



# **Nipper Rulebook Version.2026**

**LATEST CHANGES HIGHLIGHTED**

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# Section 1 – General Information

## 1. Event Organisation and Conduct

All SLSA Wales accredited competitions occurs under the support of the SLSA Wales Sport Commission and is organised by the persons/clubs/regions appointed by the commission to conduct the competition.

## 2. Competition Safety

- i. The provision of safety at SLSA Wales competitions is vital to the organisational processes leading up to and during competition.
- ii. At all competitions the authority appointed by SLSA Wales to arrange the competition shall provide adequate lifesaving resources to ensure, as far as practicable, the safety of those involved with the competition. Only qualified IRB coxswains with competent crew members shall be deployed in the competition areas.
- iii. No event shall be conducted until the Referee of the competition has assessed the surf conditions. Tests may be undertaken to assist in the assessment process. Other members of the Organising Committee shall be consulted in this process.
- iv. If an emergency arises during competition the Referee or the appointed Emergency Services Coordinator shall assume control of the situation. During an emergency, members not engaged in actual rescue work should assist in maintaining a clear area so that the rescue work can be efficiently carried out.
- v. This direction is mandatory and essential to the safe and orderly conduct of lifesaving competition.
- vi. The safety of all participants and spectators must be paramount in any event organisation and an up-to-date risk assessment must be undertaken. At any Championships it is recommended that an IRB is placed on patrol outside the courses at the direction of the Referee and appointed Safety Officer.
- vii. Equal Opportunity & Special Needs - SLSA Wales believes in being as inclusive as possible and will endeavour to accommodate children with special needs within their own peer group and the rules of the races below. For safety reasons, the relevant awards for competition must still be attained.

## 3. Entry and Entry Fees

- i. Non SLSA Wales clubs or individual competitors may be granted entry to certain events with the permission of the Sport Commission.
- ii. The entry fee for SLSA Wales Championships and other events will be promoted in Championship bulletins/circulars, calculated in advance through the entry process and is required to be paid before the first race of that competition takes place.
- iii. Clubs will not be cleared to compete until the full entry fees have been paid. Once the closing date for entries has passed, no refunds will be given if a team or competitor withdraws from the event.

## 4. Age Limits

The age group in which any person competes is determined by the year of their birth, rather than the date of the competition. The basic rule is to add one year to the age a competitor is on 31st December in the year prior to the competition and this determines the age group in which the competitor competes for the following year. Thus:

- 8 Year Nipper competitors will turn 8 in the year of the competition.
- 9 Year Nipper competitors will turn 9 in the year of the competition.
- 10 Year Nipper competitors will turn 10 in the year of the competition.
- 11 Year Nipper competitors will turn 11 in the year of the competition.

- 12 Year Nipper competitors will turn 12 in the year of the competition.
- 13 Year Nipper competitors will turn 13 in the year of the competition.

## 5. Qualifications – Still Water Events

For all age groups in nipper competition no specific qualification required, but a specific ‘Declaration of Competence’ confirming that “*each competitor is able to swim at least 50m unaided in a recognised stroke, without stopping*” will need to be signed by the team manager. (Clubs are responsible for ensuring that Nippers diving from blocks are competent at this and if not they must start in the water)

## 6. Qualifications – Ocean Events

For the Beach events no formal qualification is required but coaches should make all competitors aware of the rules of the event.

For the sea events:

U8 – Nipper Lifeguard Bronze

U9 – Nipper Lifeguard Bronze

U10 – Nipper Lifeguard Silver

U11 – Nipper Lifeguard Silver

U12 – Nipper Lifeguard Gold

U13 – Nipper Lifeguard Gold

## 7. Luck of prevailing conditions

Competitors acknowledge and agree:

- i. That surf lifesaving competitions and the conduct of, and participation in, such competitions, can, and will be affected by the surf conditions;
- ii. That there is often an element of the ‘luck of the prevailing conditions’ in entering and competing in surf lifesaving competitions; a protest or appeal on an incident is not available to them when the incident is caused by the conditions of the surf; and that the Referee and/or relevant official(s) have absolute discretion as to whether an incident has been caused by the luck of the competition or the prevailing conditions.

## 8. Penalties & Protests

- i. As soon as practical, those Officials shall report any infringement to the Area Referee/Event Director/Chief Referee who will then take immediate steps to advise the competitor or nominated Team Manager of the infringement and of the penalty applied.
- ii. Any protest against a competitor, team or penalty must be lodged verbally to the Event Director/Chief Referee within five (5) minutes at the Pool and within 10 minutes to the Area Referee for the Ocean of the completion of the event and be accompanied by the appropriate protest fee which will be announced in the Championship entry information. The relevant protest form can be found in the appendix of this rule book. The protest may only be made by the nominated Team Manager.
- iii. The assistance of video or other electronic equipment may be used to consider a protest or dispute if it will assist the jury in reaching a decision as long as the recording is taken at a suitable distance.
  - a. the onus is on the protester to provide proof of authenticity and any clearly viewable evidence and viewing mechanisms at the time that the protest is heard.
  - b. A minimum 9 inch/228mm (measured on the diagonal) tablet type device with high definition is generally considered to be the minimum size to properly adjudicate on a protest.

## 9. Event Cancellation

No points shall be credited to any team in the overall point score if an event is cancelled – even if some heats have been run.

# Section 2 - Team Uniform /Competition Apparel

## 1. Team Uniform

All competitors must wear costumes, trunks, or uniforms in accordance with standards approved by SLSA Wales. The referee has the authority to exclude any competitor whose costume uniform or swimwear is not in accordance with SLSA Wales standards.

## 2. Caps

- i. Competitors shall wear identical club swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.
- ii. In ocean events, caps, securely fastened under the chin, must be worn on competitors' heads at the start of each event.
- iii. In pool events, the ocean event caps or rubber or silicone caps must be worn on competitors' heads at the start of each event.
- iv. A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.

## 3. Swimwear

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

- The swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
- All swimwear shall be non-transparent.
- Competitors shall not wear or use anything that may aid buoyancy, speed or endurance, unless specified in the event description.
- Swim goggles may be worn unless otherwise specified in the event description or at the discretion of the referee.

See Section 9 for specifications of swimwear that may be worn

## 4. Vests

For safety and identification, competitors entering open water are required to wear distinctive high-visibility vests as determined by SLSA Wales. These vests must be SLSA Wales pink vests.

## 5. Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description or at the discretion of the referee.

## 6. Wetsuits

Due to the weather conditions often experienced in Great Britain, the use of wetsuits or other foam-type outer garments is optional unless directed by the referee.

- i. Wetsuits shall not be permitted in pool events.
- ii. The organisers reserve the right to examine wetsuits and refuse permission for a suit to be worn if it may aid buoyancy, speed or endurance.

## 7. Other Apparel

- i. The wearing of protective sun creams is permitted.
- ii. Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.
- iii. Sunglasses or optical glasses may be worn in all events with the exception of Beach Flags where eye protection or optical glasses worn must be suitably designed for that event.
- iv. Jewellery, that, in the opinion of the Referee, has the potential to cause injury to either the wearer or other competitors must be removed or taped over prior to the competition.

# Section 3 – Ocean Competition

## 1. General Conditions for Ocean Competition

- i. Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.
- ii. Competitors may not be permitted to commence in an event if they are late reporting to the marshalling area.
- iii. A competitor or team absent from the start of an event shall be disqualified.
- iv. Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g. handwebs, armbands).
- v. The use of wax or similar substances to assist the competitor in maintaining the grip on or contact with boards is permitted in ocean and pool events.
- vi. Ocean caps, securely fastened under the chin, must be worn on competitors' heads at the start of each event.
- vii. A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.
- viii. All courses shall be measured, set, and aligned to the Referee's satisfaction ensuring as far as possible, that all lanes have fair and equal conditions.
- ix. Buoy distances shall be measured from the end of knee depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors. Adjustment of the buoys may be necessary during the competition if they move out of alignment.
- x. Competitors, team managers and officials must leave the designated competition area when not competing or officiating. The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the referee.
- xi. **Luck of prevailing conditions:** No protest or appeal will be entertained when an incident is caused by the conditions of the surf.

## 2. The Start

The Marshal shall:

- Place competitors in heats and/or finals
- Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order.

Prior to the start of each race, designated Officials shall:

- Check that all officials and judges are in position.
- Check that competitors have swimwear and caps for a legal start.
- Check that equipment and course markers are in position.
- A designated official shall signal the Starter that the competitors are under the Starter's control.

The Starter shall:

- Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- Position himself or herself in order to have full visual control over all competitors during the start.
- Ensure that the start for all races is consistent and fair.
- Disqualify competitors for false starts (or in beach flags, eliminate competitors.)

Note: See individual event descriptions for the start procedures for beach flag.

The following 3-step start shall be used in ocean events.

- On the Starter's "Take your marks" command, competitors assume a position in their marshalled order at the start line.
  - On the Starter's "Set" command, competitors immediately assume their steady starting stance.
  - When all competitors are stationary, the Starter gives the acoustic starting signal.
- i. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the Starter shall order all competitors to withdraw from their marks, and recommence the start.
  - ii. After the start, competitors in swim, board and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.
  - iii. In relay or multi-discipline events, after completion of the first leg, the competitor entering the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor coming from the water is impeded.

### 3. False starts

The one-start rule shall be used in all events (this will be confirmed by the Referee for the younger age groups but must be consistent).

- i. All competitors who start (i.e. commence a forward starting motion) after assuming a final set position, and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
  - a. If the starting signal sounds before the disqualification is declared, the competitors shall be called back and start again.
  - b. The signal to call back the competitors shall be the same as the starting signal but repeated.
- ii. Any competitor who is disqualified for a false start shall not be permitted to continue in the race and must withdraw from the start line.
- iii. All competitors who fail to comply with the Starter's commands within a reasonable time **may be penalised.**
- iv. Any competitor who, after the Starter's first command, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags).

### 4. Changeovers and tagging in relays

- i. Exchanges or changeovers in relay events shall be affected by a competitor 'tagging' the next team member unless otherwise provided (see Beach Relay).
- ii. In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on or on the shoreward side of the changeover line.
- iii. Competitors in relay events must start their leg of the event from the position or lane allotted by the Marshall. If the competitor does not comply with this, the team may be disqualified.
- iv. Runners cannot be used for injured competitors in any team event.

### 5. The Finish

In events where competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e. not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.

## 6. Judging

- i. All events shall be judged visually. Placing shall be decided by Finish Judges. Dead heats (ties) shall be declared as such.
- ii. At the Chief Judge's signal, placing tags shall be issued and/or names recorded.
- iii. Where available, Judges may use video/electronic equipment to assist them. Video playback is for use by appointed Officials only.
- iv. The finish order judged on the line is not subject to protest or appeal.

## 7. Time Limits

- i. A time limit may be imposed on the duration of an event at the referee's discretion. Competitors shall be advised of any time limits prior to the commencement of a round of the event.
- ii. The Referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached or when the number of competitors required for subsequent rounds have qualified by completing the race without disqualification.

