



SURF LIFE SAVING®
NEW ZEALAND



SWIMMING EVENTS

SECTION 3.

SECTION 3.

SWIMMING EVENTS

| IN THIS SECTION YOU WILL FIND: | Page |
|--------------------------------|------|
| GENERAL CONDITIONS | 58 |
| SURF RACE | 58 |
| SURF RACE VARIATIONS | 60 |
| RESCUE TUBE RESCUE RACE | 61 |
| RESCUE TUBE RACE | 63 |
| TUBE RESCUE RACES VARIATION | 67 |
| RUN SWIM RUN | 68 |
| WADING RACE | 68 |
| WADING RELAY | 71 |



SECTION 3.

SWIMMING EVENTS

3.1. GENERAL CONDITIONS

3.1.1. Swimming ability is a prime factor in surf lifesaving. Rescue tube rescue and rescue tube Events are “simulated” rescues. Surf, run-swim-run and wading Events are more direct tests of physical ability in and around the surf environment. Swimming Events have been designed to encourage Members to keep fit for lifesaving duties.

3.2. SURF RACE

3.2.1. **The Course** layout shall be as detailed in Figure 3.1

- (a) If it is necessary to lay special turning buoys for surf swimming Events, then not less than two buoys shall be laid (a minimum distance of 10m apart).

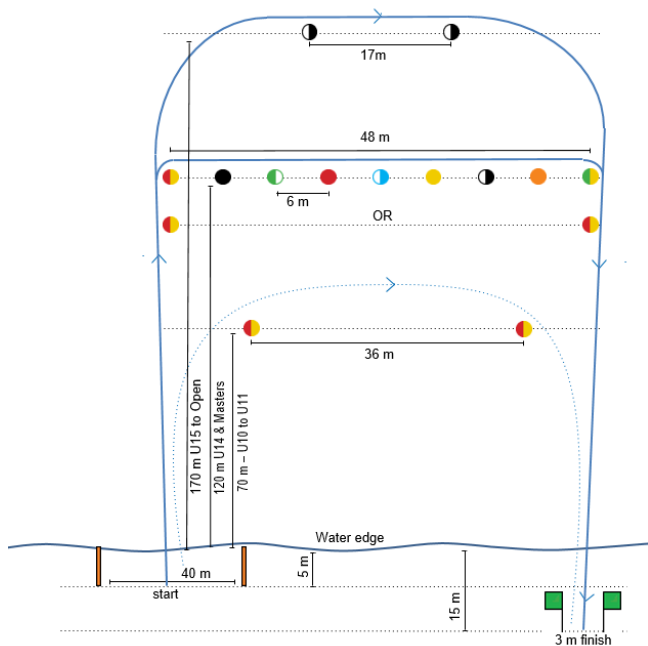
3.2.2. Procedure

- (a) Competitors in swimming Events shall assemble in the marshalling area and, when names are checked and placed in drawn order, the Competitors shall file onto the Competition Area in order as directed.
- (b) At the given signal, the Competitors shall commence from the start line, enter the water without impeding any other Competitors in the Event, swim to and around the designated buoys, and return to shore and finish between the two green finish flags.
- (c) Competitors may be positioned after the finish in either of the following ways:
 - (i) On a straight line drawn at approximately a 30-degree angle from the finishing line and up the beach.

- (ii) On a series of lines approximately 10m behind and at right angles to the finishing line and 5m apart.

