Ontario
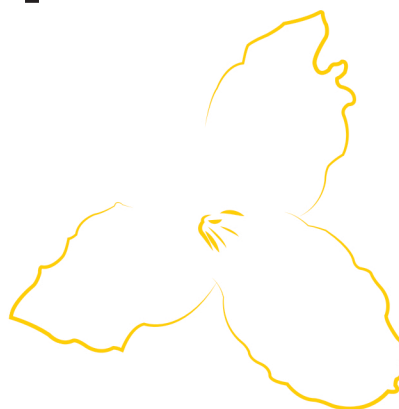# Competition
Manual

2019 edition

Rules, Standards and Procedures for Ontario Championships

LIFESAVING SOCIETY

LIFESAVING SPORT

LIFESAVING SOCIETY
The Lifeguarding Experts

ONTARIO COMPETITION MANUAL
Rules, Standards and Procedures for Ontario Championships

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport.

Annually, over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

LIFESAVING SOCIETY

ONTARIO COMPETITION MANUAL

Rules, Standards and Procedures for Ontario Championships

LIFESAVING SOCIETY
The Lifeguarding Experts

ONTARIO LIFESAVING SPORT COUNCIL

Vice President	Jeff Schultz
Athlete Representative	Mackenzie Salmon
Coaching	Leslie Aziz
Event Management	Andrew Wakefield
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Sport Officials	Stephen Benning
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INTRODUCTION

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races, and in emergency response competition.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

In Ontario, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970, the Society organized the first Ontario Lifeguard Championship hosted by the City of Mississauga. The first Canadian Lifeguard Championship followed in 1977 in Winnipeg.

Today, Canadians compete internationally in world and commonwealth championships, nationally in separate pool, surf and emergency response championships, and provincially in the following Ontario championships:

- Ontario Junior Lifeguard Games – Pool
- Ontario Junior Lifeguard Games – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

In addition, the Society annually organizes the Junior Lifeguard TeleGames.

Details for Ontario championships and TeleGames are posted in "Lifesaving Sport" at lifesavingsociety.com.

PREFACE TO THE THIRD EDITION

The Ontario Competition Manual does not reproduce the event descriptions, rules and procedures outlined clearly in the *ILS Competition Rule Book* and the *Canadian Competition Manual* (CCM). However, the *Ontario Competition Manual* does present information specific to Ontario championships.

In this edition, the Ontario Lifesaving Sport Council draws your attention to the following significant changes:

Section 1 – Ontario Championships

- Menu of Events and Program of Events defined
- Awards updated to reflect 14–15 years division at Ontario Senior Lifesaving Championships
- Addendum for Competition Attire

Section 2 – Ontario Junior Lifeguard Games – Pool

- Revised Menu of Events, including four new individual events and three new team events
- Updated fin specifications
- Addendum for Throwing Accuracy

Section 3 – Ontario Lifesaving Championships – Pool

- Addition of 14–15 years division
- Revised Menu of Events, including one new team event
- Updated fin specifications
- Revised distances for some events dependent upon age division

Section 4 – Ontario Lifeguard Championships

- Team composition and team award updated to reflect 2-person teams
- Addendum for Line Throw Relay

Section 5 – Ontario Junior Lifeguard Games – Waterfront

- Revised Menu of Events, including 1 new individual event and two new team events
- Revised distances for some events dependent upon age division

Section 6 – Ontario Lifesaving Championships – Waterfront

- Addition of 14–15 years division
- Revised Menu of Events, including two new team events
- Updated fin specifications
- Revised distances for some events dependent upon age division

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SECTION 1 – ONTARIO COMPETITION MANUAL

ONTARIO CHAMPIONSHIPS

LIFESAVING SOCIETY
The Lifeguarding Experts

Section 1
ONTARIO CHAMPIONSHIPS

1.1 THE ONTARIO CHAMPIONSHIPS

The Lifesaving Society shall authorize the following Ontario championships:

- Ontario Junior Lifeguard Games – Pool
- Ontario Junior Lifeguard Games – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

All Ontario championships occur under the auspices of the Lifesaving Society Ontario which awards the championships to a Lifesaving Society Affiliate or Club.

Eligibility

Ontario championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

The Lifesaving Society considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.

Employers, club management personnel and coaches are the key to preventing such unethical practices and must emphasize "play within the rules" behaviour. The personal conduct of managers and coaches is measured by the ILS Code of Conduct.

Championships-specific eligibility requirements are outlined in the *Canadian Competition Manual* or individual Ontario championships sections following.

Athletes under the age of 18 must have their parent sign the waiver form.

Award currency must be identified in *Find a Member* (at lifesavingsociety.com or findamember.ca) or by a temporary card.

Competitors will have been members of one lifesaving club for at least 90 days prior to the first day of the championships they are attending.

Competitors from other Canadian provinces/territories may compete in Ontario championships or sanctioned competitions if endorsed (in writing) to do so by their provincial organization. These competitors represent their provincial club. They may become champions in individual, team award, or team events, but they are not eligible for Ontario championships club titles. Clubs composed of any non-Ontario members are deemed to be a national club and ineligible for Ontario championships club titles.

Competitors from other countries may compete in Ontario championships or sanctioned competitions if endorsed (in writing) to do so by their national lifesaving organization. These competitors represent their international club. They may become champions in individual, team award, or team events, but they are not eligible for Ontario championships club titles. Clubs composed of any non-Canadian members are deemed to be an international club and ineligible for Ontario championships club titles.

Management committee

For Ontario championships, the Lifesaving Sport Council shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Chief Referee or other officials. The Management Committee shall consist of the:

- Lifesaving Society Lifesaving Sport Director (or designate)
- Chair of the host organizing committee (or the chair's appointee)
- Championship Meet Manager
- Championship Chief Referee
- Championship Safety Officer

The Lifesaving Sport Council has the authority to appoint others to the Management Committee as desired.

Championships venue inspection: The Lifesaving Society Sport Council shall appoint a representative to inspect a prospective host venue for Ontario championships prior to awarding the championships. The Lifesaving Sport Council may waive this requirement if the venue was previously inspected.

Responsibility for equipment: The Lifesaving Society, in cooperation with the host organizing committee, shall be responsible for the provision of all equipment and material required to establish and maintain courses and arenas for all championship events including:

- course markers for pool and surf events
- obstacles for pool events

The Lifesaving Society, in cooperation with the host organizing committee, shall also be responsible for the provision of the following equipment, which **must be used by competitors**:

- batons for Beach Relay and Beach Flags events
- rescue manikins, obstacles, throw lines, targets, lifejackets and weights for pool events
- rescue tubes for pool and open water events

There is no equipment pool provided at Ontario championships.

Ontario Lifeguard Championships: Any items shared with other teams/clubs can be placed in an equipment pool provided the teams/clubs do not mind other teams/clubs using their equipment. This equipment must be provided to event organizers at least thirty minutes prior to lock up to allow teams/clubs to inspect available equipment.

1.2   MENU OF EVENTS

The menu of events is the list of authorized events as found in the current rulebooks. All lifesaving sport competitions will choose from the menu of events to create the program of events for their competition.

See Sections 2 through 6 for the complete menu of events for Ontario Championships.

1.3   PROGRAM OF EVENTS

The program of events for all Ontario championships shall be established by the Lifesaving Society Sport Council and announced not less than 90 days prior to the championship.

Events for Ontario championships are drawn from the international events outlined in the *ILS Competition Rule Book* that presents event descriptions, rules and procedures, the *Commonwealth Competition Manual,* and the *Canadian Competition Manual*.

Ontario Lifeguard Championships feature events not included in the *ILS Competition Rule Book* or *Canadian Competition Manual*. The Ontario Junior Lifeguard Games feature events based on international events.

Events not included in the *ILS Competition Rule Book,* the *Commonwealth Competition Manual* or the *Canadian Competition Manual* must be approved by the Lifesaving Sport Council at least 90 days prior to the first day of the championship concerned.

The program of events are selected by event organizers using the authorized menu of events.

1.4   AWARDS

Ontario Junior Lifeguard Games

The Ontario club with the highest overall point score shall be declared Ontario Junior Lifeguard Games Champions and be presented with an award.

Event winners: Medals shall be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons are awarded to those in 4th through 6th place, male and female in each age group. Event winners are recognized as Ontario Champions.

Individual overall: Medals shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores in each age category. Competitors need not enter all events to qualify.

Ontario Senior Lifesaving Championships

The Ontario club with the highest overall point score in the combined 14–15 years, 16–19 years and Open categories shall be declared Ontario Senior Lifesaving Champions and be presented with an award.

Event winners: Individual awards shall be presented to the first three placing male and female event winners in the 14–15 years, 16–19 years and Open age categories. Event winners shall be recognized as Ontario Champions.

Top point getter: shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores. This award shall be presented in the 14–15 years, 16–19 years and Open age categories. Competitors need not enter all events to qualify.

