

RLSS UK SUSSEX BRANCH – COMPETITION RULES - 2010

SUSSEX MIXED PAIRS (Juniors – John Stainer Rosebowl)
(Seniors – Butlins Rosebowl)

Juniors – Pairs to consist of one female and one male and to be **under 16 years** of age on the 1st January of the year of the Competition. Be holders of Lifesaving 3 or Bronze Medallion

Seniors - Pairs to consist of one female and one male and **to be 16 years or over** on the 1st January of the year of the Competition. Be holders of a minimum Bronze Medallion

Events

1. Staged Incident
2. Rope Throw (one member to take part using their partner as casualty)
3. Swim and Tow (member who did not throw rope, using their partner as casualty)

Rules Rank order with Incident weighted by 1.5

Perpetual Silver Bowl Trophy presented to the winners with medals for 1st to 3rd places

The top six placed Senior Pairs will represent Sussex Branch in the South East Region Mixed Pairs Championships. An unlimited number of Junior Pairs can enter the South East Region Mixed Pairs Championships.

SUSSEX TEAMS CHAMPIONSHIP (Gilbert Garforth Trophy) *for the overall*
(John Walker Memorial Shield) *for the SERC*

Team: Two Male and Two Female members from the same Group affiliated to RLSS UK Sussex Branch, all to be holders of minimum current Bronze Medallion.

Events Dependent upon the venue. However, typical events are:

1. March Past (Presentation and Standard)
2. Staged Incident (SERC) (Technique)
3. (a) Two members to each carry out a Swim and Tow event
 1. Wrist Tow 2. Extended Chin Tow (Speed)
- 3 (b) Relay swim for remaining two members of Team (Speed)
4. Team Rope Throw Relay (Speed)

Marking Rank order with Incident Double weighted
Each **CLUB** to provide at least **TWO** bodies for the **INCIDENT**

Perpetual Gold Plated Trophy presented to winners with medals for 1st to 3rd places

The John Walker Incident Memorial Shield will be presented to the winners of the Incident Event (SERC).

SUSSEX MASTERS (No Trophies)

Individual for Ladies and Men in age groups: 30-39, 40-49, 50-59, 60+

(Age, as at the end of the year of the competition)

Be in personal membership of RLSS UK and hold a minimum Bronze Medallion

- Events**
1. Aquatic Initiative Test (90 seconds)
 2. Life Support and First Aid Initiative Test (90 seconds)
 3. Line Throw 12 metres (10m for over 50's)
 4. Swim and Tow (Total distance between 90 and 105 metres)
(Total distance between 40 and 50m for over 50's)

Rules In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition. Each **CLUB** to provide at least **TWO** bodies for the **INITIATIVE TEST**

Medals to be presented to the first 3 places in each age group

SUSSEX BEACH LIFEGUARD (Sussex Shield)

Team Four people, to be any mixture of Male and Female and to be members of the same group affiliated to RLSS UK Sussex Branch. May be changed to separate Ladies and Men's competitions.

Qualification Competitors to be holders of one of the following current awards:
National Beach Lifeguard, Surf Lifeguard Proficiency or Bronze Cross

Events To be selected from the following and dependent upon the Venue

	Competitors	Approx. Distance
Events 1. Staged Incident	Max 4 per team	
2. Paddle Board Race	1 per team	180 – 250m
3. Cobra Ski Race	1 per team	180 – 250m
4. Rescue Tube Rescue	1 team of 4	180 - 250m
5. Surf Race	Max 2 per team	350 – 450m
6. Cobra Ski Rescue	1 team of 2	180 - 250m
7. Reel and Line	Max 4 per team	180 - 250m
8. Beach Flags	Max 3 per Team	20m
9. Run	Max 3 per Team	2k

Each Club to provide a body as casualty for the Reel and Line

Each competitor to carry out one of Event Nos 2, 3, 5 or 6.

Event Rules. In accordance with International Lifesaving Rules (ILS) amended to suit venue if necessary.

Each CLUB to provide a minimum of TWO bodies for the INCIDENT (SERC)

Scoring Rank order with the **Incident (SERC)** being **Double** weighted
Perpetual Trophy presented to the winners with medals for 1st to 3rd places

SUSSEX LIFE SUPPORT (Centenary Shield)

Competitors are to be either an individual member of RLSS UK or a member of a Group affiliated to RLSS UK Sussex Branch and be holders of a current minimum Life Support award

- Events**
1. Questionnaire with multi choice answers
 2. Casualty assessment, action for vomit and recovery position on a live casualty
 3. CPR on Adult Manikin
 4. CPR on Baby Manikin
 5. CPR on Junior Manikin
 6. Life Support and First Aid Incident

Marking Rank Order

All aspects will be taken from Life Support Fifth Edition 2006

Perpetual Shield and trophy to winner with medals for 2nd and 3rd places

SUSSEX INDIVIDUALS (Ladies – John Maginnis Cup) (Mens – John Stainer Cup)

Individual Ladies and Mens Competitions

Competitors must be over 16 years at the end of the year of the competition, be in personal membership of the Society and be holders of minimum current Bronze Medallion

- Events**
1. Aquatic Initiative Test (90 seconds)
 2. Life Support and First Aid Initiative Test (90 seconds)
 3. Line Throw 12 metres
 4. Swim and Tow (Total distance between 90 and 105 metres)

Rules In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition. Each **CLUB** to provide **TWO** bodies for the **INITIATIVE TEST**

Perpetual Silver Cups presented to the winners in each category with medals for 1st to 3rd places

SUSSEX SCHOOLS (Girls – Elizabeth Carver Cup) (Boys – Crawley TLSC Cup)

Pairs of either Girls or Boys from any Sussex School, to be under the age of 16 years at the end of the year of competition and have had some Lifesaving tuition.