Figure 3.1

SURF RACE & SURF TEAMS RACE



3.3. SURF RACE VARIATIONS

3.3.1. Surf Teams Race

- (a) Teams shall consist of four Members who shall be marshalled as a team, i.e., four Members, one behind the other facing the water's edge in their drawn positions. The next team shall be lined up beside the first team, and so on. When all teams are assembled, a direction shall be given to face the Competition Area. On the direction of an Official, the line nearest the water's edge shall file onto the Competition Area followed by the second, third and fourth lines. This procedure spreads Competitors from each team evenly over the starting line.
- (b) All Members of a team must swim to and around the buoys, return to shore and finish between the two green finish flags. Points are allotted as follows – 1 for 1st, 2 for 2nd, 3 for 3rd, 4 for 4th. The team scoring the least number of points shall be declared the winner. In surf teams Events, should two or more teams be allotted equal points, the team whose full complement of Members first completes the course shall be awarded the higher placing.
- (c) All Competitors who finish shall be recorded as they are placed and the points will be calculated. Should any teams be disqualified or a team fail to complete the course, then the surf teams' finish places shall be reallocated and points then re-calculated.
- (d) When surf Race and surf teams Events are combined, swimmers not in teams shall be eliminated from the points allotment for the purpose of determining the surf teams Race result.
- (e) The Event Management Committee may, by way of Entry Circular, vary the number of team Members, age groups or gender competing within a surf teams Event.
- (f) If there are over 48 Competitors competing in the surf teams Race, then the Event shall be conducted as heats then a final only.

3.4. RESCUE TUBE RESCUE RACE (4 PERSON)

3.4.1. **The Course** layout shall be as per Figure 3.2. The start/finish line shall be as close as possible to the water's edge.

3.4.2. Procedure

- (a) The Event shall consist of four persons in each team – a patient, rescue tube swimmer and two rescuers.
- (b) Competitors in the rescue tube rescue Event shall assemble in the marshalling area. When entries have been checked, the Marshall shall notify each of the teams of their buoy number and colour.
- (c) After marshalling, the Event Referee, Arena Referee or their deputy (e.g., the Marshall or announcer) shall give the command for the teams to file into the Competition Area and proceed to their allotted position on the start line facing the water.
- (d) On the starting signal, the patients enter the water and swim to their allotted buoy. On reaching their allotted buoy, the patient shall place their hand or forearm over the top of the buoy and then signal their arrival by raising the other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall be the determining factor in judging the patient's arrival at their buoy.
- (e) The patient must then release contact with the swimming buoy and retire to the seaward side of the swimming buoy and await arrival of the tube rescue swimmer.
- (f) Should a Competitor swim to a wrong buoy and signal, the team shall be disqualified.
- (g) The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.
- (h) The rescue tube swimmer shall await the patient's signal. The rescue tube swimmer will be in their allocated position on the shoreward side of the start line and may have their toes on or behind the start line.
- (i) The rescue tube swimmer may wear the rescue tube neck strap (harness) and hold the rescue tube and swim fins in their hands or place them on the sand on the shoreward side of the start/finish line. The wearing of the

swim fin/s prior to the starting signal is not permitted.

- (j) Fibreglass fins may be used except for Under 14 Events, and must comply with the Equipment Specification Manual:
- (k) On the patient's arrival signal, the rescue tube swimmer will cross the start line, don the rescue tube harness (if not already being worn) and swim fins at their own discretion and swim seaward to make the rescue of their patient. The rescue tube swimmer swims to the left-hand side of the designated buoy (viewed from the beach) to the awaiting patient on the seaward side of the buoy.
- (l) The team shall not be disqualified if the rescue tube swimmer crosses the start line and then returns to the correct position to correctly await the patient's arrival signal.
- (a) The rescue tube swimmer and/or the patient will secure the rescue tube around the patient's body under both arms and clipped to an O-ring. The patient and rescue tube swimmer must remain behind the buoy line during the 'clip in' process. With the patient clipped into the rescue tube, the rescue tube swimmer continues (clockwise) around the buoy towing the patient back to the beach.
- (m) The two rescuers must remain on the shoreward side of the start line until the tow has commenced. At their own discretion, they then may cross the start line and enter the water, and assist the rescue tube swimmer to bring the patient back to the beach.
- (n) The patient is permitted to assist by sculling with arms under the surface of the water and kicking, but must not swim with an out-of-water arm recovery. The patient must be towed on their back and the patient cannot be towed in any other way than clipped into the rescue tube.
- (o) Only the rescue tube swimmer is permitted to use swim fins. Rescuers shall not use any equipment or swim fins; they will simply assist with the rescue.
- (p) On return to the beach, the rescuers must drag or carry the patient to the finish line. The finish is judged on the chest of the first team Member of the carrying party

crossing the finish line, between their beach position markers, in an upright position on their feet (the rescue tube need not be attached to the patient).

