmer is at the surface.
5. Obstacle Relay: Seniors 4x50m, Youths 4x25m. Obstacle 25m from end pool.
6. Line throw relay: Seniors 4x 12.5m Youths 4x10m No 1 to be body for No 4.

Marking Rank order with Incident Double weighted

Each **CLUB** to provide at least **TWO** bodies for the **INCIDENT**

Perpetual Gold Plated Trophy presented to winners with medals for 1st to 3rd places

The John Walker Incident Memorial Shield will be presented to the winners of the Incident Event (SERC).

ROOKIE POOL FESTIVAL

The brief rules and events are:

Teams to be a maximum of 6 members but only 4 will take part in each event so that the teams can rotate as necessary, they are to be of any mixture of Boys and Girls providing at least one of each gender is in the competing Team. Competitors to have had some Lifesaving Tuition.

Age groups: From 8 and under 11, under 13 and under 15 at the end of the year.

Ages as at the date of the Competition.

Members can only compete in one age group Team.

Events: All relays in approx 25m pool

1. Freestyle Relay 4 x 25m

Each member to swim 25m. No 1 swims 25m and touches the end of the pool, No 2 then swims 25m etc. All starts to be in the water holding the poolside.

Timed to No 4 touching the pool end.

2. Lifesaving Backstroke or Sidestroke Relay 4 x 25m

All as Freestyle Relay but using either Lifesaving Backstroke or Sidestroke.

All starts to be in the water holding the poolside.

Ends of the pool to be touched each time before changeover.

3. Obstacle Relay 4 x 25m

Each member to swim one length and dives under 2 ropes or gates that are laid across the pool 8m from each end, must surface after each rope. All starts to be in the water holding the poolside and pool ends to be touched before changeovers.

4. Rope Throw Relay Age 8 to 11- 3 x 5m: Age under 13 - 3 x 8m: Age under 15 - 3x10m

Each member to throw a rope and rescue a team member who then climbs out throws the rope and rescues the next member. Start with No 1 on poolside with rope extended to No 2, feet together, hands by side and to be coiled after start then thrown out.

Casualty's head to be above water. **The fourth member is a casualty only.**

5. **Head Tow Boat Race. 25m**

Teams of 4 to line up and be linked by holding the chin of their next team member with one hand and all tow together one length using leg kick and using the other free hand.

6. **Carry Brick Relay**

Each member to carry/tow a rubber brick one length and pass to the next member.

Timed to No 4 puts the brick on the pool side.

All starts to be in the water holding the poolside.

7. **Paddle Board Relay 4 x 25m**

Each member to paddle approx 25m and then pass the board to the next person. All starts in the water holding the poolside. There will be markers at approx 2.5m from each end.

8. **Paddle Board Rescue Relay 4 x 25m**

No 1 paddles board 25m to collect No 2 and both paddle back, No 2 then paddles 25m to collect No 3 and both paddle back, No 3 paddles 25m to collect No 4 and both paddle back to finish line.

Scoring of events to be in Rank Order. i.e 1st = 1Point, 4th = 4 points etc.

Team with the lowest score wins overall in their age group. Medals presented to the 1st 2nd and 3rd placed Teams in each age group and certificates presented to all competitors.