## 8. Board Specifications

For ocean events:

- U8, U9, U10 & U11 nippers will be required to use the 2m Nipper board
- U12 & U13 nippers can either use a board in the 2m Nipper board or the 8ft 10in Soft Transition board.

All Nipper board Specifications can be found in Appendix 1.3

## 9. Competitor Limits

The Referee shall decide whether events shall be conducted in heats, semi-finals, or finals providing that the maximum number of competitors in a heat or final race shall not exceed the following taking into account safety and the conditions:

Maximum recommended number of nippers per heat/event in surf events\*

Event	Number of Competitors	Event	Number of Competitors
Surf Wade	32	Beach Sprints	8 - 10
Surf Swim	32	Beach Flags	16
Board	24	Beach Relay	8 - 10
Super Nipper	16	500m / 1km Beach Run	No Limit
Surf Relay	16	Taplin Relay	16
Board Rescue	16		

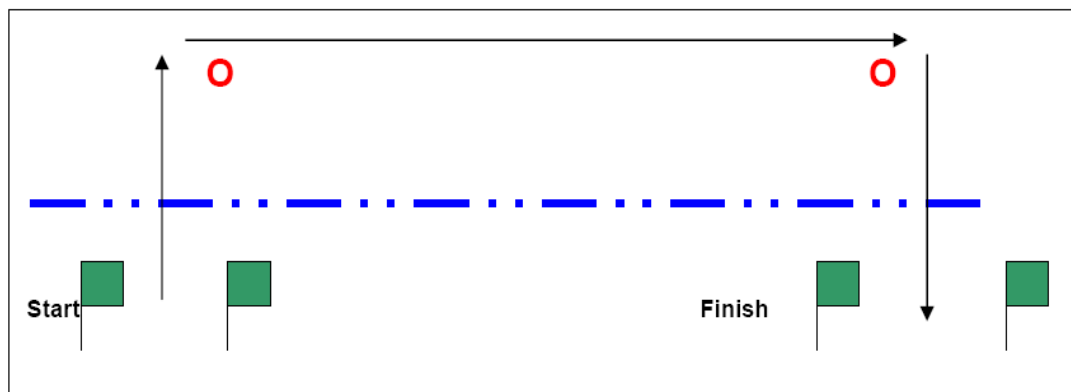
\* These numbers should be amended according to surf, weather & beach conditions and safety cover availability.

# Section 4 – Ocean Events

## 1. Wade Race – U8 only

### The Course

- i. The Wade race will be a maximum of 20m from shore out or waist depth on an adult, across 2 buoys 36m apart. The distances are to be determined by sea and weather conditions on the day, although this is not a swim race, it may involve some swimming.
- ii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iii. Depending on conditions it may also be appropriate to do a straight “there and back”



### The Start

- iv. Nippers will be told the expectations and course. At the start, they will line up with their toes behind the line

### The Race

- v. There will be no pushing or deliberate interference of other Nippers
- vi. Nippers to wade right hand (clockwise) around the markers.
- viii. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore.
- ix. The race may involve some elements of swimming depending upon the nipper's height.

### The Finish

- viii. This is determined when a Nipper crosses the line between the two finishing posts.
- ix. The finish is judged on the competitor's chest crossing the finishing line

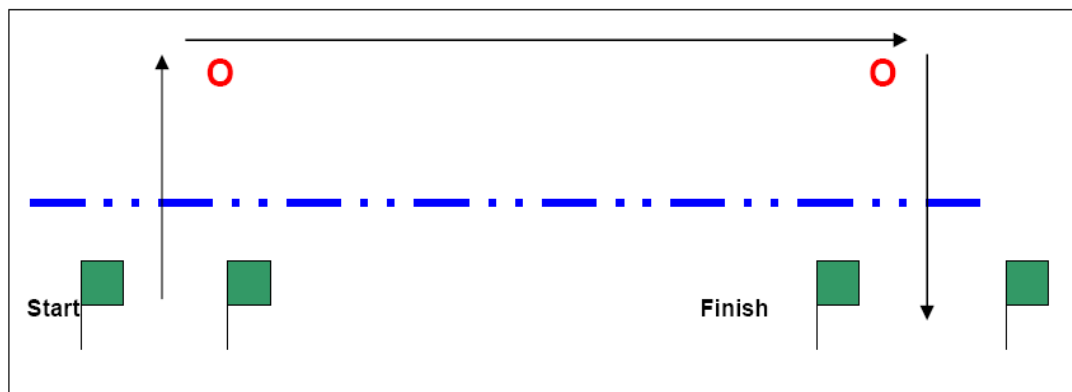
### Disqualifications

- x Failure to complete the course as defined and described.

## 2. Surf Swim

### The Course

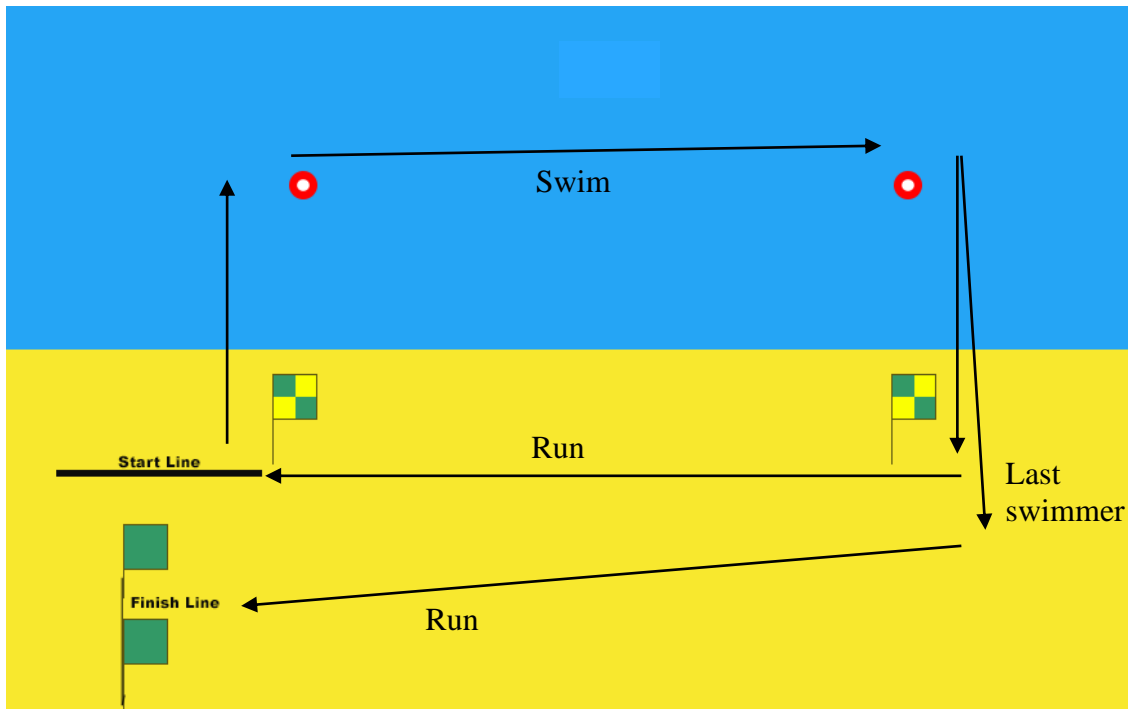
- i. The distances to be linked to awards. All recommended distances will be linked to the beach, sea and weather conditions on the day.
- ii. The following distances are recommended from the **water's edge**. All ages to have 36m between the first and second buoy.
  - a. 9yrs – a minimum swim of 50m out and across 2 buoys 36m apart
  - b. 10/11yrs – minimum swim of 70m out across 2 buoys 36m apart
  - c. 12/13 yrs – a minimum swim of 100m out across 2 buoys 36m apart
- iii. It may be that the race will not go outside the recognised 'break' if this would unnecessarily lengthen the course.
- iv. Depending on conditions it may also be appropriate to do a straight 'there and back' for the younger Nippers or anti-clockwise due to wind etc.
- v. Safety cover to be provided by IRB, and qualified adults on rescue boards and others in the water with rescue tubes.



### 3. Surf Relay

#### The Course

- i. The distances to be linked to the awards, beach, sea and weather conditions on the day
- ii. The distance should be as the wade/surf race
- iii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iv. The team consists of 3 swimmers.



#### The Start

- v. The first leg Nippers are lined up with toes behind the marker line
- vi. They will be told the course prior to the start of the race

#### The Race

- vii. Nippers to swim/wade right hand (clockwise) around the markers. The race will be run from youngest to oldest.
- viii. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore.
- ix. There will be no deliberate interference of other Nippers
- x. On leaving the water the Nipper will run around the two turning flags (green and yellow) and tag the second Nipper who is on the designated changeover line.
- xi. A tag is visibly touching the hand or body of the Nipper. **Tagging MUST take place on the seaward side of the second turning flag.**

**The race is repeated until the third Nipper completes the course and finishes between the two finish flags (green).**

#### The Finish

- xii. This is determined when the sixth Nipper crosses the finishing line between the finish flags.
- xiii. The finish is judged on the competitor's chest crossing the finishing line.

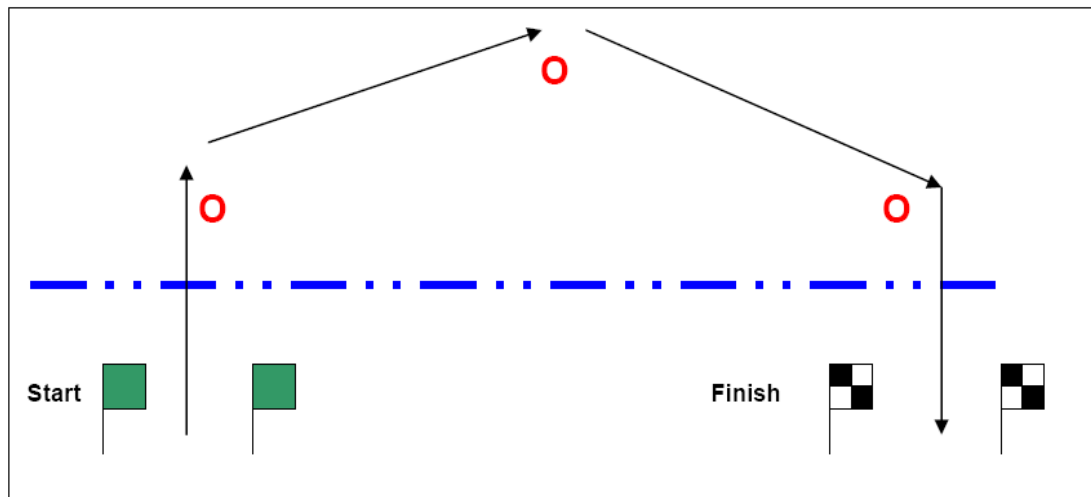
#### Disqualifications

- xiv. Failure to complete the course as defined and described.

