



SURF LIFE SAVING®
EASTERN REGION



Eastern Region Rookie Championships

Competition Manual

Updated February 2024

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Surf Life Saving New Zealand – Eastern Region

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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.

AIM:

Rookie Champs is an opportunity for Rookie Lifeguards to demonstrate their ability to work individually and as a team in performing skills associated with the Rookie Lifeguard program.

The Rookie Champs competition includes a number of tasks both physical and theory based which involve racing, rescue techniques, theory tests and first aid situations.

Rookie Champs are judged by an overall points based system which is further described in this manual, prizes will be awarded for the following;

- 1st Place - Overall Rookie Team (5 members)
- 2nd Place - Overall Rookie Team (5 members)
- 3rd Place - Overall Rookie Team (5 members)

- 1st Place – Individual Rookie (Female)
- 1st Place – Individual Rookie (Male)
- 2nd Place – Individual Rookie (Female)
- 2nd Place – Individual Rookie (Male)
- 3rd Place – Individual Rookie (Female)
- 3rd Place – Individual Rookie (Male)

EVENTS:

Individual Rookie points will be allocated for the below events

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

Team points will be calculated as a sum of all points gained in each of the individual events in addition to a score from the following team events;

- Tube / Board Rescue Relay
- Rookie Teams Scenario

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: Rookie Teams Scenario, Tube / Board Rescue Relay, Individual Rookie Scenario, Resuscitation, Surf 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.

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ROOKIE CHAMPIONSHIP FORMAT:

The Referee, taking into account the suitability of the area and the conditions, shall determine the order in which events are to be conducted.

SURF RACE:

The Surf Race shall be conducted as per the SLSNZ Competition Manual Section 3.2 and will be marshalled into individual male and female events. If numbers require, candidates may be broken into heats with points being allocated from the finals only.

Points shall be allocated to the top 10 competitors in the male and female events with 10 points being allocated to 1st place scaling down to one point for the competitor in 10th position. Where there are less than 10 competitors in an event the first competitor shall receive 10 points.

The maximum score a team can earn in this event is 46 points.

ie. 1st Male – 10 Points, 2nd Male – 9 points, 3rd Male - 8 Points, 1st Female - 10 points, 2nd Female – 9 Points)

THEORY TEST:

The theory section will consist of a 20 question theory exam consisting of both written and multi-choice answers, questions will relate to 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 20 minutes will be allowed.

Individual and team points will be a direct reflection of the theory score. (ie 20 points for 20 correct answers) The maximum points a team can earn in this event is 100 points (5 perfect scores)

RESUSCITATION

Candidates will be asked to complete the DRSABC procedure for an unconscious patient. Assessment will be made on the competency of the candidate in completing each step and their confidence in doing so.

The total points a candidate can score in this section is 20 points / 100 points per team.

INDIVIDUAL ROOKIE SCENARIO

The Individual Rookie Scenario will be centred on First Aid and Emergency Care per Module 6 of the Rookie Lifeguard Award – all candidates will complete the individual rookie scenario and be assessed on the competency and confidence of the candidate in providing necessary care.

The total points a candidate can score in this section is 20 points / 100 points per team.

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TUBE / BOARD RESCUE RELAY:

The Tube / Board Rescue Relay will comprise of the following roles, clubs may choose their individual team positions for this event.

- No.1 – Patient (Tube Rescue)
- No.2 – Rescue Tube Swimmer
- No.3 – Rescue Assistant
- No.4 - Patient (Board Rescue)
- No.5 – Board Rescuer

Team members shall be marked with a marker pen as to their corresponding number. Any team caught with a member competing in events in conflict with that number shall be disqualified from that event.

The Tube Rescue section of this event will be run as per Event **3.5**, Rescue Tube Rescue Race (2 person) as detailed in the Surf Sports Competition Manual (10th Edition) with the deletion of sections (k), (s) and (t).

Upon receiving the 'assistance required' signal from the Rescue Tube Swimmer, the Rescue Assistant may run/swim from the start line to assist the Rescue Tube Swimmer with a two-person drag of the patient across the finish line.

Once all three candidates (Tube Rescue Swimmer, Patient & Rescue Assistant) cross the finish line the Board Rescue Patient may leave the start line.

The Paddle Board Rescue section of this event will be run as per Event **7.9**, Paddle Board Rescue Race as detailed in the Surf Sports Competition Manual (10th Edition).

Points shall be allocated to the top 10 teams with 100 points being allocated to 1st place scaling down to 10 points for the competitor in 10th position.

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 100 points.

Points from this event do not count towards the individual rookie awards

ROOKIE TEAMS SCENARIO

The Rookie Teams Scenario will involve all team members and will require teamwork to complete. The Scenario will be patrol based and may incorporate first aid, rescues, radios and signals as per their rookie lifeguard workbooks. A total of 80 points may be earned based on the observations of the team and their competency and confidence in responding to situations that may occur.

Points from this event do not count towards the individual rookie awards



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ROOKIE ELIGIBILITY CRITERIA:

All members must;

- Have turned **13** in the calendar year from 01 Jan 2023 – 31 Dec 2023 (Born in 2010)
- Have participated in the Rookies programme for at least half of the 2023/24 season
- Be primary members of the club they are participating for
- Rookie teams not formed from a singular club will be ineligible for the top rookie team award.

Clubs may enter more than one team and may enter individual participants if a full team cannot be formed – where possible composite teams will be allocated on the day.

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.

UNIFORMS:

All Rookie candidates must wear a Rookie Lifeguard uniform that meets the SLSNZ Rookie Uniform standards, all candidates will also require a club competition beanie and club togs.

Clubs that do not have their own uniform please inform the event manager.

The Rookie Uniform consists of;

- Blue Cap
- White Long Sleeved T-shirt
- Blue Shorts

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.

EQUIPMENT:

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

- One Surf Rescue Board or Malibu Racing board per team
- One Rescue Tube per competitor
- One pair of Surf Fins per competitor

Surf Fins not complying with the following dimensions or considered to be a safety hazard will not be permitted for use in any events.

- Maximum 65cm overall length including 'shoe' or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.

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GENERAL RULES

The Rookie Competition event is determined on a point score basis with the team / rookie scoring the highest points being declared the winner. Failure of a competitor to commence or finish a section or component of the Rookie Champs competition shall result in zero points being allocated to that competitor – all other competitors points will remain valid and still be counted towards the team and individual scores.

If a team is unable to mount a full team (5 members) for a team event (Tube / Board Rescue Relay or Rookie Teams Scenario) the team will be unable to compete in that section and will receive a zero score.

POINTS ALLOCATION SUMMARY

Event	Max Individual Points	Max Team Points
Surf Race	10	46
Theory Test	20	100
Resuscitation	20	100
Individual Rookie Scenario	20	100
Tube / Board Rescue Relay	-	100
Rookie Teams Scenario	-	80
Totals	70	526

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