1. Aquatic Initiative Test
2. Life Support and First Aid Test
3. Line Throw (10 metres)
4. Swim and Tow (Total approx. 100 metres)

Both competitors to carry out all events

Marking Rank order. *Aquatic Initiative Test is Double Weighted*

Perpetual Silver Cups presented to the winners in each category with medals 1st to 3rd

YOUTH PAIRS (Junior Girls – Sussex Shield) (Junior Boys – Sussex Shield)
(Senior Girls – Horsham LSC Cup) (Senior Boys– Trudie & Cliff Sewell Trophy)

Age Groups Juniors: Under the age of 15 at the end of the year of the competition
Seniors: Under the age of 18 at the end of the year of the competition

Qualification

Juniors: Must be holders of minimum current Lifesaving 3 or Bronze Medallion, be Youth Members of the RLSS UK and both be members of the same affiliated group

Seniors: Must be holders of minimum current Bronze Medallion, be Individual Members of the RLSS UK and both be members of the same affiliated group

Events

1. Aquatic Initiative Test (90 seconds)
2. Life Support and First Aid Initiative Test (90 seconds)
3. Line Throw: Seniors 12 metres, Juniors 10 metres
4. Swim and Tow (Total distance between 90 and 105 metres)
(Juniors total distance between 40 and 50 metres)

Rules In accordance with the RLSS UK National Lifesaving Championship Rules for the year of the competition. Each **CLUB** to provide **TWO** bodies for the **INITIATIVE TEST**

Perpetual Silver Trophy presented to the winners in each category with medals for 1st to 3rd places

SUSSEX PAIRS (Ladies – Rogers Trophy and Hastings LGC Shield)
(Mens – Sussex Local Centre Shield SCASA)

Pairs of Ladies and/or Men from the same affiliated RLSS UK Sussex group and to be holders of minimum current Bronze Medallion

Events

1. Staged Incident (*SERC*)
2. Competitor ‘A’ Swim and Tow
3. Four lengths Obstacle Relay. (Each competitor to carry out 2 lengths swim)
4. Competitor ‘B’ carries out 12m Line Throw (Best of 2 attempts)

Rules In accordance with RLSS UK National Lifesaving and Speed Championship Rules where applicable. Each **CLUB** to provide at least **TWO** bodies for the **INCIDENT**

Marking Rank order with the **Incident** weighted by 2

Perpetual Silver Cup and Shield presented to winning Ladies & Men’s Pairs with medals for 1st to 3rd places

ROOKIE BEACH FESTIVAL

Teams and Age Groups As for Rookie Pool Festival

Rules/Events are being finalised and may be varied depending upon venue

ROOKIE POOL FESTIVAL

Teams to be a maximum of 6 members but only 4 will take part in each event so that the teams can rotate as necessary, they are to be of any mixture of Boys and Girls providing at least one of each gender is in the competing Team. Age groups: From 8 and under 10, under 12 and under 15. Ages as at 31 December 2010. Members can only compete in one age group Team.

EVENTS: All relays in approx 25m pool

1. **Freestyle Relay 4 x 25m**

Each member to swim 25m. No 1 swims 25m and touches the end of the pool, No 2 then swims 25m etc. All starts to be in the water holding the poolside.
Timed to No 4 touching the pool end.

2. **Lifesaving Backstroke or Sidestroke Relay 4 x 25m**

All as Freestyle Relay but using either Lifesaving Backstroke or Sidestroke. All starts to be in the water holding the poolside.
Ends of the pool to be touched each time before changeover.

3. **Push Ball Relay 4 x 25m**

Each member to swim and push a ball one length, touch end and then the next member to swim one length pushing the ball etc, timed to No 4 touches the end of the pool. All starts to be in the water.

4. **Obstacle Relay 4 x 25m**

Each member to swim one length and dives under 2 ropes that are laid across the pool 8m from each end, must surface after each rope. All starts to be in the water holding the poolside and pool ends to be touched before changeovers.

5. **Rope Throw Relay 3 x 5m age 8 – 10's and 3 x 8m for the rest of entries)**

Each member to throw a rope and rescue a team member who then climbs out throws the rope and rescues the next member. A fourth member is a casualty only.

6. **Paddle Board Relay 4 x 25m**

Each member to paddle approx 25m and then pass the board to the next person. All starts in the water holding the poolside. There will be markers at approx 2.5m from each end.

7. **Head Tow Boat Race**

Teams to line up and be linked by holding the chin of their next team member with one hand and all tow together one length using leg kick and using the other free hand.

8. **Carry Brick Relay**

Each member to carry/tow a rubber brick one length and pass to the next member.
Timed to No 4 puts the brick on the pool side.
All starts to be in the water holding the poolside.

If time permits: 9. **Ball Throw Relay.** No 1 on poolside, Nos 2, 3 and 4 at Cross Line.
No 1 throws ball to No 2 who then kicks back to pool end climbs out and throws the ball to No3 etc.
No 4 is casualty only.

Marking Will be in Rank Order. i.e 1st = 1Point, 4th = 4 points etc.

Team with the lowest score wins overall in their age group.

Medals will be presented to overall winners in each age group with certificates to all competitors.