Ontario Masters Lifesaving Championships

Within each Masters' age category (30–39 years, 40–49 years, 50–59 years, 60 plus years), individual awards shall be presented to the first three placing male and female event winners. Event winners shall be recognized as Ontario Champions.

While no award is presented, a Masters club champion will be declared.

Ontario Lifeguard Championships

Awards shall be presented to the first, second and third place teams in each event. Event winners shall be recognized as Ontario Champions.

Awards shall be presented to the first, second and third place teams in the Team Award.

The Ontario club with the highest overall point score shall be declared the Ontario Lifeguard Champions and presented with an award.

Ontario Lifesaving Pool Champions

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Pool Champions and presented with an award. Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Masters where the top three results per club, per gender, per event will score for their designated clubs at all Pool Lifesaving Championships during the same year. This award will be announced following the final pool championship of the year.

Ontario Lifesaving Waterfront Champions

The Ontario club with the highest overall point score shall be declared Ontario Lifesaving Waterfront Champions and presented with an award. Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Masters where the top three results per club, per gender, per event will score for their designated clubs at all Waterfront Lifesaving Championships during the same year. This award will be announced following the final waterfront championship of the year.

Ontario Lifesaving Club Champions

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Club Champions and presented with an award. This award will be determined annually by accumulating all of the earned points of Junior, Senior and Masters competitors and teams for their designated clubs at all seven "Ontario Lifesaving Championships" during the same year (Ontario Junior Games – Pool and Waterfront, Ontario Lifeguard/Lifesaving Championships – Pool and Waterfront). This award will be announced following the final championship of the year.

1.5   RESULTS AND RECORDS

The Lifesaving Society publishes electronically the official results of all Ontario championships as soon as possible following the conclusion of the competition at lifesavingsociety.com.

Ontario Championships records

The Lifesaving Society shall recognize men's and women's individual and team Ontario championships records in pool race events. The Ontario Championships include:

- Ontario Senior Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Pool

- Ontario Junior Lifeguard Games – Pool
- Ontario Lifeguard Championships (relay events)

All Ontario championships records established during Ontario championships shall be automatically approved. Ontario championships records cannot be established at any other competitions.
The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

1.6   OFFICIALS

The Lifesaving Sport Council shall have full control and authority over all aspects of competition for Ontario Championships.

The Lifesaving Sport Council shall appoint the following officials for Ontario Championships:

- Meet Manager
- Chief Referee
- Deputy Chief Referee
- Event Director/Sectional Referee

The Meet Manager shall appoint all other officials for Ontario championships.

1.7   LANGUAGE INTERPRETATION

French/English language interpreters shall not be provided at Ontario championships.

1.8   COMPETITION ATTIRE

Competitors shall wear costumes, clothing or dress approved by ILS. A competitor shall not be permitted to take part in any competition if, in the opinion of the Chief Referee, the competitor is not properly attired.

For standards related to competition attire, see Section 8.

The Chief Referee has the authority to exclude any competitor whose swimwear does not comply with the following:

a) *Swimwear*: The swimsuits worn by competitors shall comply with the ILS swimsuit standard defined in Section 8, and:

- be in good moral taste and not carry any symbol which may be considered offensive.
- comply with the commercial identification policy.

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

Upon application for religious and/or cultural reasons, ILS shall consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

Should there be a need for a competitor to wear swimwear that does not comply with the ILS swimsuit standard (for reasons such as religious, cultural, etc.) the coach will identify this to the Lifesaving Society and/or the Chief Referee in advance of the competition, for their consideration.

1.9   PROTESTS

Videotapes may not be used to protest a judge's ruling or score.

Protests may be filed by the competitor, captain, team manager or coach.

SECTION 2 – ONTARIO COMPETITION MANUAL

ONTARIO JUNIOR LIFEGUARD GAMES – POOL

LIFESAVING SOCIETY
The Lifeguarding Experts

Section 2

ONTARIO JUNIOR LIFEGUARD GAMES – POOL

With the exceptions specified below, Ontario Junior Lifeguard Games – Pool events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesavingsociety.com.

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifeguard Games, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award *or* be a member of a Lifesaving club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same affiliated club or associated with the same Lifesaving Society Affiliate Member.

Competitors may compete for only one club or Affiliate at a time.

Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 years & under

Club composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

2.2 MENU OF EVENTS

	Divisions				
Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m
Line Throw Release	NA	NA	7 m	7 m	10 m
Manikin Carry	50 m Empty Manikin	50 m Empty Manikin	50 m Half-full Manikin	50 m Half-full Manikin	50 m Half-full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	100 m Half-full Manikin	100 m Half-full Manikin
Object Carry	50 m 5 lb. weight	50 m 5 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Swim and don Fins	NA	NA	100 m	100 m	100 m
Swim with Fins	50 m	50 m	50 m	50 m	50 m
Throwing Accuracy	4 m	4 m	7 m	7 m	10 m

	Divisions	
Team Events	44 yr. or less	64 yr. or less
Junior Medley Relay	100 m	200 m
Lifesaving Medley Relay	100 m	200 m
Manikin Relay	100 m	100 m
Obstacle Relay	100 m	200 m
Swim with Fins Relay	100 m	200 m

2.3 PROGRAM OF EVENTS

For the Ontario Junior Lifeguard Games – Pool, the program of events will be identified in the registration package.

2.4 UNIFORMS AND EQUIPMENT

Swim caps

Club caps are not required to match. The manikin handler shall be wearing a club cap matching their competitor.

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins are not permitted. Swim fins used in competition shall comply with the following dimensions.

Age group swim fins:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

2.5 SCORING

Finals

Finals shall not be conducted in the Ontario Junior Lifeguard Games – Pool. Events will be scored as time-finals.

Clubs are allowed unlimited entries in events; however, only the top 3 placing individual entries and the top placing team entry score club points.

Point allocation

Competitors in the Ontario Junior Lifeguard Games – Pool shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1st	20	5th	13	9th	8	13th	4
2nd	18	6th	12	10th	7	14th	3
3rd	16	7th	11	11th	6	15th	2
4th	14	8th	10	12th	5	16th	1

Time penalty/Disqualification

11 years and under: Rule infractions will be allocated a 5 second time penalty. There may be more than one infraction by a competitor in an event. The time penalty/penalties will be recorded on the time card. The final posted time will recognize any time penalties.

12–16 years: Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

Ties

Ties in overall point scores for individuals shall not be broken.

2.6   LIFESAVING MEDLEY (100 m)

Event description – 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 m each of: front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

Competitors must swim the 4 legs of the individual medley in the order of strokes specified.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs only and competitors must use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Any other kicks are not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a)   Incorrect strokes.

b)   Not surfacing within 12.5 m after the start and each turn.

c)   Failure to touch the wall during the turn

d)   Failure to touch the finish wall.

e)   Touching the pool bottom or pulling the lane divider.

f)   Failure to complete the event as defined and described.

2.7   LINE THROW RELEASE

Reference: *ILS Competition Rule Book,* 3.13, except:

Event description

In this timed event, the thrower throws an unweighted line to a victim located in the water on the near side of a rigid crossbar two times within a 2-minute time limit.

Note: This is an individual event. The victim can be any competitor, 12 years of age or older, registered for the competition. Throwers can only throw once; victims can be victims multiple times.

Starting position *(second paragraph)*: The victim treads water or stands (depending on water depth) on the near side of the rigid crossbar in allotted lane.

On an acoustic starting signal: The thrower shall retrieve the line and throw it back to the victim who grasps it. The event is finished when the victim grasps the thrower's line for the second time or the chief timer signals completion of the event. The victim remains in the water and the thrower remains in the throw zone until the referee signals the completion of the race.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Fair throw: Victims must grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the crossbar before grasping the throw line with the other hand for a second time.

Throw zone *(second paragraph)*: Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) prior to the 2-minute completion signal, shall be disqualified.

Time limit: Throwers must make a fair throw and victims must grasp the rope twice within 2-minutes. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 2-minute limit. Throwers who fail to have the victim grasp the rope twice before the 2-minute completion signal shall be designated as "Did Not Finish" (DNF).

Equipment

Throw line: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors 12–15 years shall use a line between 9 m and 10 m in length. Competitors 16

years shall use a line 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organizers.

The rigid **crossbar** is positioned on the surface across each lane 7 m (for competitors 12–15 years) or 10 m (for competitors 16 years) from the starting end of the pool. A tolerance of plus 0.10 m and minus 0.00 m in each lane is allowed.

Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a)   Victim moving his or her hand from the crossbar before grasping the throw line with the other hand.

b)   Victim grasping the throw line outside the lane.

c)   Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute acoustic completion signal.

d)   Victim exiting the water before the 2-minute acoustic completion signal.

e)   Thrower executing practice throw(s).