## 4. Board Race

### The Course

- i. The distances to be linked to awards, sea and weather conditions on the day.
- ii. The distance should be longer than the course for the Surf / Wade race and include an apex buoy
- iii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iv. Depending on conditions it may also be appropriate to paddle anti-clockwise or go straight "there and back" for the younger Nippers
- v. The Boards used must meet the specification as written in Appendix 1.3



### The Start

- vi. Nippers are lined up with their toes behind the marker line, holding onto their boards
- vii. They will be told the course prior to the start of the race

### The Race

- viii. The Nippers will carry/drag their board into the sea, get on and paddle around the course
- ix. Nippers must paddle right hand (clockwise) around the marker buoys.
- x. There will be no deliberate interference of other Nippers or their boards

### The Finish

- xi. This is determined when a Nipper crosses the finishing line in contact with their board.
- xii. The finish is judged on the competitor's chest crossing the finishing line from the seaward side.

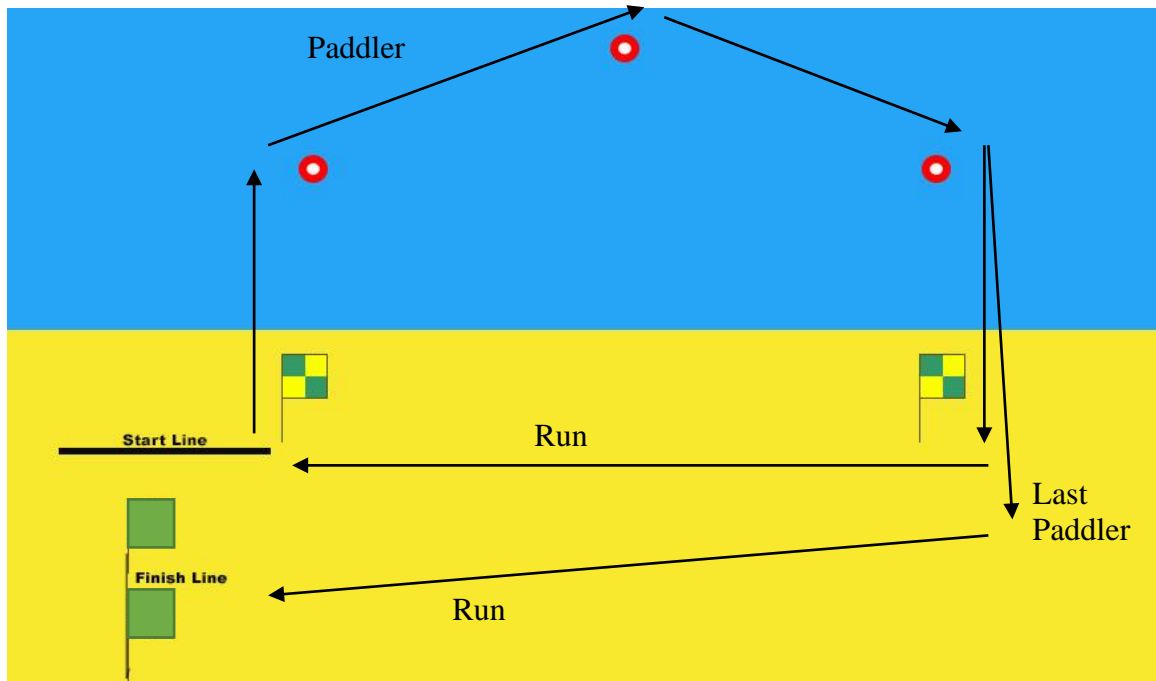
### Disqualifications

- xiii. Failure to complete the course as defined and described.
- xiv. Competitors are not allowed to paddle any nipper board on their knees. They must lay on the board.

## 5. Board Relay

### The Course

- i. The distances to be linked to sea and weather conditions on the day.
- ii. The distance should be as the board race.
- iii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course or it would be a safety issue turning the boards.
- iv. The Boards used must meet the specification in Appendix 1.3
- vi. The team consist of 3 board paddlers.



### The Start

- vi. The first leg Nippers are lined up with toe behind the marker line, holding onto their boards
- vii. They will be told the course prior to the start of the race.

### The Race

- viii. The first leg Nipper will carry/drag their board into the sea, get on and paddle around the course.
- ix. Nippers must paddle right hand (clockwise) around the marker buoys.
- x. There will be no deliberate interference of other Nippers or their boards
- xi. The Nipper may then leave their board anywhere after rounding the third buoy.
- xii. They run around the two turning flags (green and yellow) and tag the second Nipper who is on the designated board changeover line/startline.
- xiii. A tag is visibly touching the hand or body of the Nipper. **Tagging MUST take place on the seaward side of the second turning flag.**

**The race is repeated until the third Nipper completes the course and finishes between the two finish flags (green)**

### The Finish

- xiv. This is determined when the third Nipper crosses the finishing line between the finish flags.
- xv. The finish is judged on the competitor's chest crossing the finishing line.

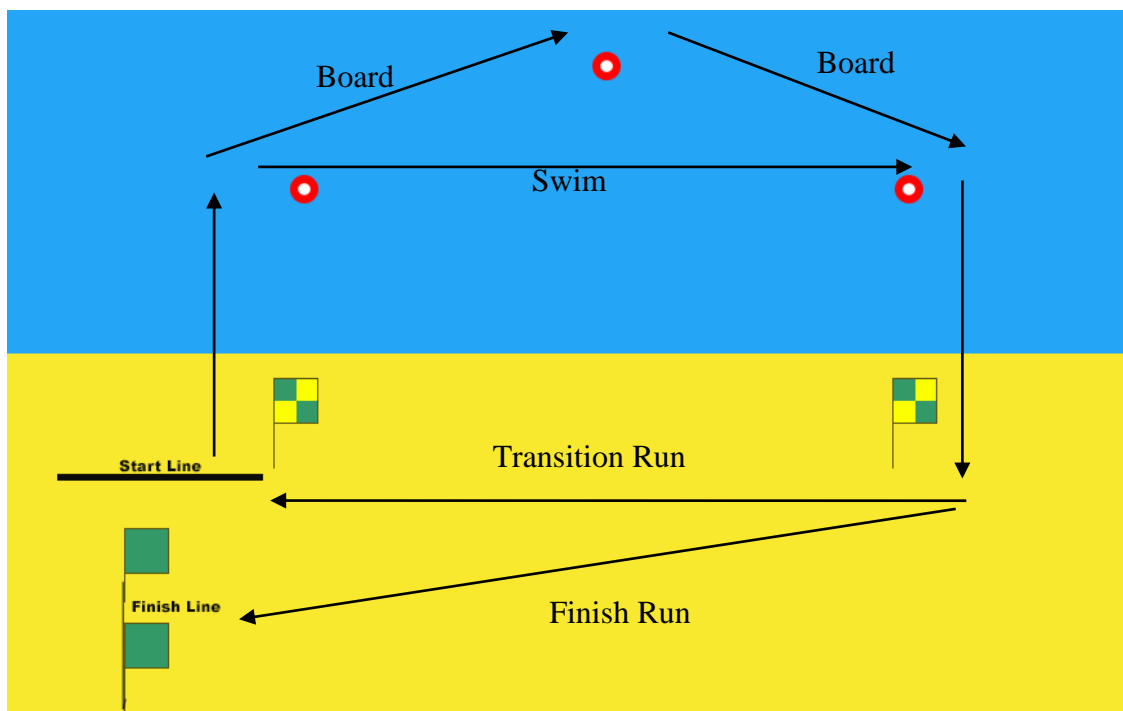
### Disqualifications

- xvi. Failure to complete the course as defined and described.

## 6. Super Nipper - New Diagram

### The Course

- i. The event involves, a swim leg, a board leg and a run leg. **There will be a ballot at the start of the competition to determine the order of events in the super nipper.**
- ii. The distances should be altered for the different age groups, taking weather and surf conditions into consideration. The distances of the course should correspond to those for the Surf and Board race courses with a running arena between the two turning flags
- iii. The Super Nipper event shall be conducted under the general rules of the Surf/Wade race with a transfer to the Board Race rule on the board phase.
- iv. The Nipper may leave their board in the water anywhere after rounding the final marker **buoy on the board leg.**
- v. They must go around both turning **flags in the transition run.**



### The start

- vi. Nippers will be told the expectations and course and at the start they will line up with toes behind the line

### The Race

#### Assuming swim, board run order.

- vii. There will be no pushing or deliberate interference of other Nippers
- viii. Nippers to swim right hand (clockwise) around the two markers. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore
- viii. After rounding the two markers they will then return to the beach where they run around the two turning flags (green and yellow) before picking up their board and entering the water for the board leg.
- ix. After rounding the final marker buoy the Nipper may leave their board anywhere and enter the final run phase.
- xi. The Nipper completes the course by running through the two finish flags (green).

### The Finish

- xii. This is determined when the Nipper crosses the finishing line between the finish flags.

xiii. The finish is judged on the competitor's chest crossing the finishing line.

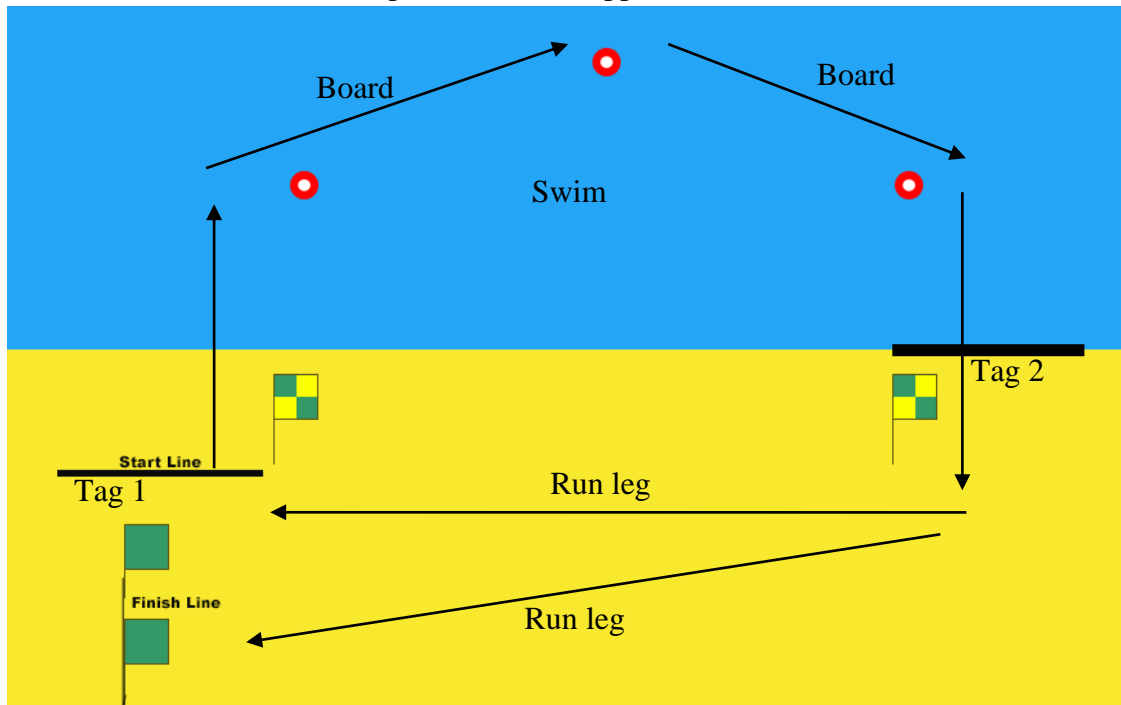
**Disqualifications**

xiv. Failure to complete the course as defined and described.