- (q) The patient is not permitted to assist the carrying party by walking or running.
- (r) Teams should continue to drag or carry the patient well past the finish line to assist with judging of other teams in the Event.

3.5. RESCUE TUBE RACE (2 PERSON)

3.5.1. **General Conditions:** The rescue tube race Event shall be conducted under the general rules of swimming Events as set out in this section.

3.5.2. **The Course** layout shall be as per Figure 3.2.

3.5.3. Procedure

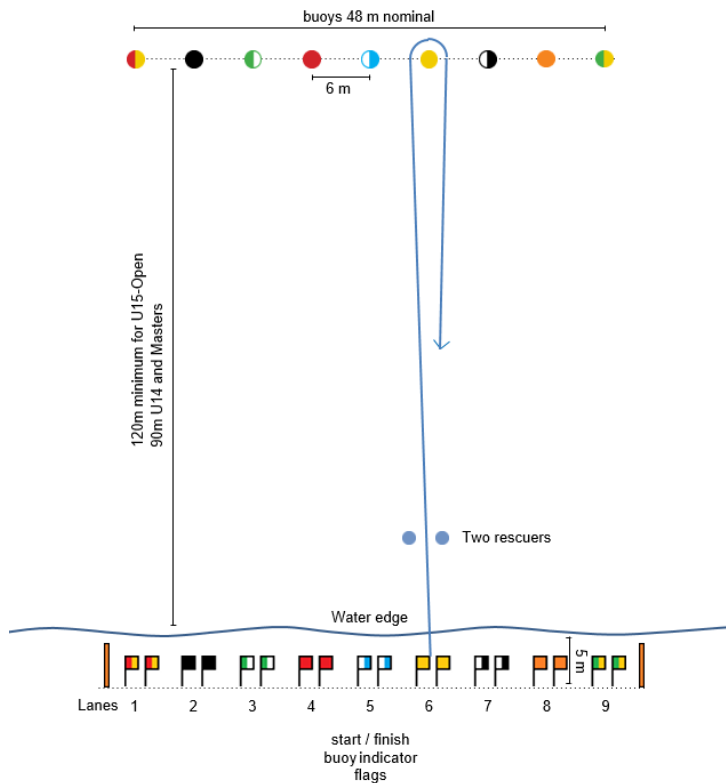
- (b) Competitors in the rescue tube race Events shall assemble in the marshalling area. When entries have been checked, the Marshall shall notify each Competitor of their buoy colour and buoy peg.
- (c) After marshalling, the Event Referee, Arena Referee or their deputy (e.g., the Marshall or announcer) shall give the command for the Competitors to file into the Competition Area and proceed to their nominated buoy peg.
- (d) The patients will then take up their positions on the starting line.
- (e) On the starting signal the patient shall enter the water and swim to their allotted buoy. On reaching their allocated buoy, the patient shall place their hand or forearm over the top of the buoy and signal their arrival by raising their other arm to the vertical position while remaining in contact with the buoy. This signal, subject to all conditions being fulfilled shall be the determining factor in judging the patient's arrival at their buoy.
- (f) The patient must then release contact with the swimming buoy and retire to the seaward side of the swimming buoy and await arrival of the rescue tube swimmer.
- (g) Should a Competitor swim to a wrong buoy and signal,

the team shall be disqualified.

- (h) The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.
- (i) The rescue tube swimmer shall await the patient's signal. The rescue tube swimmer will be in their allocated position on the shoreward side of the start line and may have their toes on or behind the start line.
- (j) The rescue tube swimmer may wear the rescue tube neck strap (harness) and hold the rescue tube and swim fins in their hands or place them on the sand on the shoreward side of the start/finish line. The wearing of the swim fin/s prior to the starting signal is not permitted.
- (k) Fibreglass fins may be used except for Under 14 Events, and must comply with the Equipment Specification Manual:
- (l) On the patient's arrival signal, the rescue tube swimmer crosses the start line, dons the rescue tube harness (if not already being worn) and swim fins at their own discretion and swims seaward to make the rescue of their patient.