2.8   MANIKIN CARRY (50 m)

Reference: *ILS Competition Rule Book,* 3.8, except:

Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle. After touching the turn wall and within the 5 m pick-up zone, the competitor recovers a floating manikin at the surface and then carries the manikin to touch the finish wall of the pool.

The competitor must remain on their back or side while carrying the manikin.

Equipment

a)   ***Manikin (Empty) (11 years and under)***: The manikin is empty and sealed for the event.

b)   ***Manikin (Half-full) (12–16 years)***: The manikin is filled with water so that it floats with the top of its transverse line at the surface.

c)   ***Positioning the manikin***: Before the start and during the race, the manikin handler positions the manikin within the allotted lane. The manikin is positioned floating on its back, with its head in the direction of the finish.

d) ***Carrying the manikin***: Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool.

b) Not touching the pool wall before touching the manikin.

c) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.

d) Manikin handler pushing the manikin towards the competitor or the finish wall.

e) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.

f) Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

g) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

h) Using an incorrect carrying technique as described in 3.3 *Manikins*.

i) Carrying the manikin face down (see 3.3 *Manikins*).

j) Releasing the manikin before touching the finish wall.

k) Failure to touch the finish wall.

l) Failure to complete the event as defined and described.

2.9   MANIKIN TOW WITH FINS (50 m & 100 m)

Reference: *ILS Competition Rule Book,* 3.11, except:

Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turn wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly to a manikin and tows it to the finish. The event is complete when the

competitor touches the finish wall of the pool

For 11 yr. & under competitors: the manikin is empty and fitted with a lifejacket. The competitor clips the loop on the lifejacket and tows the manikin to the finish.

Event description – 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube. After touching the turn wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

Equipment

Manikin, fins, rescue tube: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is filled with water so that it floats with the top of its transverse line at the surface. For the 11 yr. and under Junior Lifeguard Games competitors, the manikin is empty and fitted with a lifejacket. Competitors must use the manikins and rescue tubes supplied by organizers.

For competitors in Junior events, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

Positioning the manikin: Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall at its natural buoyancy position – anywhere within the allotted lane. For the placement of the manikin for the 11 and under Junior Lifeguard Games competitors, the manikin handler positions the manikin within the allotted lane. The manikin is positioned floating on its back, with its head in the direction of the finish.

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall.

The manikin handler shall be a member of the same club and shall be wearing a club cap matching their competitor.

Securing the manikin: After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the

5 m pick-up zone. For the 11 yr. and under Junior Lifeguard Games competitors, after first touching the turn wall, the competitor secures the manikin correctly by clipping the loop on the lifejacket, within the 5 m pick-up zone.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

g)   Not touching the pool wall before touching the manikin.

h)   Incorrect securing of the rescue tube around the manikin (i.e. not around body and under both arms and clipped to an O-ring). For Junior Lifeguard Games competitors, 11 yr. and under, incorrect securing of the rescue tube on the loop on the lifejacket.

q)   Failure to complete the event as defined and described.

2.10   OBJECT CARRY (50 m)

Reference: *ILS Competition Rule Book,* 3.8.

Event description

With a dive or in-water start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover an object to the surface within 5 m of the turn wall. The competitor then carries the object to touch the finish wall of the pool. Competitors may retrieve objects dropped during the carry. Competitors who finish the event without the object shall be designated "Did Not Finish" (DNF).

Competitors need not touch the turn wall of the pool. Competitors may push off the bottom when surfacing with the object.

Equipment

Object: 5 lb. object (11 years and under); 10 lb. object (12–16 years)

Positioning the object

The object is located at a maximum depth of 2 m. In water deeper than 2 m, the object shall be placed on a platform (or other support) to position it at the required depth.

The object is positioned in contact with the pool bottom touching the pool wall. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the object must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

Surfacing with the object

Competitors may only push off the bottom when surfacing with the object. Walking along the bottom when surfacing with the object is not permitted.

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

Carrying the object

Competitors must carry (not push) the object with at least one hand. The object when being carried may not be forward of the competitors head.

Competitors must carry the object while on their back or side. Competitors may not carry the object while on their front.

"Carrying the Object" judging criteria apply only when the competitor's head passes the 5 m line.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a)   Not surfacing before diving to recover the object.

b)   Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the object – not including the bottom of the pool.

c)   Walking along the bottom when surfacing with the object.

d)   Not having the object in the correct carrying position before the top of the competitor's head passes the 5 m line.

e)   Using an incorrect carrying technique.

f)   Failure to touch the finish wall.

g)   Failure to complete the event as defined and described.

Note: Competitors who finish the event without the object shall be designated "Did Not Finish" (DNF).

2.11   OBSTACLE SWIM (50 m & 100 m)

Reference: *ILS Competition Rule Book,* 3.7, except:

Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacles to touch the finish wall of the pool.

Event description – 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall of the pool.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes. One obstacle is located 12.5 m from the starting edge.

2.12   SWIM AND DON FINS (100 m)

Event description – 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle. In the water, the competitor dons fins and swims 50 m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after donning fins and before the turn, and after the turn before the finish. Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

Equipment

a)   ***Fins***: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For competitors in Junior events, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

b)   ***Placement of fins***: Prior to the start, competitors must place the fins on the pool deck – not the starting block/podium – within the confines of their allotted lane.

c)   ***Donning fins***: After first touching the turn wall, the competitor dons fins in the water and swims 50 m freestyle.

d)   ***Retrieving lost fins***: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a) After donning fins, failure to surface before touching the turn wall and touching the finish wall.

b) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when donning fins.

c) Failure to touch the wall during the turn.

d) Failure to touch the finish wall.

e) Failure to complete the event as defined and described.

Note: Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

2.13   SWIM WITH FINS (50 m)

Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 50 m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after the start and before the turn, and after the turn before the finish. Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

Equipment

a) ***Fins***: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures.* For competitors in Junior events, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

b) ***Retrieving lost fins***: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a) Failure to surface before touching the turn wall and touching the finish wall.

b) Failure to touch the wall during the turn.

c) Failure to touch the finish wall.

d) Failure to complete the event as defined and described.

Note: Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

2.14   THROWING ACCURACY

Reference: *ILS Competition Rule Book,* 3.13, except:

Event description

In this timed event, the competitor throws an unweighted line to hit a target within their allocated lane 3 times within a 2-minute time limit.

The start: On the long whistle, competitors step into the throw zone. On the starter's "Take your marks" command, competitors immediately assume the starting position. When competitors are stationary, the starter gives the acoustic starting signal.

Starting position: Competitors stand facing the target, motionless with legs together and arms straight down and beside the body with 1 or 2 hands holding the line.

On an acoustic starting signal: Competitors throw and retrieve the line. The event is finished when the competitor's line hits the target for the third time or the chief timer signals completion of the event. The competitor remains in the throw zone until the referee signals the completion of the race.

Fair throw: The lane marker is not "within the lane".

Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool wall until completion of the event. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) prior to the 2-minute completion signal, shall be penalized/disqualified.
On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitor's body may touch or cross the throw zone line without penalty. Any part of the competitor's feet may cross over the front of the "pool wall" of the throw zone without penalty.

Competitors may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is not interference with another competitor. Competitors who enter (or fall into) the water shall be penalized/disqualified.

Time limit: Competitors must hit the target three times within 2 minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 2-minute limit. Competitors who fail to hit the target three times within the time limit shall be designated as "Did Not Finish" (DNF).

Equipment

Throw line: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors 11 years and under shall use a line between 6 m and 7 m in length. Competitors 12–15 years shall use a line between 9 m and 10 m in length. Competitors 16 years shall use a line 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organizers.

Target: The target shall be a rope or obstacle fixed in a straight line across all lanes. For junior competitors 11 years and under, the target is positioned 4 m from the starting end of the pool. For junior competitors 12–15 years, the target is positioned 7 m from the starting end of the pool. For junior competitors 16 years, the target is positioned 10 m from the starting end of the pool.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a)   Exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute completion signal.

b)   Failure to complete the event as defined and described.

Note: Competitors who fail to hit the target 3 times within the time limit shall be designated as "Did Not Finish" (DNF) (Ontario Junior Lifeguard Games – Pool).

2.15   JUNIOR MEDLEY RELAY (4 x 25 m & 4 x 50 m)

Reference: *ILS Competition Rule Book,* 3.16, except:

Relay age group 44 years or less – 100 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m freestyle *without* fins. With a dive or in-water start after the first competitor touches the wall, the second competitor swims 25 m freestyle *with* fins. With a dive or in-water start after the second competitor touches the wall, the third competitor swims 25 m freestyle towing a rescue tube. The third competitor touches the turn wall. The

fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness and swims 25 m freestyle towing a rescue tube to the finish. Competitors starting in the shallow end or into shallow water must use an in-water start.

Relay age group 64 years or less – 200 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle *without* fins. With a dive or in-water start after the first competitor touches the wall, the second competitor swims 50 m freestyle *with* fins. With a dive or in-water start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turn wall. The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness and swims 50 m freestyle towing a rescue tube to the finish. Competitors starting in the shallow end or into shallow water must use an in-water start.