## 7. Taplin Relay – New Diagram

### The Course

- i. The team consists of 3 competitors.
- ii. There will be a ballot at the start of the competition to determine the order of events in the taplin relay.
- iii. The course will be marked out for the Super Nipper.
- iv. The Boards used must meet the specification in Appendix 1.3.



### The Start

- iii. Swimmers start on the start line for the swim leg.
- iv. Nippers will be told the expectations and course and at the start they will line up with toes behind the line

### The Race

#### Assuming Swim – Board order:

- v. Nippers to swim right hand (clockwise) around the two markers. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore
- vi. After rounding the two markers they will then return to the beach. Once the swimmer comes towards the shore they will tag the runner. The runner runs around both turning flags to tag a board paddler who is waiting close to the water. The tag must take place on the Changeover line (Tag 1). The tag must be on the hand or part of the body.
- vi. The board paddler paddles a three-can course and returns to the shore and then tags the same runner as before, who is waiting close to the water (Tag 2).
- vii. The board paddler does not need to be in contact with the board when the tag is made (i.e. once the competitor has turned the last marker buoy he/she may lose contact with the board).
- viii. The tagging the runner may take place at any point at the discretion of the team, providing it is made after the last can and before the runner reaches the turning flag up the beach.
- ix. The runner then completes the run leg course around a turning flag up the beach and finishes between the two green flags.

**The Finish**

- ix. The finish is judged on the chest of the runner as they cross the finish line (green flags).
- x. They must be in an upright position and on their feet.

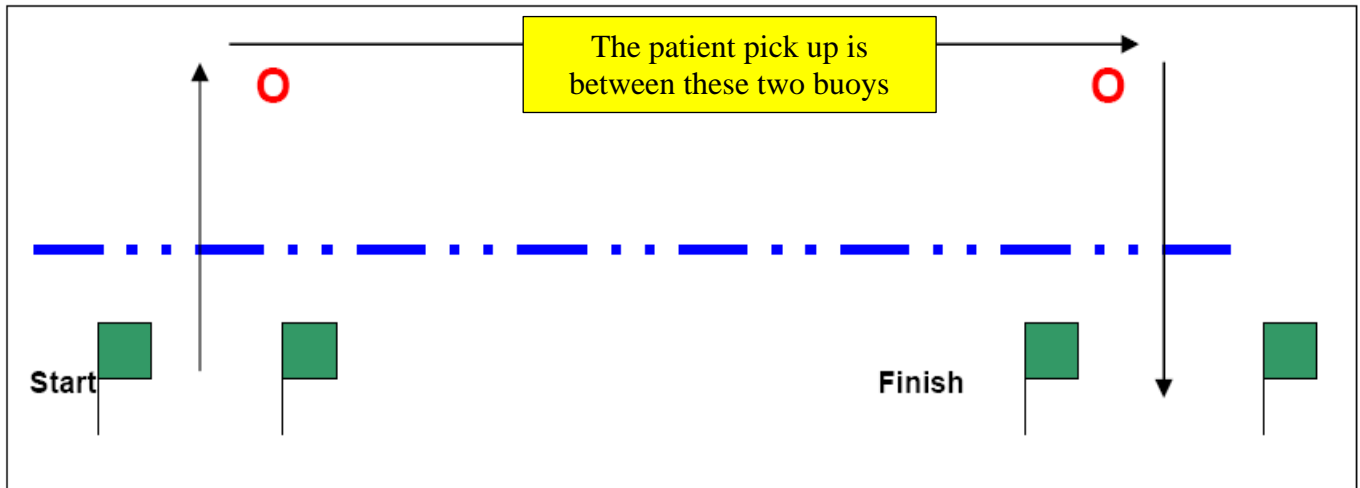
**Disqualifications**

- xi. Failure to complete the course as defined and described.

## 8. Board Rescue

### The Course

- i. The distances to be linked to sea and weather conditions on the day. **The distance should not be shorter than the course for the Board.**
- ii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iii. The Boards used must meet the specification in Appendix 1.3.
- iv. Teams shall consist of 2 Nippers, one acting as patient and the other acting as rescuer.



### The Start

- v. The Nippers acting as rescuers are lined up with toes behind the marker line, holding onto their boards.
- vi. **Patients are taken out (or swim out) to the pick up cans**
- vi. They will be told the course prior to the start of the race.

### The Race

- viii. The patient will wait on the seaward side **of both buoys** to be picked up by the rescuer on a board.
- ix. The rescuer will carry/drag their board into the sea, get on and paddle **to the left hand buoy.**
- x. Nippers must paddle right hand (clockwise) around the buoy.
- xi. The patient must make contact with the board on the seaward side of the buoy. While it is not required that the entire board be on the seaward side of the allocated buoy, the victim must make contact with the board on the seaward side
- x. Patients may place themselves on the front or rear of the board.
- xi. The two competitors on the board must round the last buoy clockwise before proceeding to shore. Patients may assist by paddling the board on the return to shore.
- xiii. There will be no deliberate interference of other Nippers or their boards
- xiv. Rescuers and victims may lose contact with the board on the return journey, but both must be in contact with the board when crossing the finish line.

### The Finish

- xv. The finish is judged on the chest of the first competitor of each team to cross the finish line on their feet in an upright position, with both rescuer and victim in control of and in contact with the board.

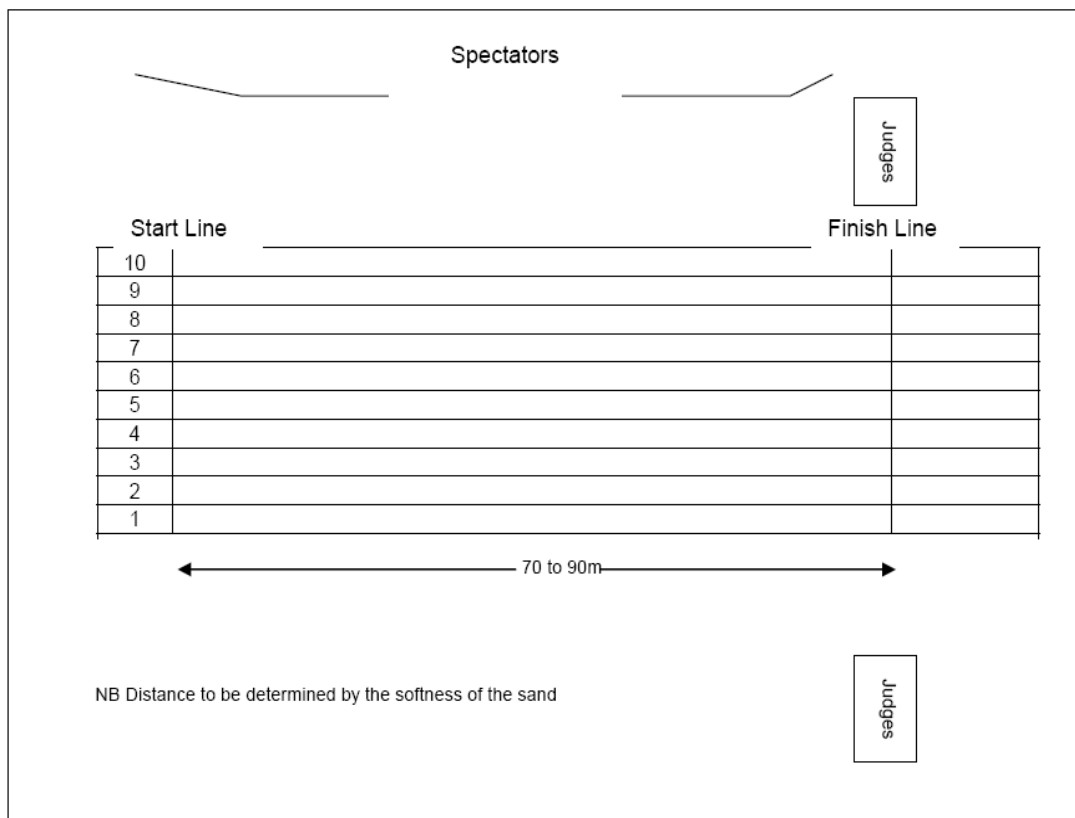
### Disqualifications

- xvi. Failure to complete the course as defined and described.

## 9. Beach Sprint

### The Course

- i. The course shall be between 70 and 90 metres in length, the distance to be determined by the softness of the sand.
- ii. Running lanes separated by coloured ropes may be laid on the beach to assist runners in keeping a straight course. The lanes shall be laid 1.8m in width where possible with a minimum width of 1.5m.
- iii. Competitors must remain in their own lane throughout the course.
- iv. Numbered pegs identifying running lanes shall be placed before the starting mark and beyond the finishing line. Lane number 1 shall be closest to the sea.
- v. The course may be laid in either direction, preferably so that the finish is closest to the centre of the competition area
- vi. The course shall have a demarcated starting line and finishing line between two poles, with sufficient run off at the finish end of the track.
- vii. The place judges must be sited so that they can all have a clear view of the finish line and the course. No spectators should be positioned within 5m of the start or finish line and should only be positioned along the two long sides of the running track.



### The Start

- viii. Nippers will wear different coloured running bibs supplied by the organizers.

### The Finish

- x. The finish is judged when the chest of the Nipper crosses the finishing line.

- xi. The Nipper must be on their feet and in an upright position
- xii. At the conclusion of the race, all Nippers in the race, no matter in what position they think they have finished must return to the finish line and stand in their lane, still wearing their running bib and club hat.
- xiii. When the judges have determined the agreed finishing order, a judge will give each Nipper a place to indicate their placing.

