



**SURF LIFE SAVING**  
EASTERN REGION



# Eastern Region Rookie Championships

## Competition Manual

Updated December 2019

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**Surf Life Saving New Zealand – Eastern Region**

2 Boeing Place, Mount Maunganui 3116. PO Box 4667, Mt Maunganui 3149. [www.surflifesaving.org.nz](http://www.surflifesaving.org.nz)

## OVERVIEW

SLSNZ conducts many competitions that highlight the skills involved in rescue, resuscitation and first aid. Details of rookie lifesaving competition events are described in this manual and in separate Manuals and bulletins which may be issued from time to time.

SLSNZ reserves the right to introduce equipment and gear to assist in the judging of competitor performance in lifesaving events.

## GENERAL COMPETITION RULES

### **Aim:**

The aim of the Rookie Competition is to demonstrate how rookies work as a team in performing some or all of the skills associated with surf rescue patrol work.

The Rookie Competition includes a number of physical skills, practical and theory tasks involving racing, rescue and/or first aid situations.

The Rookie Competition will award the Top Rookie Team and Top Individual Rookies who finish first, second and third at the Rookie Championships.

The Rookie Teams Top Club trophy will be awarded to the Rookie Team that finishes with the highest amount of points.

### **Events:**

The Rookie Teams Championships is divided into five sections:

- Surf Teams
- Tube / Board Rescue Relay
- Theory Test
- Resuscitation / Recovery
- Rookie Teams Scenario

The Top Rookie Championships is divided into four sections:

- Surf Race
- Theory Test
- Resuscitation / Recovery
- Individual Rookie Scenario

Teams shall compete against each other in the components of the physical skills section. The team with the greatest number of points awarded from all sections will be declared the winner of the event. The Referee, taking into account the suitability of the area and the conditions, shall determine the order in which the sections are to be conducted. The organising group shall provide the patients, patrol equipment and relevant log books for the event. Teams shall provide equipment and uniforms as prescribed for this event (detailed below).

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### **Uniforms:**

Team members must be attired in Rookie patrol uniform. The Rookie patrol uniform consists of Rookie hat, Rookie shirt and Rookie shorts.

Each team member will also require a club competition beanie and club togs (NB: for clubs that do not have their own uniform please inform the event manager).

### **Competition Safety Vests:**

The wearing of high visibility vests will be mandatory at this event for all water activities. A supply of vests will be made available to clubs. Full details of this will be released soon to clubs.

### **Equipment:**

Each team shall provide the following equipment, which shall be available for use by the team at commencement of the competition.

One rescue board or Malibu racing board.

One rescue tube per competitor

One pair of flippers per competitor

One pair of gloves per competitor

All equipment used shall meet SLSNZ specifications.

If a rescue board is used in competition it is required only to meet the specification for Malibu racing boards.

The swim fins shall comply with the following dimensions:

Maximum 65cm overall length including 'shoe' or ankle strap (ankle strap extended).

Maximum 30cm width at the widest point of the blade.

Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.

### **Rookie Team Eligibility Criteria:**

Members of a Rookie Team are required to be U/14 as of September 30<sup>th</sup> 2019 and been a Rookie for at least half the season. Those qualifying as Lifeguards before January 2020 are ineligible.

Team members in the Rookie Competition must be members of the same club, but not necessarily be from the same club patrol.

Clubs may enter more than one team but might be reduced to one depending on entries.

### **Substitution of Competitors:**

The substitution of team members prior to competitors being marshalled is permitted as per SLSNZ Sport Manual Section 2 – General Competitive Conditions.

Once marshalling has been completed, no further substitution of competitors shall be permitted, for that round, semi-final or final.

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### **Tied Scores:**

In the event of equal points at the completion of the competition, the winner shall be decided by a count back system in the following order:

Scenario task

Resuscitation task

Board/Tube Rescue Relay Race

Surf Teams Race

Theory

If a winner cannot be determined by count back then a dead heat will be declared as provided in Section 2 – General Conditions of the SLSNZ Surf Sport Manual.

### **ROOKIE CHAMPIONSHIP FORMAT:**

The Rookie Competition event is determined on a point score basis with the team scoring the highest points being declared the winner.