While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.

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

Equipment

Rescue tube, swim fins: See Section 11 – *Facility and Equipment Standards*. Competitors must use the rescue tubes supplied by organisers. For competitors in Junior events, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a)   Leaving the start before the previous competitor has touched the wall.

b)   The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall.

c)   The competitor clipping the rescue tube into the ring.

d)   One competitor completing two or more legs of the event.

e)   Failure to touch the finish wall.

f)   A competitor re-entering the water after completing his or her leg of the relay.

2.16   LIFESAVING MEDLEY RELAY (4 x 25 m & 4 x 50 m)

Relay age group 44 years or less – 100 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims the 25 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 25 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 25 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 25 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall. Competitors starting in the shallow end or into shallow water must use an in-water start.

Relay age group 64 years or less – 200 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims the 50 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 50 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 50 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 50 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall.

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

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs-only and competitors must use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for

propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a) Incorrect strokes.

b) Not surfacing within 12.5 m after the start and each turn.

c) Failure to touch the wall during the turn

d) Failure to touch the finish wall.

e) Touching the pool bottom or pulling the lane divider.

f) Leaving the start before the previous competitor has touched the wall.

g) One competitor completing two or more legs of the event.

h) Failure to complete the event as defined and described.

2.17   MANIKIN RELAY (4 x 25 m)

Reference: *ILS Competition Rule Book,* 3.14, except:

Event description – 100 m short course

a) ***The first competitor*** starts in the water holding a manikin at the surface with one hand and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall and passes the manikin to the second competitor who is in contact with the turn wall or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall.

b) ***The second competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.

c) ***The third competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the fourth competitor who is in contact with the turn wall or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall.

d) ***The fourth competitor*** completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body.

e) Only the incoming and outgoing competitors may be in the water. Other competitors must exit the water.

f) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.

g) Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin.)

h) The start zone and relay changeover zones shall be indicated by flags:

- At the start – 5 m from the pool wall
- At the turn wall – 5 m from the pool wall

i) Competitors may push off the pool bottom in the relay changeover zone.

j) In the start and changeover zones, competitors are not judged on "carrying the manikin' criteria (defined in 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges.

Note: carrying the manikin criteria do apply within the finish zone at the end of the relay.

Equipment

a) ***Manikin (Empty)***: The manikin is empty and sealed for the event.

Disqualification

d) The manikin changing hands:

- Before or beyond the designated changeover zone
- Before the first, second or third competitor touches the pool wall
- Without the second, third or fourth competitor in touch with the pool wall

2.18   OBSTACLE RELAY (4 x 25 m & 4 x 50 m)

Reference: *ILS Competition Rule Book*, 3.15, except:

Relay age group 44 years or less – 100 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Relay age group 64 years or less – 200 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m passing under two obstacles. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes. One obstacle is located 12.5 m from the starting edge.

2.19   SWIM WITH FINS RELAY (4 x 25 m & 4 x 50 m)

Relay age group 44 years or less – 100 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m freestyle wearing fins. Competitors must surface after the start and before the turn. After the first competitor touches the wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start. Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

Relay age group 64 years or less – 200 m short course

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle wearing fins. Competitors must surface after the start and before the turn, and after the turn before the finish of their leg of the relay. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start. Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

Equipment

a) **Fins**: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures.* For competitors in Junior events, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

b) **Retrieving lost fins**: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Time penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in time penalty/disqualification:

a) Failure to surface before touching the turn wall and touching the finish wall.

b) Failure to touch the wall during the turn.

c) Leaving the start before the previous competitor has touched the wall.

d) Failure to touch the finish wall.

e) A competitor re-entering the water after completing his or her leg of the relay.

f) One competitor repeating two or more legs of the event.

g) Failure to complete the event as defined and described.

Note: Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

ONTARIO LIFESAVING CHAMPIONSHIPS – POOL

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 3
ONTARIO LIFESAVING CHAMPIONSHIPS – POOL

With the exceptions specified below, Ontario Lifesaving Championships – Pool events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesavingsociety.com.

3.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifesaving Championships – Pool, competitors shall:

- Be a minimum of 14 years of age (30 years for Masters) as of the first day of the Ontario Lifesaving Championships.

Divisions

14–15 years: Competitors must be a minimum of 14 years of age and a maximum of 15 years as of the first day of the Ontario Lifesaving Championships.

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years as of the first day of the Ontario Lifesaving Championships.

Open: Competitors must be a minimum of 16 years of age as of the first day of the Ontario Lifesaving Championships.

3.2 MENU OF EVENTS

	Divisions			
Individual Events	**14–15 years**	**16–19 years**	**Open**	**Masters**
Manikin Carry	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	100 m	100 m	100 m
Manikin Tow with Fins	100 m	100 m	100 m	100 m
Obstacle Swim	100 m	100 m	200 m	100 m
Super Lifesaver	100 m	100 m	200 m	100 m
Team Events (2-person)	**14–15 years**	**16–19 years**	**Open**	**Masters**
Line Throw	10 m	12.5 m	12.5 m	12.5 m
Team Events (4-person)	**14–15 years**	**16–19 years**	**Open**	**Masters**
Manikin Relay	100 m (4 x 25)	100 m (4 x 25)	100 m (4 x 25)	100 m (4 x 25)
Medley Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)
Obstacle Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)
Swim with Fins Relay	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)	200 m (4 x 50)

Team Events

Competitors in the 14–15 years division are eligible to compete as a member of a team in the 16–19 years or open division. Competitors in the 16–19 years division are eligible to compete as a member of a team in the open division. Competitors in the 16-–19 division are not eligible to compete as a member of a team in the 14–15 years division. Competitors in the open division are not eligible to compete as a member of a team in the 14–15 years or 16–19 years divisions. Competitors may only swim a team event once.

Masters

Only Masters competitors are eligible to compete as a member of a Masters team. Pool individual events and Line Throw are conducted in age groups. In Line Throw, the two-person team shall compete in the age group of the younger competitor. Pool four-person team events will be conducted in one category with no age groups.

3.3 PROGRAM OF EVENTS

For the Ontario Lifesaving Championships – Pool, the program of events will be identified in the registration package.

3.4 UNIFORMS AND EQUIPMENT

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins or other similar material is not permitted for 14–15 years competitors in individual and team events. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

3.5 SEEDING

All competitors shall be seeded together for each event based on entry times submitted with registration.

3.6   SCORING

Finals

Finals shall not be conducted in the Ontario Lifesaving Championships – Pool. Events will be scored as time-finals.

Point allocation

Competitors in the Ontario Lifesaving Championships – Pool shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1st	20	5th	13	9th	8	13th	4
2nd	18	6th	12	10th	7	14th	3
3rd	16	7th	11	11th	6	15th	2
4th	14	8th	10	12th	5	16th	1

Club Points

Clubs are allowed multiple entries in events. The top three placing entries per club in the 14–15 years, 16–19 years and open division score club points.

Ties

Ties in overall point scores for individuals shall not be broken.

3.7   MANIKIN CARRY (50 m)

Reference: *ILS Competition Rule Book,* 3.8, except:

Equipment

b)   ***Positioning the manikin*** *(second paragraph)*: The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

3.8   MANIKIN CARRY WITH FINS (50 m & 100 m)

Reference: *ILS Competition Rule Book,* 3.10, except:

Event description – 50 m

With a dive start on an acoustic signal, the competitor swims 25 m freestyle wearing fins and then recovers a submerged manikin to the

surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

Equipment

a) **Fins**: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material are not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

3.9   MANIKIN TOW WITH FINS (100 m)

Reference: *ILS Competition Rule Book*, 3.11, except:

Event description

With a dive start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube.

Equipment

a) **Fins**: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material are not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

d) **Securing the manikin** *(Note 1)*: Competitors must complete the 75 m freestyle swim by touching the pool edge before touching the manikin.

Disqualification

a) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool.

g)   At 75 m, not touching the pool wall before touching the manikin.

3.10   OBSTACLE SWIM (100 m & 200 m)

Reference: *ILS Competition Rule Book,* 3.7, except:

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The only obstacle is located 12.5 m from the starting edge.

3.11   SUPER LIFESAVER (100 m)

Reference: *ILS Competition Rule Book,* 3.12*; Canadian Competition Manual,* 3.7*,* except:

Event description

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 25 m freestyle. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

The event is complete when the competitor touches the finish wall of the pool.

Equipment

a)   **Fins**: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material are not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

c)   **Positioning the manikin for the carry** *(second paragraph)*: The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close

as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

f) ***Donning tube and fins*** *(second sentence)*: In the water, the competitor dons fins and rescue tube and swims 25 m freestyle.