Figure 3.2
TUBE RESCUE RACES



- (m) The team shall not be disqualified if the rescue tube swimmer crosses the start line and then returns to the correct position to await the arrival signal from their patient.
- (n) The rescue tube swimmer swims to the left-hand side of the designated buoy (viewed from the beach) to the waiting patient on the seaward side of the buoy.
- (o) The rescue tube swimmer and/or the patient secures the rescue tube around the patient's body under both arms and clipped to an O-ring. The patient and rescue tube swimmer must remain behind the buoy line during the 'clip in' process. With the patient clipped into the rescue tube, the rescue tube swimmer continues (clockwise) around the buoy, towing the patient to the beach.
- (p) The patient is permitted to assist by sculling with arms under the surface of the water and kicking, but must not swim with an out-of-water arm recovery. The patient must be towed on their back and the patient cannot be towed in any other way than clipped into the rescue tube.
- (q) Porpoising is not permitted by the patient.
- (r) Only the rescue tube swimmer is permitted to use the swim fins.
- (s) On return to the beach, the patient and rescuer shall stand, leave the water and conclude the Event by finishing between their beach position finish markers. The patient must remain clipped into the rescue tube and the rescuer must be wearing the neck strap (harness) until the team as finished as per the rule: (s) below.
- (t) The finish is judged on the chest of the first Competitor of the team to cross the finish line on their feet and in an upright position. If a team (or Members of a team) run through the incorrect finishing gate the team will be disqualified.

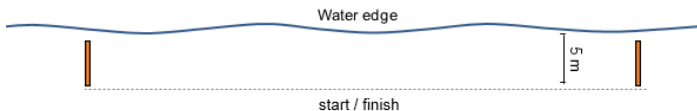
3.6. TUBE RESCUE RACES VARIATIONS

3.6.1. Start / Finish Line Course Variation

- (a) The start/finish line shall be a brightly coloured cord stretched between two poles. Poles are situated approximately 48m apart and shall be located at the water's edge. The start/finish layout shall be as per Figure 3.3.
- (b) Alignment of the start line to the buoys may be altered at the discretion of the Event Referee, depending on prevailing sea conditions.
- (c) The start line will also be the finish line. This line will be removed once Competitors are in line and prior to the start to ensure the tube cannot catch it.
- (d) All team Members must start from their allotted positions at the start/finish line.
- (e) Rescue tube swimmers and the two rescuers, who have previously crossed over the start line (for whatever reason), will not be disqualified provided they return to the shoreward side of the start line prior to beginning their leg of the Event.
- (f) At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start/finish line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be donned.

Figure 3.3

TUBE RESCUE RACES START / FINISH LINE VARIATIONS



3.7. RUN-SWIM-RUN

3.7.1. **The Course** shall be as detailed in Figure 3.4

3.7.2. Procedure

- (a) Competitors shall commence from the start line, run along the beach to the green and yellow turning flag, pass around the flag, enter the water, swim to and around the buoys, return to shore, again rounding the green and yellow flag, and return to the finish line marked by two green flags.

3.8. WADING RACE

3.8.1. The Course

- (a) The course shall be as detailed in Figure 3.5.
- (b) An Official with a turning flag shall stand in appropriate depth to the conditions, size and age division of Participants.

3.8.2. Procedure

- (a) The Competitors shall be positioned on the start line.
- (b) On the starter's signal, the Competitors shall enter the water and round the turning flags from left to right, return to shore and cross the finish line.
- (c) Competitors may wade, dive or swim their way around the water section of the course, return to shore and finish between the two green finish flags.