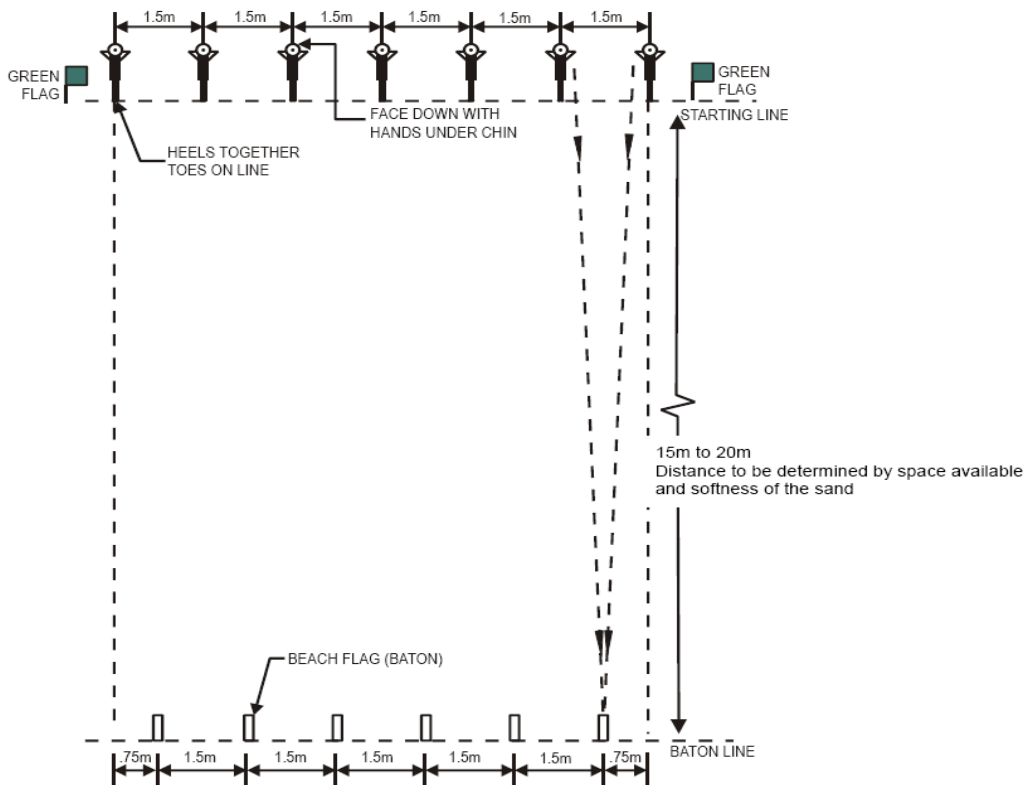
### **Disqualifications**

- xiv. Failure to complete the course as defined and described.  
The one start rule will apply. If a competitor commences his or her starting motion after assuming a final set position, and before the starting signal, it shall be a false start. Any competitor making a false start shall be disqualified.

## Beach Flags

### The Course

- i. The course shall be **15 metres** in length from the start of the flags to the batons and with up to 1.5m between each Nipper – the distance to be determined by the space available and softness of the sand.
- ii. The course shall be squared so that the baton line is parallel with the starting line.
- iii. The course should be positioned on a flat space where possible, but if there is any slope on the beach all competitors should have the same gradation to run up. Competitors must never have to run downhill in this event.
- iv. Ideally the sand should be as soft as possible and thoroughly raked so that any stones are removed.
- v. Batons shall be positioned in line parallel to the start line, and so that a “perpendicular line” between any two adjacent competitors shall pass approximately through a baton



### Equipment

- vi. Sunglasses or optical glasses may not be worn in Beach Flags unless specific sporting lenses used with agreement of the refer & team manager.
- vii. Jewellery, that, in the opinion of the Referee, has the potential to cause injury to either the wearer or other competitors must be removed or taped over prior to the competition

### The Start

- viii. There shall be fewer flags than Nippers and no more than four to be eliminated in any run through until the final 16.
- ix. From 16 down to 9 it is permissible to eliminate two at one time. Nippers will share points for the two places eliminated. From 8 down to 1 only one Nipper can be eliminated on any run through.
- x. A re-draw for positions will take place after each run through for the final 8 Nippers.
- xi. Competitors lie face down with their toes on the start line with heels together, hands on top of each other with fingertips to wrist and with the head up

- xii. Elbows must be extended forward so that the chest lies flat on the sand.
- xiii. The body's mid-line should be 90 degrees to the start line. **No scooping of the sand to make mounds is allowed, but digging in of the toes is permitted**
- xiv. On the starter's "Competitors Ready" command, competitors shall assume the starting position as described.
- xv. On the starter's "Heads Down" command, competitors – at once and without delay – shall place their chins on their hands.
- xvi. After a deliberate pause and when all competitors are stationary, the starter shall signal the start with a whistle blast.
- xvii. At the start signal, competitors shall rise to their feet and race to obtain a baton.
- xviii. Nippers are not allowed to pick up more than one baton
- xix. **Lifting any part of the body from the sand, or commencing any starting motion after the Starter's "heads down" command and prior to the start signal will be called as a false start.**
- xx. The general false start rules apply.
- xxi. If a Nipper is disqualified or eliminated, the remaining Nippers and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected

### **Deliberate Impedance**

- xxii. A Nipper will be disqualified if they deliberately impede another Nipper. Deliberate Impedance is defined as the deliberate use of hands, arms, feet or legs to impede another Nipper.
- xxiii. A Nipper may use his or her body or negotiate their shoulder and body in front of another in order to improve their position to obtain a flag but may not use hands, arms, feet or legs to obtain or remain in this position
- xxiv. If a Nipper legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.
- xxv. A competitor may cross over in front of a slower competitor.
- xxvi. If two or more competitors are guilty of deliberate impedance, the competitor who first used hands, arms, feet or legs will be disqualified

### **Disqualifications/ **Eliminations****

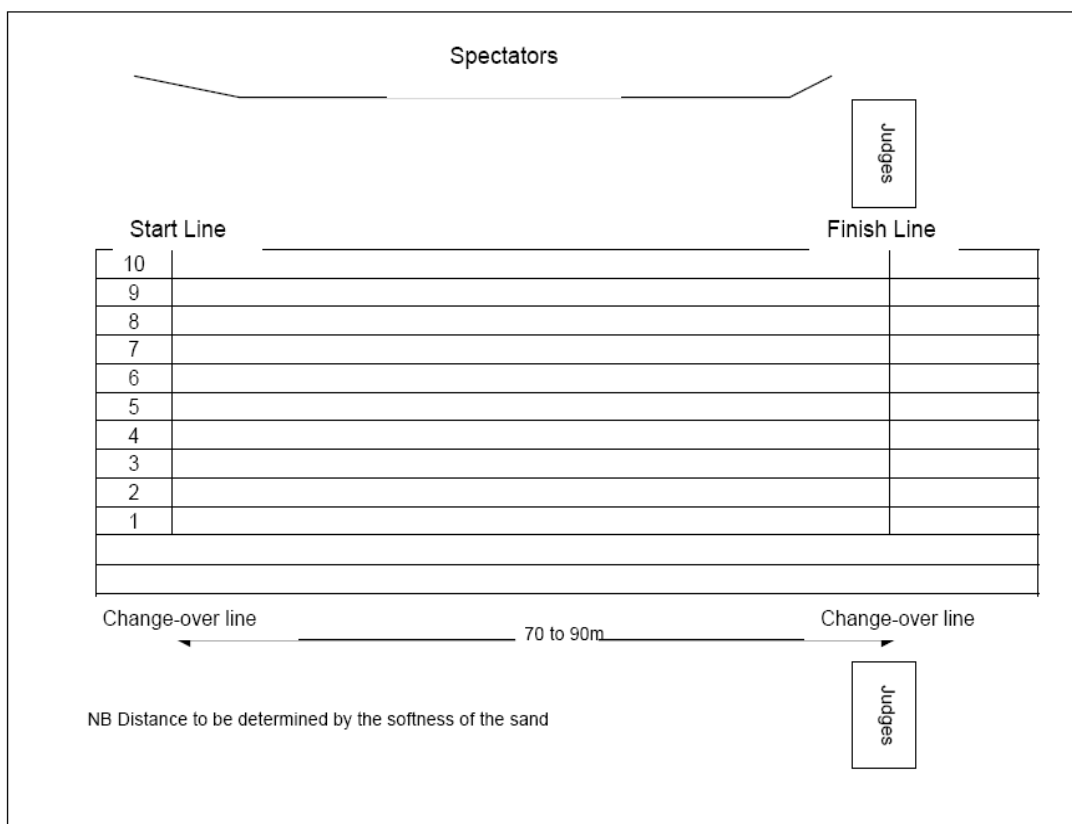
- xxvii. Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a Nipper in a subsequent segment. A Nipper eliminated from the event shall retain the point score and/or placing as at the time in the event.
- xxviii. However, a Nipper disqualified from the event shall lose all standing from the event. The following behaviour shall result in disqualification:
  - Failure to complete the event as described and defined.
  - Deliberately impeding the progress of another competitor.
  - Picking up more than one baton.

## 10. Beach Relay

### The Course

The course shall be the same as the Beach Sprint.

The Start and Finish Lines will also serve as the Baton Change-Over Line during the race.



### The Start and Procedure.

- i. The team consists of 4 runners.
- ii. The start will be the same as the Beach Sprint.
- iii. The first Nipper will run with the baton and hand it over to the second Nipper
- vi. The Nipper coming in to exchange the baton must carry the baton all the way to the changeover line. (The baton may not be thrown to the next Nipper.)
- v. The Nippers receiving the baton on the exchange can be moving while taking the baton, but will be disqualified if any part of their body or hands cross the changeover line before taking possession of the baton from the incoming Nipper.
- vi. If the baton is dropped then the Nipper may recover the baton and continue with the race. This also applies at any other stage of the race.

### The Finish

- vii. The finish is when the third Nipper crosses the line as for the beach sprint.