Disqualification

a) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool when surfacing the manikin and when securing the rescue tube around the manikin.

k) At 75 m, not touching the pool wall before touching the manikin.

3.12   SUPER LIFESAVER (200 m)

Reference: *ILS Competition Rule Book,* 3.12, except:

Event description *(second paragraph)*

In the water, the competitor dons fins and rescue tube and swims 75 m freestyle.

Equipment

c) ***Positioning the manikin for the carry*** *(second paragraph)*: The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

f) ***Donning tube and fins*** *(second sentence)*: In the water, the competitor dons fins and rescue tube and swims 75 m freestyle.

Disqualification

a) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool when surfacing the manikin and when securing the rescue tube around the manikin.

k) At 175 m, not touching the pool wall before touching the manikin.

3.13   LINE THROW

Reference: *ILS Competition Rule Book*, 3.13, except:

Event description

b)   ***Starting position*** *(second paragraph)*: The victim treads water or stands (depending on water depth) on the near side of the rigid crossbar in allotted lane.

d)   ***Fair throw:*** Victims may push off the bottom (depending on water depth).

g)   ***Time limit***: Throwers must make a fair throw and pull the victim to the finish wall within **60** seconds.

Disqualification

f)   Line Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 60-second acoustic completion signal.

g)   Victim exiting the water before the 60-second acoustic completion signal.

3.14   MANIKIN RELAY (4 x 25 m)

Reference: *ILS Competition Rule Book*, 3.14, except:

Event description

a)   ***The first competitor*** starts in the water holding a manikin at the surface with one hand and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall and passes the manikin to the second competitor who is in contact with the turn wall or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall.

b)   ***The second competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.

c)   ***The third competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the fourth competitor who is in contact with the turn wall or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall.

d)   ***The fourth competitor*** completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body.

e) Only the incoming and outgoing competitors may be in the water. Other competitors must exit the water.

f) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.

g) Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin.)

h) The start zone and relay changeover zones shall be indicated by flags:
- At the start – 5 m from the pool wall
- At the turn wall – 5 m from the pool wall

i) Competitors may push off the pool bottom in the relay changeover zone.

j) In the start and changeover zones, competitors are not judged on "carrying the manikin' criteria (defined in 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges.

Note: carrying the manikin criteria do apply within the finish zone at the end of the relay.

Disqualification

d) The manikin changing hands:
- Before or beyond the designated changeover zone
- Before the first, second or third competitor touches the pool wall
- Without the second, third or fourth competitor in touch with the pool wall

3.15 MEDLEY RELAY (4 x 50 m)
Reference: *ILS Competition Rule Book,* 3.16

Equipment

a) **Fins**: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material are not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

3.16 OBSTACLE RELAY (4 x 50 m)

Reference: *ILS Competition Rule Book,* 3.15, except:

Event description

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle passing under the obstacle twice.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The only obstacle is located 12.5 m from the starting wall.

3.17 SWIM WITH FINS RELAY (4 x 50 m)

Event description

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m freestyle wearing fins. Competitors must surface after the start and before the turn, and after the turn before the finish of their leg of the relay. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start. Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

Equipment

b) ***Fins***: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material are not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

c) ***Retrieving lost fins***: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

a) Failure to surface before touching the turn wall and touching the finish wall.

b) Failure to touch the wall during the turn.

c) Leaving the start before the previous competitor has touched the wall.

d) Failure to touch the finish wall.

e) A competitor re-entering the water after completing his or her leg of the relay.

f) One competitor repeating two or more legs of the event.

g) Failure to complete the event as defined and described.

Note: Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

SECTION 4 – ONTARIO COMPETITION MANUAL
ONTARIO LIFEGUARD CHAMPIONSHIPS

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4
ONTARIO LIFEGUARD CHAMPIONSHIPS

With the exceptions specified below, Ontario Lifeguard Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesavingsociety.com.

4.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifeguard Championships, the competitors on each team shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society National Lifeguard certification.
- Be a minimum of 16 years of age as of the first day of the Ontario Lifeguard Championships.

Competitors are allowed to enter each event only once. Competitors may compete on 4-person and/or 2-person teams.

Composition of a team: Competitors enter the Ontario Lifeguard Championships events only as members of a team, not as individuals.

For simulated emergency response events:

4-person: a team must consist of three or four competitors. Teams may consist of any combination of males or females. Teams may not increase the number of competitors beyond four. A team with fewer than three competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change. Team composition must remain the same for heats and finals.

2-person: a team must consist of two competitors. Teams may consist of any combination of males or females. Teams may not increase the number of competitors beyond two. A team with fewer than two competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change. Team composition must remain the same for heats and finals.

For relay events:

4-person: a team must consist of four competitors, two males and two females. Teams may not increase the number of competitors beyond four. A team with fewer than four competitors will not be eligible to compete in any relay event. Members of teams in each event may change.

2-person: a team must consist of two competitors, one male and one female. Teams may not increase the number of competitors beyond two. A team with fewer than two competitors will not be eligible to compete in any relay event. Members of teams in each event may change.

4.2   MENU OF EVENTS

Simulated Emergency Response Events	Relay Events	
First Aid	Lifeguard Skills Relay	Medley Relay
Priority Assessment	Line Throw Relay	Obstacle Relay
Water Rescue	Manikin Relay	

4.3   PROGRAM OF EVENTS

For the Ontario Lifeguard Championships, the program of events will be identified in the registration package.

Team Award: The Team Award is composed of a pre-determined number of events.

4-person: The Team Award is completed by the same four competitors who must enter and complete all events. Participation by a fifth or additional team member shall result in disqualification of the team from the Team Award. The Team Award team must consist of two males and two females. Disqualification from one event (see Section 2.14 *ILS Competition Rule Book*) shall not result in disqualification from the Team Award.

2-person: The Team Award is completed by the same two competitors who must enter and complete all events. Participation by a third or additional team member shall result in disqualification of the team from the Team Award. The Team Award team must consist of one male and one female. Disqualification from one event (see Section 2.14 *ILS Competition Rule Book*) shall not result in disqualification from the Team Award.

4.4   ENTRY PROCEDURES

Entry times

Times are required to be submitted for relay events. Teams shall be seeded according to the entry times.

4.5   SEEDING

Emergency response event finals

Teams will advance to the finals in reverse order from heat results.

4.6   SCORING

Finals in relay events

Finals need not be conducted for Ontario Championships. Final placing will be determined by the results in heats.

Point allocation – relay events

Competitors in the Ontario Lifeguard Championships shall be allocated points (see following chart) in the following events: Lifeguard Skills Relay, Line Throw Relay, Manikin Relay, Medley Relay, and Obstacle Relay.

Place	Points	Place	Points	Place	Points	Place	Points
1st	40	5th	26	9th	16	13th	8
2nd	36	6th	24	10th	14	14th	6
3rd	32	7th	22	11th	12	15th	4
4th	28	8th	20	12th	10	16th	2

Point allocation – emergency response events

Competitors in the Ontario Lifeguard Championships shall be allocated points (see following chart) in the following events: First Aid, Priority Assessment, and Water Rescue.

Place	Points	Place	Points	Place	Points	Place	Points
1st	80	5th	52	9th	32	13th	16
2nd	72	6th	48	10th	28	14th	12
3rd	64	7th	44	11th	24	15th	8
4th	56	8th	40	12th	20	16th	4

Club Points

Clubs are allowed multiple team entries in events.

4.7   EVENTS

Simulated emergency response events test the judgment, knowledge, skills and teamwork of lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

4.8   FIRST AID EVENT

Reference: *Canadian Competition Manual,* 4.8, except:

Event description

Teams will provide assessments, treatments, scene management and call for the required assistance within a time limit of 4–6 minutes.

Score sheets

The Ontario Lifeguard Championships' score sheets posted at lifesavingsociety.com shall be used for scoring and judging.

Team equipment

Teams are responsible for providing their own first aid supplies and equipment.

4.9   PRIORITY ASSESSMENT EVENT

Reference: *ILS Competition Rule Book,* Section 5, except:

Score sheets

The Ontario Lifeguard Championships' score sheets posted at lifesavingsociety.com shall be used for scoring and judging.

4.10   WATER RESCUE EVENT

Reference: *Canadian Competition Manual,* 4.9, except:

Event description

On the acoustic starting signal, teams will lifeguard for 4–6 minutes during which they are required to deal with all incidents.

Score sheets

The Ontario Lifeguard Championships' score sheets posted at lifesavingsociety.com shall be used for scoring and judging.

4.11   LIFEGUARD SKILLS RELAY (2 x 50 m, 4 x 50 m)

Event description

With an in-water start on an acoustic signal, the first competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. After passing under the obstacle, the competitor immediately surfaces and swims to the turn wall and back to the obstacle. After passing under the obstacle for the second time the first competitor uses a head-up approach to the second competitor who is located past

the 5 m mark from the starting wall, treading water. The first competitor carries the second competitor back to the starting wall using any carry that maintains the second competitor's head out of the water.