Figure 3.4
RUN SWIM RUN

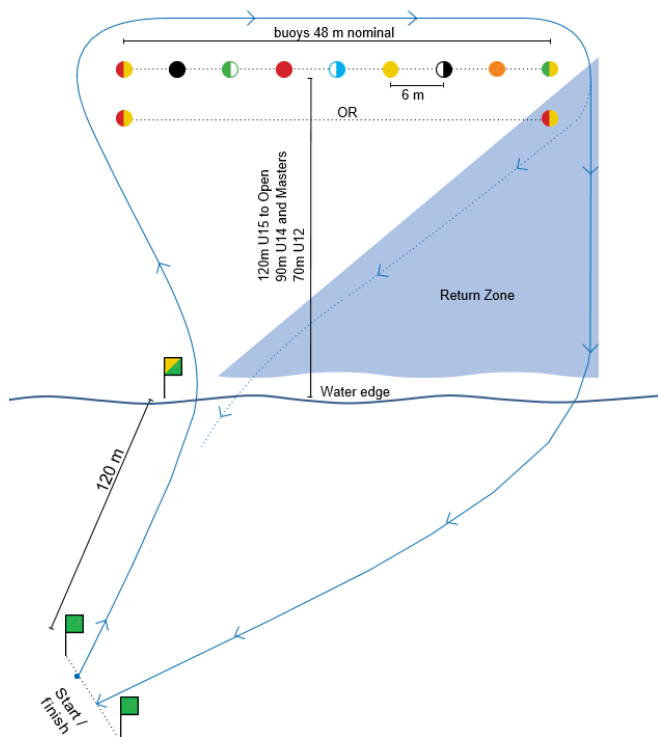
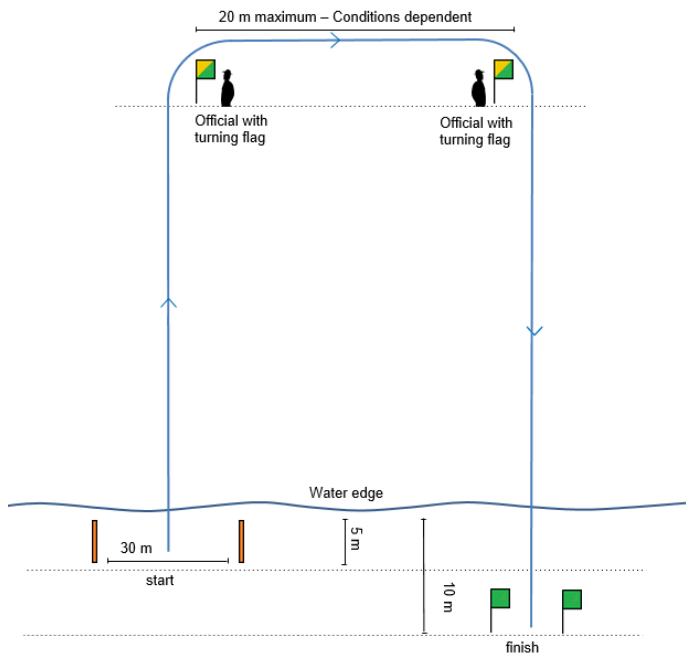


Figure 3.5
WADING RACE



3.9. WADING RELAY

3.9.1. The Course

- (a) The course shall be as detailed in Figure 3.6.
- (b) An Official with a turning flag shall stand in appropriate depth to the conditions, size and age division of Participants

3.9.2. Procedure

- (a) A wading relay shall consist of four Competitors.
- (b) The No. 1 Competitor of each team shall stand on the start line and the remaining team Members shall be lined up adjacent to the starting line.
- (c) On the starting signal, the No. 1 Competitor shall enter the water, round the turning flags from left to right, return to shore, round the two green and yellow flags and return to the start change over line where the No. 2 Competitor of their team will have been marshalled into position.
- (d) The No. 2 Competitor shall be tagged by the No. 1 Competitor. The No. 2 Competitor shall enter the water, round the turning flags from left to right, return to shore, round the two green and yellow flags and return to the start/change-over line where the No. 3 Competitor of their team will have been marshalled into position.
- (e) The No. 3 Competitor shall be tagged by the No. 2 Competitor. The No. 3 Competitor shall enter the water, round the turning flags from left to right, return to shore, round the two green and yellow flags and return to the start/change-over line where the No.4 Competitor of their team will have been marshalled into position.
- (f) The No.3 Competitor shall tag the No.4 Competitor, who shall enter the water, round the turning flags from left to right, return to shore, round the first green and yellow flag and run past the second green and yellow flag, and run between the two green flags to finish.

Figure 3.6
WADING RELAY