### Disqualifications

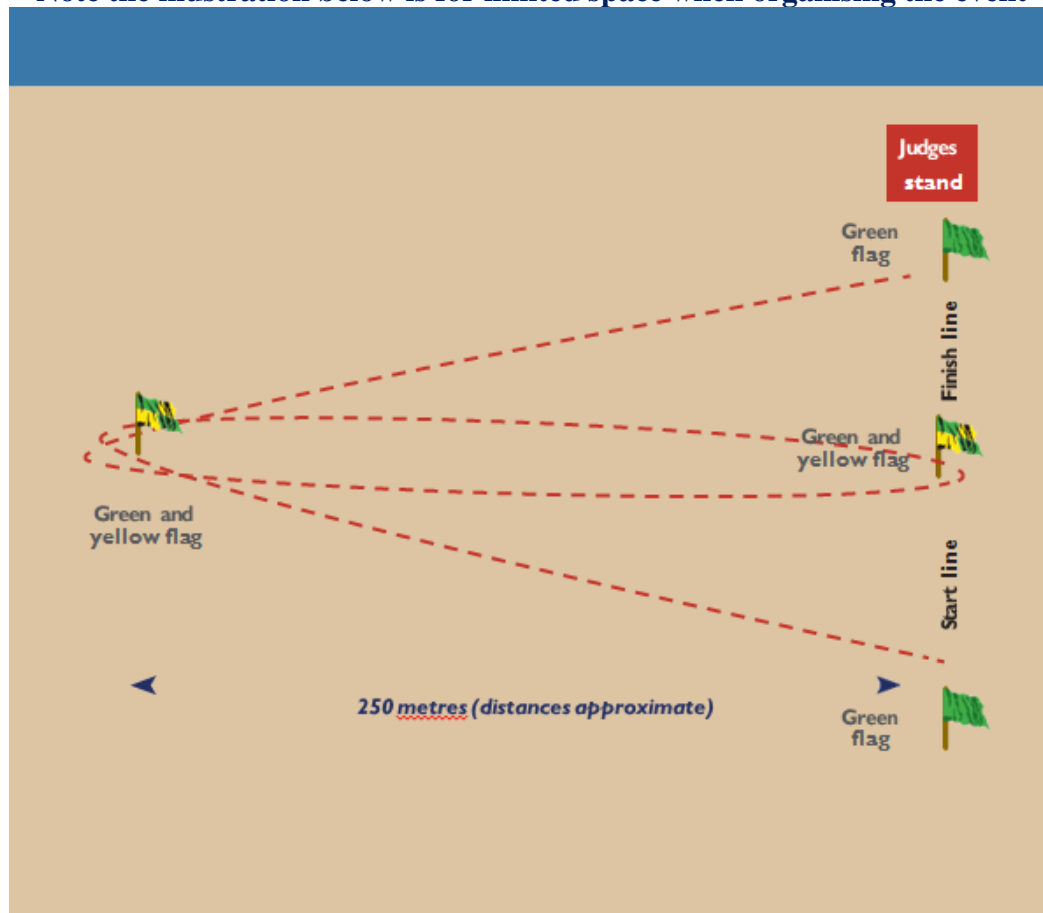
- viii. Failure to complete the course as defined and described.
- ix. The once start rule will apply.

## 11. Beach Run

### The Course

- i. The course shall be 500m for Nippers in the U8, U9, U10 age groups and 1km for the U11, U12, U13 age groups
- ii. Depending on the space available on the beach, the course may consist of one or several laps. The Nippers shall turn all turning flags clockwise (right hand in).

**Note the illustration below is for limited space when organising the event**



### The Start

- iii. Care must be taken at the start of the race so that younger or smaller Nippers are not knocked to the ground at the start of the race.
- iv. Adequate space must be given. If necessary the Nippers should start in two or three lines 1m behind each other. Nippers can use any stance they wish to start
- v. The starting sequence will be the same as for the Beach Sprint

### The Finish

- vi. The finish shall be judged on the chest of the Nipper as they cross the line.
- vii. The Nipper must be in an upright position and on their feet.

### Disqualifications

- viii. Failure to complete the course as defined and described.
- ix. The one start rule will apply.

# Section 5 - Stillwater Competition

## 1. General Conditions for Pool Competition

- i. Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.
- ii. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- iii. A competitor or team absent from the start of an event shall be disqualified.
- iv. The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events (DQ7).
- v. Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.
- vi. Competitors may not take assistance from the pool bottom except where specifically allowed.
- vii. Taking assistance from any pool fittings (e.g., lane ropes, fixtures, steps) is not permitted (DQ13).
- viii. A competitor who interferes with another competitor during a race shall be disqualified (DQ2).
- ix. In all events, competitors and their equipment must remain in their designated lane for the entire race and, **at the conclusion of the race; competitors shall remain in the water in their lane until instructed to leave the pool** (DQ9).
- x. Competitors must exit by the sides of the pool, not by the pool end over timing pads.
- xi. Competitors must wear their club, ocean event caps or rubber or silicone caps may be worn.
- xii. Goggles may be worn in all events except for the board races for reasons of safety.
- xiii. Flippers/fins are to be the conventional swim type and not fibreglass.
- xiv. Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- xv. Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

## 2. Starts

- i. The Referee will signal the official start of each event with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay & tube rescue enter the water.
- ii. Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.
- iii. On the starter's "Take your marks" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal. (different procedures apply for Manikin relay, see race description below)
- iv. Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall. Nippers that start from a starting block must be competent at executing a shallow dive from a starting block (equivalent to the ASA Competitive Start Award). Nippers that start from the side must also be competent at executing a shallow dive.

Note: At the discretion of the Chief Referee, "over the top" starts may be used.

### 3. Disqualification

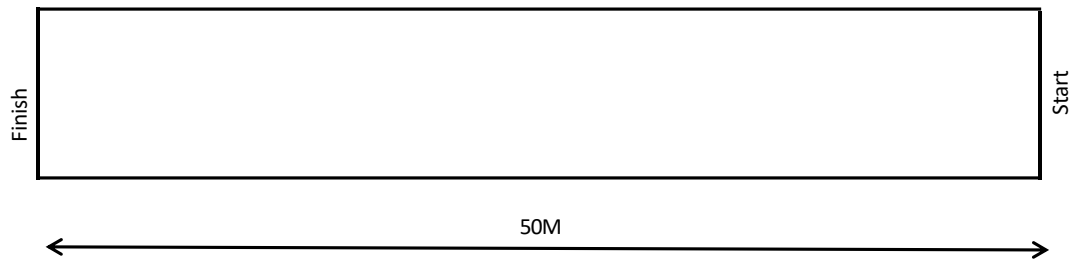
- i. All competitors who start (i.e. commence a starting motion) before the starting signal has been given, shall be disqualified (DQ10). Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification. Commonly, the early starting motion of one competitor causing movement by other competitors are not a DQ.
- ii. If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race (DQ10).
- iii. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back and start again (DQ10).
- iv. The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope.
- v. If the starter or referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.
- vi. If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.
- vii. Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal

### 4. Board Specifications

Nippers will only be allowed to use a 2m Nipper board in Stillwater events. All specifications can be found in Appendix 1.3

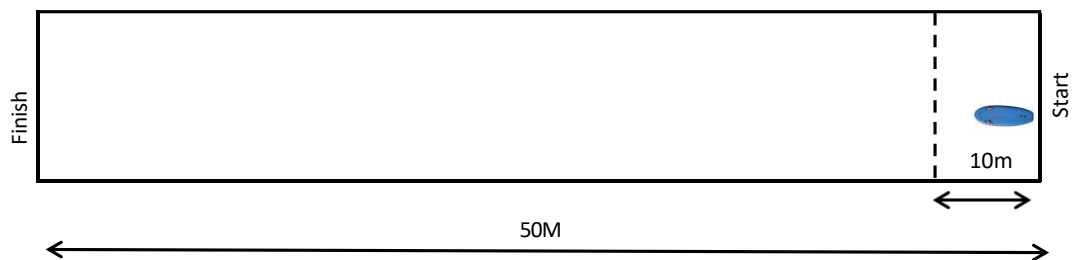
# Section 6 – Pool Events

## 1. Flipper Race



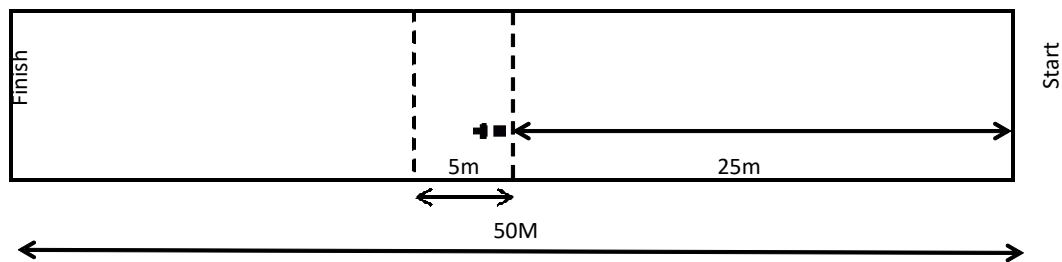
- i. Flippers/fins are to be the conventional rubber/plastic swim type and not the ILS fiberglass type.
- ii. The competitor will swim the required distance (50m).
- iii. This can be under or on top of the water at the competitor's discretion.
- iv. The finish is when the competitor touches the finish end of the pool.

## 2. Board Race



- i. The start will be in the water with one hand on the board and one hand holding onto the side of the pool.
- ii. On the start signal the Nipper will get onto the board within the 10m section and paddle the required distance (50m).
- iii. The finish will be when the nose of the board with the competitor on it touches the end of the pool.
- iv. Competitors are not allowed to paddle a nipper board on their knees. The competitor is only permitted to paddle in the prone position for safety. Prone means when any part of the torso is in contact with the board.
- v. Competitors are not allowed to use any fixtures or fitting of the pool such as lane ropes or troughs on the pool wall.
- vi. Competitors are allowed to push the board forward at the end of the race as long as they remain in a prone position and in contact.

### 3. Manikin Carry Race



- i. The start will be executed from a dive or preferred entry to the pool.
- ii. The Nipper swims 25m to the manikin.
  - a. **U8, U9 & U10** nippers will use an empty junior manikin on the surface of the water at the 25m mark. The manikin will be collected from the handler within the 5m pickup zone.
  - b. **U11, U12 & U13** nippers will use a full junior manikin at the bottom of the pool at the 25m mark. The nipper will swim down and collect the manikin from the bottom of the pool. The nipper must surface with the manikin within the 5m pickup zone.
- iii. The competitor will then carry the manikin the remaining 25m to complete the race.
- iv. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

#### **Carrying the Manikin**

##### **U8, U9, U10, U11, U12**

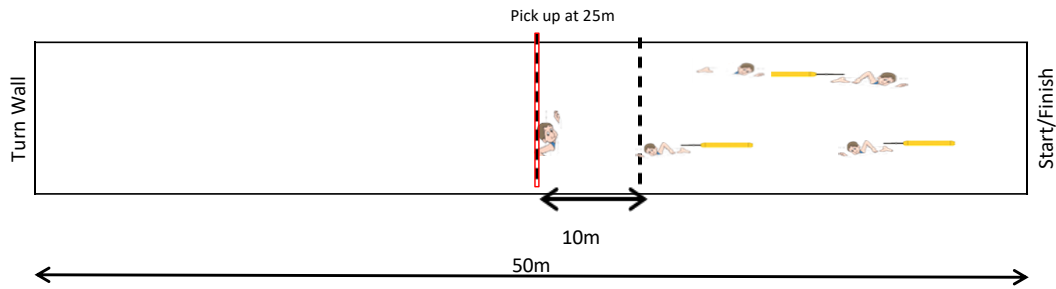
- Competitors must carry the manikin with at least one hand and must always be in contact with the manikin.
- **A front crawl tow is not permitted.**
- Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface as it is good lifesaving practice.
- The manikin may not be “pushed” – a push is defined as the top of the manikin’s head being forward of the competitor’s head.
- The manikin cannot be gripped or grasped by the throat, mouth, nose, or eyes, or carried with an arm over or around the throat of the manikin.
- Competitors must carry the manikin with the head face up, facing the direction of the carry i.e., the manikin cannot be carried with the bottom of the manikin facing the direction of the carry.
- The manikin must not be gripped by the sealing plugs.