The competitor to be carried may enter the water after the previous competitor has passed the 5 m mark in the start zone.

Once the first competitor touches the wall, the second competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor exits the water and the third competitor enters the water to get into position past the 5 m mark from the starting wall.

This process is repeated with the third competitor carrying the fourth competitor, and the race is finished with the fourth competitor carrying the first competitor.

In a 2-person relay, once the first competitor touches the wall, the second competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor gets into position past the 5 m mark from the starting wall. The race is finished with the second competitor carrying the first competitor.

Competitors must surface after passing under the obstacle and after a turn prior to passing under an obstacle.

Carrying the competitor

Where a competitor is carried, the competitor (as victim) is presumed to be breathing. Competitors must carry the victim while maintaining their head out of the water. The victim's head must be in an upright position and the jawline and back of head is out of the water.

In judging, officials should focus on the head of the victim. The head must be maintained above the water.

Victims must be in position before the competitor has passed under the obstacle for the second time.

The victim is to be carried in water deep enough that the competitor is not touching the pool bottom.

At no time during the carry, may the victim assist by kicking and/or sculling.

Equipment

Obstacles: Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The obstacle is positioned 15 m from the starting wall (10 m from the turning wall).

Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book,* the following behaviour shall result in disqualification:

a) Surfacing between the starting wall and the obstacle.

b) Failure to surface immediately after passing underneath the obstacle and before the turn wall.

c) Failure to touch the wall during the turn.

d) Failure to surface after the turn wall and before the obstacle.

e) Failure to surface after the obstacle and before the victim.

f) Failure to swim a recognizable head-up approach.

g) Failure of the victim to remain at least 5 m away from the starting wall during the competitors approach.

h) Failure to maintain the victim's head out of the water for the duration of the carry.

i) Releasing the victim before touching the wall.

j) The victim assisting the rescuer during the carry and in maintaining their head out of the water.

k) Leaving the start before the previous competitor has touched the wall.

l) One competitor completing two or more legs of the event.

4.12   LINE THROW RELAY (2 x 10 m, 4 x 10 m)
Reference: *ILS Competition Rule Book,* 3.13.

Event description – 2 x 10 m

The first competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The first competitor pulls this second competitor "victim" back to the finish wall of the pool. Once the second competitor has touched the pool wall the first competitor releases the line and enters the water to wait on the far side of the cross bar to act as a "victim" for the second competitor.

The second competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The second competitor pulls this first competitor "victim" back to the finish wall of the pool.

Event description – 4 x 10 m

The first competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The first competitor pulls this second competitor "victim" back to the finish wall of the pool. Once the second competitor has touched the pool wall the first competitor releases the line and enters the water to wait on the far side of the cross bar to act as a "victim" for the fourth competitor.

The second competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The second competitor pulls this third competitor "victim" back to the finish wall of the pool. Once the third competitor has touched the pool wall the second competitor may leave the throw zone.

The third competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The third competitor pulls this fourth competitor "victim" back to the finish wall of the pool. Once the fourth competitor has touched the pool wall the third competitor may leave the throw zone.

The fourth competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 10 m distance. The fourth competitor pulls this first competitor "victim" back to the finish wall of the pool.

The start: On the first whistle, the first competitor steps into the throw zone. The first competitor "thrower" holds one end of the throw line. The second competitor "victim" takes the line and enters the water. No practice throws are permitted. The third and fourth competitors position themselves in the water on the far side of the cross bar.

At the second whistle, competitors take their positions for the start without undue delay. When the first competitor "thrower" and second competitor "victim" have assumed their starting positions, the Starter shall give the command "Take your marks". When the first and second competitors are stationary, the Starter gives the acoustic starting signal.

Starting position: The first competitor "thrower" stands in the throw zone facing the second competitor "victim", motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand.

The second competitor "victim" treads water or stands (depending on water depth) on the near side of the rigid cross bar in allotted lane. The second competitor "victim" holds both the throw line and the cross bar

with one or two hands. The third and fourth competitors position themselves in the water on the far side of the cross bar.

On an acoustic starting signal: The first competitor "thrower" shall retrieve the line, throw it back to the second competitor "victim" (who grasps it), and pull him or her through the water until the second competitor "victim" touches the finish wall.

When the second competitor "victim" releases the rigid cross bar the third competitor "victim" will hold the near side of the rigid cross bar cross bar with one hand.

When the second competitor "victim" touches the finish wall, the first competitor releases the throw line and enters the water, in their allotted lane, to wait on the far side of the cross bar to act as a "victim" for the fourth competitor.

When the second competitor "victim" touches the finish wall, he or she will exit the water, within their allotted lane and assume the role of the thrower.

The second competitor "thrower" shall retrieve the line, throw it back to the third competitor "victim" (who grasps it), and pull him or her through the water until the third competitor "victim" touches the finish wall.

When the third competitor "victim" releases the rigid cross bar the fourth competitor "victim" will hold the near side of the rigid cross bar cross bar with one hand.

When the third competitor "victim" touches the finish wall, the second competitor releases the throw line and may leave throw zone.

When the third competitor "victim" touches the finish wall, he or she will exit the water, within their allotted lane and assume the role of the thrower.

The third competitor "thrower" shall retrieve the line, throw it back to the fourth competitor "victim" (who grasps it), and pull him or her through the water until the fourth competitor "victim" touches the finish wall.

When the fourth competitor "victim" releases the rigid cross bar the first competitor "victim" will hold the near side of the rigid cross bar cross bar with one hand.

When the fourth competitor "victim" touches the finish wall, the third competitor releases the throw line and may leave throw zone.

When the fourth competitor "victim" touches the finish wall, he or she will exit the water, within their allotted lane and assume the role of the thrower.

The fourth competitor "thrower" shall retrieve the line, throw it back to the first competitor "victim" (who grasps it), and pull him or her through the water until the first competitor "victim" touches the finish wall.

The first competitor "victim" remains in the water and the fourth competitor "thrower" remains in the throw zone until the referee signals the completion of the event.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Fair throw (Reference: *ILS Competition Rule Book*, 3.13.1 (d))

Victims may push off the bottom (depending on water depth).

Pull through the water (Reference: *ILS Competition Rule Book*, 3.13.1 (e))

Throw zone: Competitors performing the role of the "thrower" or "victim" must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 3-minute completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the inside edge of the throw zone, any part of the thrower's body may touch or cross the throw zone line without penalty. Any part of the thrower's feet may cross over the front of the "pool edge" of the throw zone without penalty.

Throwers may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Throwers who enter (or fall into) the water shall be disqualified.

Time limit: Throwers must make a fair throw and pull the victim to the finish wall within 3-minutes. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 3-minute limit. Throwers who fail to get the victim to the finish wall before the 3-minute acoustic completion signal shall be designated as "Did Not Finish" (DNF).

Equipment (Reference: *ILS Competition Rule Book*, 3.13.2)

Disqualification (Reference: *ILS Competition Rule Book*, 3.13.3)

f) Line Thrower exiting the throw zone (as judged by both feet). Fourth competitor when performing the role of the "thrower" exiting the throw zone (as judged by both feet) before the 3-minute acoustic completion signal.

g) First competitor when performing the role of "victim" exiting the water before the 3-minute acoustic completion signal.

j) One competitor completing two or more legs of the event.

4.13 MANIKIN RELAY (2 x 25 m, 4 x 25 m)

Reference: *ILS Competition Rule Book*, 3.14, except:

Event description

a) ***The first competitor*** starts in the water holding a manikin at the surface with one hand and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall and passes the manikin to the second competitor who is in contact with the turn wall or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall.

b) ***The second competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.

c) ***The third competitor*** carries the manikin 25 m to touch the turn wall and passes the manikin to the fourth competitor who is in contact with the turn wall or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall.

d) ***The fourth competitor*** completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body.

e) Only the incoming and outgoing competitors may be in the water. Other competitors must exit the water.

f) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.

g) Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin.)

h)   The start zone and relay changeover zones shall be indicated by flags:

- At the start – 5 m from the pool wall
- At the turn wall – 5 m from the pool wall

i)   Competitors may push off the pool bottom in the relay changeover zone.

j)   At the start, competitors are not judged on "carrying the manikin' criteria (defined in 3.3) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

k)   Competitors are not judged on "carrying the manikin" criteria within the changeover zones at the turn wall.

Disqualification

d)   The manikin changing hands:

- Before or beyond the designated changeover zone
- Before the first, second or third competitor touches the pool wall
- Without the second, third or fourth competitor in touch with the pool wall

Note: In a 2-person relay, there is only a first and second competitor.

4.14   MEDLEY RELAY (2 X 50 m, 4 x 50 m)

Reference: *ILS Competition Rule Book,* 3.16, except;

In a 2-person relay, only the third and fourth legs of the 4-person relay are completed.