Failure of a team (or team member/s) to commence a section or component of the Rookie Competition event shall result in disqualification of the team from that entire section and will be given zero points.

If for some reason the team (or team member/s) do not correctly complete (or complete within the time limit) a section or component, the team will not be disqualified from the total Patrol Competition event. In this case the team will be given zero points for that section/component of the event.

### **SURF TEAMS / SURF RACE:**

All team members for Rookie Teams (five members) shall make up the Surf Team for this component of the event.

Places taken by individuals in the Surf Teams race will be counted towards the Top Rookie points. Points will be allocated for the top 10 places.

The distance in the Surf Teams race shall be as per the Surf Race (SLSNZ Surf Sport Manual). The start, finish, conduct and determination of placings of the Surf Teams race shall be as per the conventional Surf Teams event (refer section titled 'Swimming Events' in SLSNZ Surf Sport Manual).

A time limit, as defined in Section 2 – General Competitive Conditions (SLSNZ Surf Sport Manual), may be set by the Referee. When such a time limit is set, competitors shall be notified prior to the start of the event.

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Total points allocated to each team in the Surf Teams component is as follows:

Position	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

Teams not finishing in the top 10 will score 0 for this section. Where there are less than 10 teams in a patrol team's competition, the first team shall still be allocated 10 points.

### **TUBE / BOARD RESCUE RELAY:**

In Rookie Team events Clubs can choose their individual team positions for the Tube-Board Rescue Relay. The event team members shall be designated as follows:

- No.1 – Patient Swimmer (tube rescue)
- No.2 – Tube Rescue Swimmer #1
- No.3 – Rescue Swimmer #1
- No.4 – Rescue Swimmer #2
- No.5 - Patient Swimmer (board rescue)
- No.6 – Board Rescuer (this person will also be the Rescue Swimmer #1)

Team members shall be marked with a marker pen as to their corresponding number. Any team or team member caught competing in events in conflict with the numbers drawn by team members shall be disqualified from the competition.

The Tube Rescue section of this event will be run as per Event 3.4, Rescue Tube Rescue Race (4 person) as detailed in the Surf Sports Competition Manual (9th Edition, V2) with the addition of the below changeover tag.

Upon reaching the shore the two rescuers must drag patient across the finish line to the side of the finish flags and tag the second patient swimmer for the board rescue leg. Note that both rescuers must still be in contact with the Patient.

The Paddle Board Rescue section of this event will be run as per Event 7.8, Paddle Board Rescue Race as detailed in the Surf Sports Competition Manual (9th Edition, V2).

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Total points allocated to each team in Tube/Board Rescue Relay component is as follows:

Position	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

Teams not finishing in the top 10 will score 0 for this section. Where there are less than 10 teams in a patrol team's competition, the first team shall still be allocated 10 points.

### **THEORY TEST:**

In the Rookie Teams event, all five members of the team shall contest this component of the event.

The theory section will consist of 20 Multiple Choice Questions answer paper on general surf lifesaving, patrol requirements, communication, basic first aid and surf awareness, based on questions drawn from any current Surf Lifeguard Award Training Manual and Rookie Lifeguard Manual relevant to the minimum qualifications required for the event.

Each team member will receive the same paper and each will individually complete the paper. A total time limit of 15 minutes will be allowed.

To determine the total points in the Rookie Teams event, all team members' correct answers shall be added and then divided by 5 to give a score out of 20, which will be the team's allocated points for the theory section.

Top Rookie points will be awarded to the top ten highest scores gained by the Rookies.

### **PRACTICAL RESCUSITATION (all 5 team members)**

Each team member is required to demonstrate DRSABCD on a patient. The total points gained by each team member will then be divided by 5 to obtain an average score out of 20 points.

### **SCENARIOS (Rookie Teams Scenario and Individual Scenario)**

The rookie scenarios will incorporate first aid, rescues, radios and signals as per their rookie lifeguard workbooks. There will be two scenario sections for the Rookie Championships.

Rookie Teams will involve all team members and will require teamwork to complete the scenario. The Individual Scenarios will involve all team members completing the same scenario which could incorporate all of the areas detailed above.

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