##### **U13**

- Competitors must carry the manikin with at least one hand and must always be in contact with the manikin.
- The manikin may not be “pushed” – a push is defined as the top of the manikin’s head being forward of the competitor’s head.
- Competitors must carry the manikin with the head face up, facing the direction of the carry i.e., the manikin cannot be carried with the bottom of the manikin facing the direction of the carry.
- The manikin must not be gripped by the sealing plugs.
- The competitor and manikin are considered to be one unit and, when in the carry position, either must remain above the surface of the water.

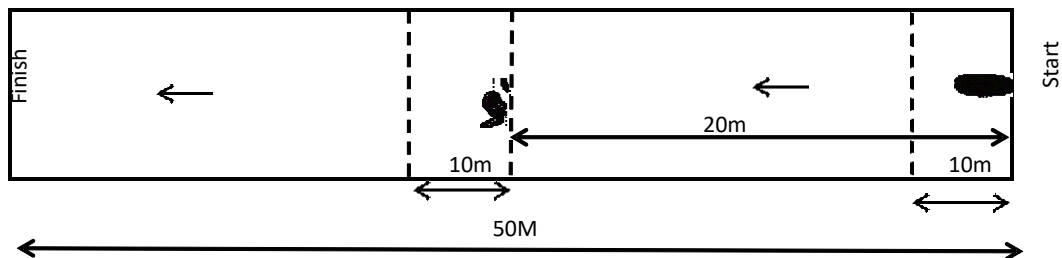
Note: If the competitor and manikin are both fully “below the surface”, it is a disqualification. However, there is no disqualification if the manikin is underwater and a competitor dips below the surface of the water as part of their normal stroke or kick cycle provided that the competitor breaks the surface throughout the race with some part of their body such as their head or arm.

#### 4. Rescue Tube Race



- i. The patient will execute the start with a dive.
- ii. The patient swims 25m to a boom, touches the boom and signals with a ‘hand up’ to the rescuer. They must remain in contact with the boom.
- iii. The rescuer will start in the water with a rescue tube in contact with the side of the pool (fins may be worn). On the patient’s ‘hand up’ signal they must swim the required distance (25m) to the patient towing the rescue tube with the line fully extended behind them.
- iv. Once the rescuer has also touched the boom, the patient picks up the tube by holding onto the main body of the tube with two hands. They must grip the main yellow body of the rescue tube and not the rope or clip/buckle.
- v. The pickup must be completed within the 10m line.
- vi. The rescuer then tows the patient to the finish end of the pool. The patient may reposition their hands on the tube during the tow without disqualification.
- vii. The finish will be when the rescuer touches the finish end of the pool with the patient still holding the rescue tube with two hands.
- viii. The patient is allowed to assist the rescuer by kicking their legs **but not by using the arms.**

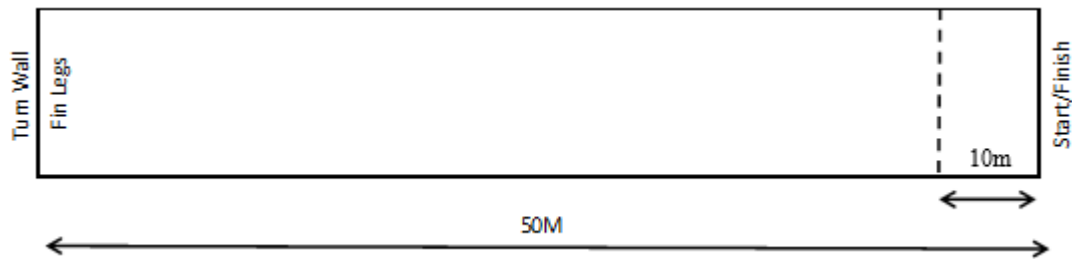
#### 5. Board Rescue



The patient is in the water within the 10m changeover zone situated between the 20m and 30m mark.

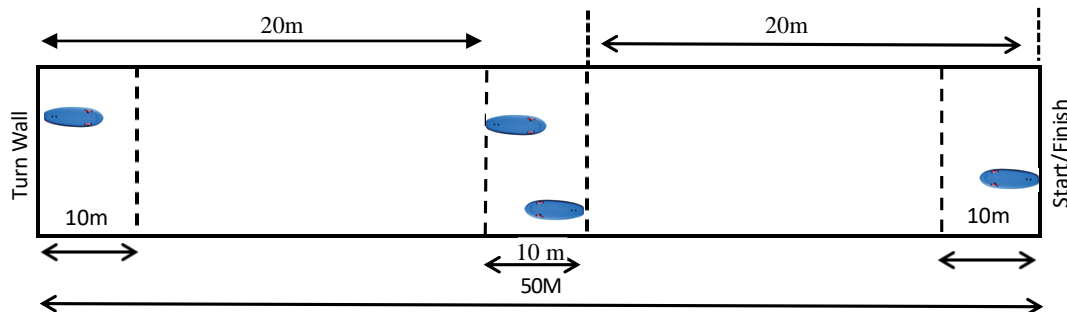
- i. All rescuers will start in the water with one hand in contact with the board and one on the side of the pool.
- ii. Upon a signal the rescuer paddles the required distance to the patient in a prone position.
- iii. The rescuer picks up the patient in any position on the board.
- iv. The pickup must be completed within the 10m transition area and both competitors must be on the board in a prone position.
- v. Prone means when any part of the torso is in contact with the board.
- vi. Both Nippers must be on the board leaving the pick-up zone and throughout the rest of the race.
- vii. If a Nipper falls off, they stop and must get back on the board.
- viii. The finish is when the board (with both Patient and Rescuer on the board in a prone position) throughout touches the edge of the pool.
- ix. Competitors are allowed to push themselves back from the board to facilitate the finish (to ensure their head does not hit the side) as long as they remain in a prone position and in contact.

## 6. Medley Relay



- i. The team must comprise of four competitors.
- ii. The first Nipper dives in and swims to the turn end of the pool and must touch the end of the pool.
- iii. Upon the touch the second Nipper, who has fins on, dives in and swims either under or on top of the water and completes the length by touching the finish end of the pool.
- iv. Upon the touch the third Nipper, waiting in the water with a rescue tube swims to the turn end and touches the end of the pool.
- v. Upon the touch, the third Nipper then transfers the rescue tube to the fourth Nipper who has fins on and is waiting in the water holding on to the end of the pool.
- vi. The third Nipper now acts as patient and picks up the tube by holding onto the main body of the tube with two hands. They must grip the main body of the rescue tube and not the rope or clip.
- vii. The pick up must be completed within the 10m line.
- viii. The fourth Nipper tows the third Nipper back to the finish end.
- ix. The third Nipper (patient) is allowed to assist the fourth Nipper (rescuer) by kicking their legs but not by using the arms.
- x. The finish will be when the fourth Nipper touches the finish end of the pool with the third Nipper still holding the rescue tube with two hands.

## 7. Board Relay



- i. The team must comprise of four competitors.
- ii. At the start of the race all paddlers will be in the water with the first member of the team having one hand on the board and the other hand holding onto the side of the pool.
- iii. All four competitors are only permitted to paddle in the prone position for safety.)
- iv. At the start signal the first paddler will get onto the board and paddle the required distance (20m). The second paddler (also paddler four) is in the water within the 10m changeover zone situated between the 20m and 30m mark. The first paddler dismounts the board and the second paddler mounts the board within the changeover zone.
- v. The third paddler will be in the water with one hand holding onto the side of the pool. The third paddler must remain in contact with the edge of the pool until the second paddler reaches them. The second paddler is not obliged to touch the turn edge of the pool, as the third paddler can touch the board/paddler, but must still have one hand touching the edge of the pool. The returning paddler may help to turn the board, but must not aid the outgoing paddler to mount the board or push them forward.
- vi. The changeover must be completed within the 10m line.

- vii. The remaining legs will be completed in this fashion as part of the race.
- viii. The finish of the race occurs when the nose of the board (with the Nipper laying in prone) touches the end of the pool.

# Appendix 1 –Equipment Standards

## 1. Facility Standards

### Automatic officiating equipment

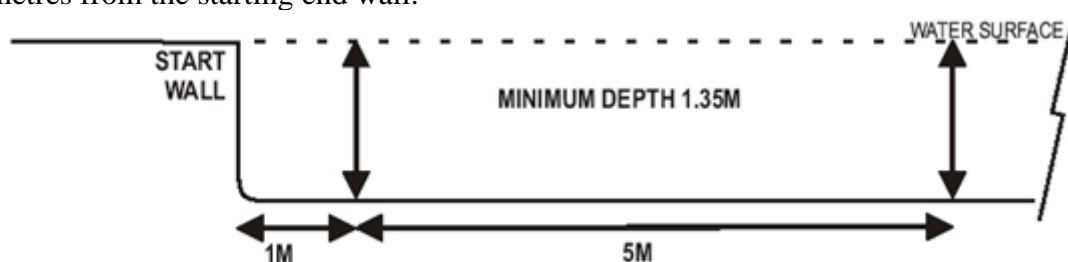
Ideally the pool shall be equipped with automatic officiating equipment to record the time of each competitor and to determine the place of each competitor in race events.

### Water

The pool water shall meet the clarity standards and the bacteriological and chemical standards of the applicable local health regulations in the host nation. The water temperature shall be 25 to 28 degrees Celsius.

### Dive Start

For a safe Dive start you need a minimum depth of 1.35 metres extending from 1.0 metre to at least 6.0 metres from the starting end wall.



## 2. Equipment Standards

SLSA Wales has attempted to follow International Life Saving Federation specifications where possible. The emptions lie with the fins, manikins & boards. Where appropriate, allowable tolerances are recorded as '(± 2cm)', meaning a tolerance of plus 2.0cm and minus 2.0cm is allowed. Where appropriate, dimensions and weights are recorded as 'minimum' or 'maximum' allowed.

Scrutineering of equipment: The organising committee reserves the right to re-inspect competition equipment at any time during the championships. Equipment found to contravene specifications shall be subject to disqualification, which may result in the disqualification of the competitor using the equipment and the possible disqualification of the full team.

## 3. Batons (Beach Flags)

Beach flag batons and beach relay batons shall be made of flexible material (e.g. flexible hose) a maximum of 30cm and a minimum of 28cm long with an external diameter of approximately 25mm (± 1mm). Batons should be coloured so as to be easily visible.

## 4. Boards

Ocean Events:

- U8, U9, U10 & U11 nippers will be required to use the 2m Nipper board specification.
- U12 & U13 nippers can either use a board in the 2m specification or the 8ft 10in Transition board specification.

Pool Events:

- All nippers will only be allowed to use a board from the 2m Nipper board specification. These are only to be of soft construction and have no exterior carbon fibre.