4.15   OBSTACLE RELAY (2 x 50m, 4 x 50 m)

Reference: *ILS Competition Rule Book,* 3.15, except;

Event description

With a dive start on an acoustic signal, the first competitor swims 50 m passing under the obstacle twice.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The only obstacle is located 12.5 m from the starting edge.

ONTARIO JUNIOR LIFEGUARD GAMES – WATERFRONT

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 5
ONTARIO JUNIOR LIFEGUARD GAMES – WATERFRONT

With the exceptions specified below, Ontario Junior Lifeguard Games – Waterfront Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesavingsociety.com.

5.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifeguard Games, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award *or* be a member of a Lifesaving Club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same affiliated club or associated with the same Lifesaving Society Affiliate Member.

Competitors may compete for only one club or affiliate at a time.

Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 years & under

Club composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

5.2 MENU OF EVENTS

	Divisions				
Individual Events	**9 yr. & Under**	**10 & 11 yr.**	**12 & 13 yr.**	**14 & 15 yr.**	**16 yr.**
Beach Flags	15 m	15 m	20 m	20 m	20 m
Beach Run	500 m	500 m	1000 m	1500 m	1500 m
Beach Sprint	50 m	50 m	70 m	70 m	70 m
Board Race	200 m	200 m	300 m	400 m	400 m
Junior Iron Guard	100/400/200	100/400/200	200/600/300	200/800/400	200/800/400
Surf Race	100 m	100 m	200 m	200 m	200 m

	Divisions	
Team Events	**44 years or less**	**64 years or less**
Beach Relay	4 x 50 m	4 x 70 m
Board Relay X3	200 m	400 m
Junior Iron Guard Relay	100/400/200/50	200/800/400/50

5.3 PROGRAM OF EVENTS

For the Ontario Junior Lifeguard Games – Waterfront, the program of events will be identified in the registration package.

5.4 UNIFORMS

Swim caps

Competitors shall wear swim caps in each event. The use of such caps assists in identification of competitors and in event judging. Club caps are not required to match.

5.5   SCORING

Finals

Finals need not be conducted for Ontario championships. Final placing will be determined by the results in heats.

Clubs are allowed unlimited entries in events; however, only the top 3 placing individual entries and the top placing team entry score club points.

Point allocation

Competitors in the Ontario Junior Lifeguard Games shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1st	20	5th	13	9th	8	13th	4
2nd	18	6th	12	10th	7	14th	3
3rd	16	7th	11	11th	6	15th	2
4th	14	8th	10	12th	5	16th	1

Placing penalty/Disqualification

11 years and under: Rule infractions will be allocated a placing penalty. There may be more than one infraction by a competitor in an event. The placing penalty/penalties will be recorded. The final posting will recognise any placing penalties. Placing penalties do not apply in beach flags where the competitor is eliminated.

12–16 years: Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

Ties

Ties in overall point scores for individuals shall not be broken.

5.6   BEACH FLAGS

Reference: *ILS Competition Rule Book*, 4.10, except:

Event description

From a prone starting position on the beach, competitors rise, turn and race approximately 20 m (15 m – 11 years of age and under) to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing.

The course

The course shall be approximately 20 m (15 m – 11 years of age and under) from the start line to the batons.

5.7   BEACH RUN

Reference: *ILS Competition Rule Book*, 4.12, except:

Event description – 500 m

Competitors 11 years of age and under, race 500 m on the beach as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole, and then race back to cross the finish line.

Event description – 1000 m

Competitors 12–13 years of age, race 1000 m on the beach as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole, and return toward the start/turn pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Event description – 1500 m

Competitors 14–16 years of age, race 1500 m on the beach as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole, and return toward the start/turn pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Note: The leg distances may vary due to environmental conditions.

5.8   BEACH SPRINT

Reference: *ILS Competition Rule Book*, 4.11, except:

Event description

At the starting signal, competitors race the 70 m (50 m – 11 years of age and under) course to the finish line.

The course

The beach sprint course shall be 70 m (50 m – 11 years of age and under) from the start line to the finish line.

5.9 BOARD RACE

Reference: *ILS Competition Rule Book,* 4.17*,* except:

The course

Buoys**:** For competitors 11 years of age and under, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 75 m distance from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

Buoys**:** For competitors 12–13 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

Buoys**:** For competitors 14–16 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy (1 – 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

5.10 JUNIOR IRON GUARD

Reference: *ILS Competition Rule Book,* 4.20*,* except:

Event description

Competitors 11 years of age or under: Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Competitors 12–13 years of age: Competitors cover a course of approximately 1100 m that includes: a 200 m swim leg, an 600 m beach run, a 300 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Competitors 14–16 years of age: Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: board races, surf races, beach runs.

Starting positions: Competitors must commence swim and board legs from the correct allotted beach positions. The starting positions are reversed for the swim and board legs.

Handler: A member of the competitor's club assists the competitor with the board. With the referee's approval, a non-club member may act as handler.

Handlers shall remove the board from the competition arena upon completion of the paddle leg, and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run and board legs.

Buoy distances: Swimming buoys shall be positioned at a minimum of 75 m (25 m for 11 years of age and under) from knee depth water.

For 11 years of age and under competitors, the board leg buoys shall be positioned approximately 75 m from knee depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

For 12–13 years of age competitors, the board leg buoys shall be positioned approximately 120 m from knee depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

For 14–16 years of age competitors, the board leg buoys shall be positioned approximately 75 m from knee depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 50 m beyond that.

Flag layout: 4 flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag number 1 shall be positioned in line with swim buoy number 2. Flag number 2 shall be positioned in line with the swim buoy number 8. Flag number 3 shall be positioned 5 m to the right of Flag number 2.

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag number 2.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centred on the swimming buoy number 1 approximately 5 m from the water's edge, and marked by a pole at either end.

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag number 2 and Flag number 3.

Beach run course: From Flag number 2 & 3, competitors run along the left side of the lane to round (clockwise) the turning pole and run to round Flag number 1 before heading for the start/changeover line.

Board course: From the start/changeover line, competitors paddle their boards around the board course buoys (while also passing on the outside of the swim course buoys), return to the beach between Flag number 2 and Flag number 3.

Sprint/Finish: Competitors round Flag number 2 and race to finish between the 2 finish flags.

Equipment

Boards: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

Club members shall place gear adjacent to the respective starting areas for the craft.

Equipment removal: To assist with the safe conduct of the event, club members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. Club members and/or handlers shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Control of craft

Competitors must be in control of the board up to and including the last board course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.

Placing penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3 in the *ILS Competition Rule Book*, the following behaviour shall result in penalty/disqualification.

a)   Failure to complete the course as defined and described.

5.11   SURF RACE

Reference: *ILS Competition Rule Book,* 4.5, except:

Event description

With a running start into the water from the start line on the beach, competitors swim around the 200 m (100 m – 11 years and under) course designated by buoys, returning to shore to finish between the finish flags on the beach.

The course

The course shall be approximately 200 m (100 m – 11 years and under) from start to finish.

The swimming course shall be marked by buoys the furthest situated approximately 25 m beyond knee-deep water for competitors 11 years and under and approximately 75 m beyond knee-deep water for competitors 12–16 years of age.

5.12   BEACH RELAY

Reference: *ILS Competition Rule Book,* 4.14, except:

Event description

Teams of four individuals compete in baton relay fashion over a 70 m (50 m – 11 years and under) course.

5.13   BOARD RELAY

Reference: *ILS Competition Rule Book,* 4.18

The course

Buoys: For competitors 11 years of age and under, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 75 m distance from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

Buoys: For competitors 12–13 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately

50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

Buoys: For competitors 14–16 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy (1 – 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

5.14   JUNIOR IRON GUARD RELAY

Reference: *ILS Competition Rule Book,* 4.21, except:

Event description

Teams of four competitors (one swimmer, one runner, one board paddler, and one sprinter) cover the course in the following sequence of swim, run, board and sprint.

Conditions of racing of each leg are as generally required for the individual conditions of that disciplines: surf race, beach run, board race, beach sprints.

Swim leg: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run up the beach to a set of flags to tag the runners who are waiting at the changeover line.

Run leg: After being tagged, runners will complete the beach run course and return to the start line to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start line.

Board leg: After being tagged, board paddlers enter the water with their boards, paddle around the board course buoys (while also passing on the outside of the swim course buoys), and return to the beach to tag the sprinter.

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag/changeover line.

Sprint leg: After being tagged, sprinters then round one turning flag and continue to finish between the two finish flags

Relay age group 44 years or less

Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Relay age group 64 years or less

Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Equipment

Paddleboard: Reference *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Each team shall provide at least one board.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Placing penalty/Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3 in the *ILS Competition Rule Book*, the following behaviour shall result in penalty/disqualification.

a)   Failure to complete the course as defined and described.

b)   One competitor completing two or more legs of the event.

ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 6
ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT

With the exceptions specified below, Ontario Lifesaving Championships – Waterfront events are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesavingsociety.com.

6.1   ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifesaving Championships – Pool, competitors shall:

- Be a minimum of 14 years of age (30 years for Masters) as of the first day of the Ontario Lifesaving Championships.

Divisions

14–15 years: Competitors must be a minimum of 14 years of age and a maximum of 15 years as of the first day of the Ontario Lifesaving Championships.

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years as of the first day of the Ontario Lifesaving Championships.

Open: Competitors must be a minimum of 16 years of age as of the first day of the Ontario Lifesaving Championships.

6.2   MENU OF EVENTS

	Divisions			
Individual Events	**14–15 years**	**16–19 years**	**Open**	**Masters**
Beach Flags	20 m	20 m	20 m	15 m
Beach Run	1500 m	2000 m	2000 m	1000 m
Beach Sprint	70 m	90 m	90 m	70 m
Board Race	400 m	600 m	600 m	600 m
Canadian Iron Guard	200/800/400	300/1000/600	300/1000/600	N/A
Oceanman/woman	200Sw/300B/400Sk	300Sw/400B/600Sk	300Sw/400B/600Sk	300Sw/400B/600Sk
Surf Race	300 m	400 m	400 m	300 m
Surf Ski Race	400 m	700 m	700 m	600 m

Team Events	14–15 years	16–19 years	Open	Masters
Beach Relay	4 x 70 m	4 x 90 m	4 x 90 m	3 x 70 m
Board Relay x3	400 m	600 m	600 m	600 m
Board Rescue	120 m	120 m	120 m	120 m
Ocean Relay	200Sw/300B/400Sk (x4)	300Sw/400B/600Sk (x4)	300Sw/400B/600Sk (x4)	300Sw/400B/600Sk (x3)
Rescue Tube Rescue	120 m	120 m	120 m	NA
Surf Ski Relay	2 x 400 m	3 x 600 m	3 x 600 m	3 x 600 m

Team Events

Competitors in the 14–15 years division are eligible to compete as a member of a team in the 16–19 years or open division. Competitors in the 16–19 years division are eligible to compete as a member of a team in the open division. Competitors in the 16–19 division are not eligible to compete as a member of a team in the 14–15 years division. Competitors in the open division are not eligible to compete as a member of a team in the 14–15 years or 16–19 years divisions. Competitors may only swim a team event once.

Masters

Only Masters competitors are eligible to compete as a member of a Masters team. Waterfront individual events and Board Rescue are conducted in age groups. In Board Rescue, the two-person team shall compete in the age group of the younger competitor. Waterfront three-person team events will be conducted in one category with no age groups.

6.3 PROGRAM OF EVENTS

For the Ontario Lifesaving Championships – Waterfront, the program of events will be identified in the registration package.

6.4 UNIFORMS AND EQUIPMENT

Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins or other similar material is not permitted for 14–15 years competitors in team events. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

6.5 SCORING

Finals

Finals shall not be conducted in the Ontario Masters Lifesaving Championships. Final placing will be determined by the results in heats.

Point allocation

Competitors in the Ontario Lifesaving Championships – Waterfront shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1st	20	5th	13	9th	8	13th	4
2nd	18	6th	12	10th	7	14th	3
3rd	16	7th	11	11th	6	15th	2
4th	14	8th	10	12th	5	16th	1

Club Points

Clubs are allowed multiple entries in events. The top three placing entries per club in the 14–15 years, 16–19 years and open division score club points.

Ties

Ties in overall point scores for individuals shall not be broken.

6.6 BEACH FLAGS

Reference: *ILS Competition Rule Book,* 4.10, except:

Event description

From a prone starting position on the beach, competitors rise, turn and race approximately 20 m (15 m for Masters) to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing.

The course

The course shall be approximately 20 m (15 m for Masters) from the start line to the batons.

6.7 BEACH RUN

Reference: *ILS Competition Rule Book,* 4.12, except:

Event description – 1500 m

Competitors 14–15 years of age, race 1500 m on the beach as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole, and return toward the start/turn pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Note: The leg distances may vary due to environmental conditions.

6.8   BEACH SPRINT

Reference: *ILS Competition Rule Book,* 4.11, except:

Event description

At the starting signal, competitors race the 90 m (70 m for 14–15 years and Masters) course to the finish line.

The course

The beach sprint course shall be 90 m (70 m for 14–15 years and Masters) from the start line to the finish line.

6.9   BOARD RACE

Reference: *ILS Competition Rule Book,* 4.17, except:

The course

Buoys: For competitors 14–15 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy (1 – 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

6.10   CANADIAN IRON GUARD

Reference: *ILS Competition Rule Book,* 4.20, except:

Event description

Competitors 14–15 years of age: Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Competitors 16–19 years of age; Open: Competitors cover a course of approximately 2000 m that includes: a 300 m swim leg, a 1000 m beach run, a 600 m board leg and a 50 m beach sprint finish. The sequence of legs shall be: swim–run–board–sprint.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: board races, surf races, beach runs.

Starting positions: Competitors must commence swim and board legs from the correct allotted beach positions. The starting positions are reversed for the swim and board legs.

Handler: A member of the competitor's club assists the competitor with the board. With the referee's approval, a non-club member may act as handler.

Handlers shall remove the board from the competition arena upon completion of the paddle leg, and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run and board legs.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m (75 m for 14–15 years of age) from knee depth water.

For 14–15 years competitors, the board leg buoys shall be positioned approximately 120 m from knee depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy (1 – 2 buoys) 50 m beyond that.

For 16–19 years and Open competitors, the board leg buoys shall be positioned approximately 250 m from knee depth water. The board leg buoys should be approximately 50–75 m apart, with an apex buoy 16 m beyond that.

Flag layout: 4 flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag number 1 shall be positioned in line with swim buoy number 2. Flag number 2 shall be positioned in line with the swim buoy number 8. Flag number 3 shall be positioned 5 m to the right of Flag number 2.

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag number 2.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centred on the swimming buoy number 1 approximately 5 m from the water's edge, and marked by a pole at either end.

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag number 2 and Flag number 3.

Beach run course: From Flag number 2 & 3, competitors run along the left side of the lane to round (clockwise) the turning pole and run to round Flag number 1 before heading for the start/changeover line.

Board course: From the start/changeover line, competitors paddle their boards around the board course buoys (while also passing on the outside of the swim course buoys), return to the beach between Flag number 2 and Flag number 3.

Sprint/Finish: Competitors round Flag number 2 and race to finish between the 2 finish flags.

Equipment

Boards: See *ILS Competition Rule Book*, Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

Club members shall place gear adjacent to the respective starting areas for the craft.

Equipment removal: To assist with the safe conduct of the event, club members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. Club members and/or handlers shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Control of craft

Competitors must be in control of the board up to and including the last board course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.

Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

a)   Failure to complete the course as defined and described.

6.11   OCEANMAN/OCEANWOMAN

Reference: *ILS Competition Rule Book,* 4.20, except:

Event description

Competitors 14–15 years cover an approximately 900 m course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish.

6.12   SURF RACE

Reference: *ILS Competition Rule Book,* 4.5, except:

Event description

With a running start into the water from the start line on the beach, competitors swim around the 400 m (300 m for 14–15 years and Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

6.13   SURF SKI RACE

Reference: *ILS Competition Rule Book,* 4.15, except:

The course

Buoys**:** For competitors 14–15 years of age, the course shall be marked by a set of buoys: two "turning buoys" shall be placed approximately 50–75 m apart, and a minimum 120 m distance from knee-depth water at low tide mark. The third "apex" buoy (1 – 2 buoys) shall be placed midway and approximately 50 m seaward from the turning buoys thus forming an arc with them.

6.14   BEACH RELAY

Reference: *ILS Competition Rule Book,* 4.14, except:

The course

Teams of four individuals (three in Masters) compete in baton relay fashion over a 90 m (70 m for 14–15 years and Masters) course.

6.15   BOARD RELAY

Reference: *ILS Competition Rule Book,* 4.18

The course

The course distances are identified on page 69 for each division.

6.16   BOARD RESCUE

Reference: *ILS Competition Rule Book,* 4.19

6.17   OCEAN RELAY

Reference: *ILS Competition Rule Book,* 4.21

The course

The course distances are identified on page 69 for each division.

6.18   RESCUE TUBE RESCUE

Reference: *ILS Competition Rule Book,* 4.7

Equipment

Fins: See Section 8 – *Facility and equipment Standards and Scrutineering Procedures*. For 14–15 years competitors, fiberglass racing fins or other similar material is not permitted. Swim fins used in competition shall comply with the following dimensions for 14–15 years:

Length: maximum 60 cm, including "shoe" or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

6.19   SURF SKI RELAY

Reference: *ILS Competition Rule Book,* 4.16

The course

The course distances are identified on page 69 for each division.