Sussex Championships – Information Sheet

(Sussex Branch equivalent to the National Lifesaving Championships)

Rules

RLSS rules will be followed for events. Please use this hyperlink to view:

National Lifesaving Championships 2025 Edition

All competitors are required to hold a valid personal membership to the RLSS on the date of competition.

Age group definition

10-12 (*Competitors compete in pairs)*

12-14 (*Competitors compete in pairs)*

15-17 (*Competitors compete in pairs)*

18-21 (*Competitors compete in pairs)*

16+ *(Competitors complete individually)*

30-39 *(Competitors complete individually)*

40-49 *(Competitors complete individually)*

50-59 *(Competitors complete individually)*

60-69 *(Competitors complete individually)*

70+ *(Competitors complete individually)*

Category definition

Female – must have been assigned female at birth.

Open - any competitor irrespective of gender assignment.

Sussex Championship competition categories

Each of the above age groups will have both a female and open category.

Events

1. Dry SERC – *age group 10-12 will have 2 mins to complete. All other age groups 90 secs. Minimum of swimsuit and hat to be worn. No goggles may be worn by competitor.*
2. Aquatic SERC – *age group 10-12 will have 2 mins to complete. All other age groups 90 secs. Short sleeve shirt, long trousers and hat must be worn. No goggles may be worn by competitor.*
3. Line throw. Both competitors in the pair will compete.
   Age groups 10-12, 12-14 and over 50 age groups 10m. All other categories – 12.5m. Rule to note - casualties will not be permitted to kick or put their face in the water while being pulled in.
4. Swim and tow. Both competitors in the pair will compete.

Age groups 10-12, 12-14 and over 50 age groups - 25m swim, 25m tow. All other competitors 50m swim, 50m tow.
A T-shirt or polo shirt must be tucked in to swimwear at start of race (any size can be used).
Please remember that swimmers are not permitted to touch the casualty so bear this in mind when selecting very small items of clothing!
Front crawl tow cannot be used. Competitor must be on side or back when towing.

FOR SCORING

Dry SERC carries no weighting.

Wet SERC will be weighted by 2.

Rope throw – a DNF will be awarded a tome of 2 minutes.

Rope throw or a swim and tow DQ – will be awarded a time of 10 minutes.

If there are less than 4 competitors/pairs in an event, DNF or DQ will be awarded points equivalent to 4th place. This applies even when multiple competitors DNF or DQ in the event.