## 2m Nipper Board Specification

- ✚ Maximum length – 2.0m
- ✚ Minimum nose radii – nose and tail in plan view (see below) ~ 25mm
- ✚ Minimum radii –leading edge nose and trailing edge tail in elevation view (see below) ~ 3mm
- ✚ Minimum structural weight – not specified.
- ✚ Minimum width – not specified.
- ✚ Only one fin is permitted. Fin must have minimum profile radius of 25mm at any point, and minimum leading edge radius of 3mm and minimum trailing edge radius of 1.5mm. The fin is to be of flexible rubber/plastic material or molded foam.

NOTE: Leading edge extends from underside of the board to the lowest point of the fin.

- ✚ The board must be constructed of foam with solid core construction. No solid reinforcing stringers (e.g. fibreglass, wood, etc) are permitted. No hard plastic/fibreglass type coverings over the foam is permitted (i.e. the surface of the craft must be flexible).
- ✚ N.B: Plastic/rubber handles and plug attachments are permitted.
- ✚ Boards must contain a minimum floatation in the form of foam or other approved material to provide buoyancy of 20kg mass.  
Note: (i) Isolite foam provides buoyancy of 10kg for each 0.01 cubic metre.

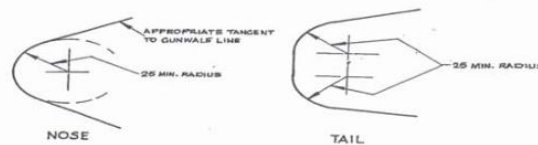


Figure 3 - PLAN



Figure 4 - ELEVATION

## 8ft 10in Transition Board Specification

- ✚ Maximum size = 271cm x 49cm x 18cm
- ✚ Weight = 6.6kg
- ✚ **These must be of a soft foam outer, but may have a slick bottom.**

### 5. Manikins

- ✚ **Construction:** Manikins are to be constructed of PITET type plastic and must be hermetic (i.e. capable of being filled with water and sealed for competition).
- ✚ Dimensions = 65cm by 36cm
- ✚ Weight = 2.76kg (Approx.)

## 6. Rescue Tubes

### **Construction and composition**

**Source of buoyancy:** Material to be as specified in Australian Standard AS2259 or equivalent. The material shall be closed cell plastic foam, and durable and flexible.

**Buoyancy:** The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.

**Flexibility:** The body of the rescue tube shall be of such a nature as to be able to roll within itself with a force of 5-6 kg.

**Strength:** Webbing, leash, and fittings shall be able to withstand a minimum of 454.55 kg (1000 lb.) stress in a longitudinal direction without damage.

**Weight:** Total weight of the tube should be between 600-750 g.

**Colour:** The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered) as per Australian Standard AS1318.

**Stitching/thread:** Stitching shall be a locked stitched type 301 of British Standard BS 3870 as illustrated in Australian Standard AS2259. The thread is to have similar properties to the materials being sewn.

### **Technical measurements specification**

i. **Rescue Tube Dimensions:** The body of the tube (flotation component):

✚ L – minimum length 875 mm; maximum length 1000 mm

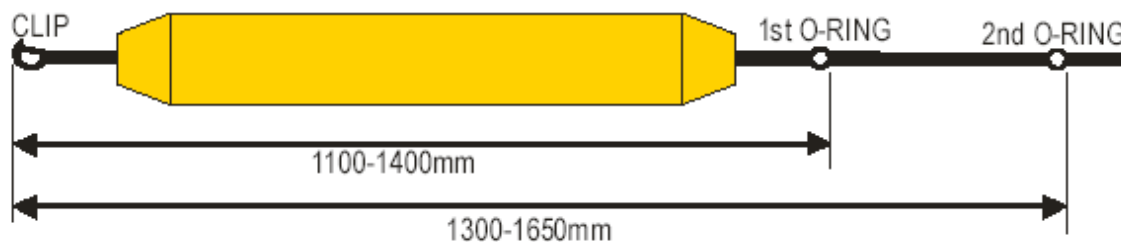
✚ B – maximum breadth 150 mm

✚ T – maximum thickness 100 mm



The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm.

The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.



**Leash:** The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900mm to a maximum of 2100mm. The leash shall be a synthetic type rope which is UV treated.

**Webbing connections:** Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm ( $\pm 2.5$ mm) wide woven nylon.

**Lanyard:** Webbing for the lanyard shall be 50mm ( $\pm 5.0$ mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.

**O-rings:** O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38mm ( $\pm 4.0$ mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.

**Clips:** The clip shall be a brass or stainless steel snap hook KS2470-70 with an overall length of 70mm ( $\pm 7.0$ mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

**Overall length:** The distance from the clip to the end of the lanyard/harness shall be a minimum of 3.65 m to a maximum of 4.30 m.

## 7. Swim Fins

- ✚ Fins are not to be of Fiberglass constructions.

## 8. Swimwear

















Swimwear for both SLSA Wales pool and ocean events must comply with the following standards:

- ✚ Swimwear worn by males shall not extend above the navel or below the knee.
- ✚ Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may also be worn.

The material and construction used in swimwear to be worn in all ILS pool and ocean events shall be:

- ✚ Only textile woven fabric(s) shall be permitted.
- ✚ Non-woven and/or non-permeable (e.g., wetsuit type) materials shall not be permitted.
- ✚ The material used shall have a maximum thickness of 0.8 mm.
- ✚ Other than string ties for the tops of male swimwear, the bottom and/or top of female two-piece swimwear, and the back of female one piece open back swimsuits, no zippers or other fastening systems shall be permitted.
- ✚ The swimsuit worn by competitors shall not aid in their buoyancy.
- ✚ Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- ✚ No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

**Note:** All swimwear stamped as being FINA compliant for Stillwater swimming shall be acceptable for use in SLSA Wales competition.

<b>Male Swimsuits</b>					
<b>Full Length</b>	<b>Long</b>	<b>Long Legs</b>	<b>Knee length</b>	<b>Square Leg</b>	<b>Short</b>
<b>Not Allowed</b>	<b>Not Allowed</b>	<b>Not Allowed</b>	<b>Allowed</b>	<b>Allowed</b>	<b>Allowed</b>
					
					
<b>Female Swimsuits</b>					
<b>Full Length</b>	<b>Zippered Back</b>	<b>Knee Length, Open Back</b>	<b>Short, Open Back</b>	<b>Two Piece</b>	
<b>Not Allowed</b>	<b>Not Allowed</b>	<b>Allowed</b>	<b>Allowed</b>	<b>Allowed</b>	
					
					

# Appendix 2 - DISQUALIFICATION CODES FOR POOL EVENTS

## 9. GENERAL

Code and Disqualification	Events
1. <b>Not completing the event in accordance with the event description or general rules.</b>	<b>All events</b>
2. <b>A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of “competing unfairly” include:</b> <ul style="list-style-type: none"> <li data-bbox="459 656 962 723">i. <b>committing a doping or doping-related infraction</b></li> <li data-bbox="459 768 994 801">ii. <b>impersonating another competitor</b></li> <li data-bbox="459 835 978 902">iii. <b>attempting to defeat the ballot or draw for events or positions</b></li> <li data-bbox="459 947 914 1014">iv. <b>competing twice in the same individual event</b></li> <li data-bbox="459 1059 1026 1126">v. <b>competing twice in the same event in different teams</b></li> <li data-bbox="459 1171 1042 1238">vi. <b>purposely interfering with a course to gain advantage</b></li> <li data-bbox="459 1283 1058 1395">vii. <b>jostling or obstructing another competitor handler so as to impede his or her progress</b></li> <li data-bbox="459 1440 1042 1552">viii. <b>receiving physical or material outside assistance (other than verbal or other direction)</b></li> </ul>	<b>All events</b>
3. <b>Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.</b>	<b>All events</b>
4. <b>A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.</b>	<b>All events</b>
5. <b>Activities that result in wilful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.</b>	<b>All events</b>

<b>Code and Disqualification</b>	<b>Events</b>
6. Abuse of officials may result in disqualification from the competition.	All events
7. Using sticky, tacky or adhesive substances (liquid, solid or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push of the bottom of the pool.	All events
8. Taking assistance from the pool bottom except where specifically allowed (e.g., 4 x 25m Board Relay, 4 x 25 m Manikin Relay).	All events
9. Leaving the water after an event before permission is given by the official.	All events
10. Commencing a starting motion before the starting signal has been given.	All events
11. Failure to touch the wall during the turn.	All events
12. Failure to touch the finish wall.	All events
13. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.	All events
14. Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line.	Manikin Carry,
15. Using an incorrect carrying	Manikin Carry
16. Carrying or towing the manikin face down.	Manikin Carry
17. Releasing the manikin before touching the finish wall or the turn wall	Manikin Carry
18. Assistance from a third competitor during the exchange between the incoming and outgoing competitors.	Board Relay
19. Both competitors not in contact with the Board.	Board Relay
20. One competitor repeating two or more legs of the event.	Medley Relay, Board Relay
21. Leaving the start before the previous competitor has touched the wall (Board).	Medley Relay, Board Relay

<b>Code and Disqualification</b>	<b>Events</b>
22. <b>The Board changing hands is done before or beyond the designated changeover zone</b>	<b>Board Relay</b>
23. <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.</b>	<b>Medley Relay</b>
24. <b>The competitor clipping the rescue tube into the ring.</b>	<b>Medley Relay, Rescue Tube Race</b>
25. <b>The victim holding the rescue tube by the rope or clip.</b>	<b>Medley Relay, Rescue Tube Race</b>
26. <b>The victim helping with arm movements</b>	<b>Medley Relay, Rescue Tube Race</b>
27. <b>The victim losing the rescue tube after crossing the 5 m line.</b>	<b>Medley Relay, Rescue Tube Race</b>
28. <b>The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10 m line.</b>	<b>Medley Relay</b>
29. <b>A competitor re-entering the water after completing his or her leg of the relay.</b>	<b>Medley Relay, Board Relay</b>

# Appendix 3 - Penalty Protest Form (PPF1)

All protests against a decision must be made using this form. It must be completed in writing and handed with the appropriate protest fee to the relevant official **within 15 minutes** of the relevant decision being notified to the team manager/competitor/team concerned. Note that no protest can be made which is a direct challenge to a judges' agreed order of finishing.

<b>Championship:</b>	
<b>Date:</b>	
<b>Event:</b>	
<b>Heat/Final</b>	
<b>Club:</b>	
<b>Competitor No:</b>	
<b>Competitor Name:</b>	
<b>Time of Decision:</b>	
<b>Time Protest Received</b>	
<b>Received in time</b>	YES / NO
<b>Official (s) involved:</b>	
<b>Decision protested</b>	
<b>Reason for Protest:</b> <i>(Please ensure that you quote the relevant page and rule no from the current Competition Rulebook which forms the basis for your protest)</i>	

<b>Protest made by:</b>	
<b>Result of Protest:</b>	DECISION UPHELD / DECISION OVERULLED
<b>Appeal Jury:</b>	
<b>Decision notified to appellant by:</b>	
<b>Time of notification</b>	
<b>Officials notified:</b>	YES / NO