



INTERNATIONAL LIFE SAVING (ILS)
SPORT TECHNICAL BULLETINS # 1, 2, 3, 5 & 6 ILS
COMPETITION RULE BOOK 2023 EDITION

The Rule Book has been published on the ILS website and may be downloaded from <https://www.ilsf.org/lifesaving-sport/rules>

The ILS Sport Commission is continually working to evolve and improve the safe and fair delivery of lifesaving competition with the aim of having rules that are simple to understand, and that encourages the delivery of sport in a format that is exciting to watch and provides objective outcomes for all involved.

These Bulletins advise the completion and publication of the ILS Competition Rule Book 2023 Edition.

The new Rulebook came into effect on 1 June 2023. Any applications for World records from that date will only be considered for events conducted under these ILS rules.

SPORT COMMISSION TECHNICAL BULLETIN
ILS COMPETITION RULE BOOK 2023 EDITION

BULLETINS # 1 – 1 May 2023

The changes to the previous edition are detailed in the Preface Section at the front of the new Rule Book and include:

- The manikin carry rules have been amended to eliminate further “difficult to judge” rules. The amendments will further reduce technical disqualifications and also improve event presentation.
- Changeovers in pool relay events have been redefined to allow the outgoing competitor, while maintaining contact with the turning wall/edge, to touch and/or grasp the manikin or tube (as appropriate) before the incoming competitor has touched the turning edge/wall/ surfaced the manikin (dependent on the event).
- The Line Throw event throw zone has been redefined and the compulsory use of marked lines removed. For the purposes of judging competitors will still be required to remain within their lane but with this change the judging focus is now on not interfering with any other team in an event.
- Two new events have been added to the Rule Book in anticipation of a review of the pool events to be conducted at future Life Saving World Championships (LWCs).
Note: There are no changes to events to be conducted at LWC 2024.
- No appeal fee is to be payable if a Referee refers a protest directly to an Appeals Committee without first hearing the protest.

BULLETIN # 2 - 15 September 2023

This Bulletin advises minor clarifications to the ILS Competition Rule Book (2023 Edition) authorised by the ILS Sport Commission.

These clarifications have immediate effect and reflect interpretations already adopted by member organisations for the conduct of events.

The clarifications are detailed in the Preface of the ILS Competition Rule Book under the sub-heading “Further Updates – September 2023” and are:

- S3 - 3.2C:** For the Manikin Carry pushing the manikin has been further defined as the “*top of the manikin’s*” head being forward of the competitor’s head.
- S3 - 3.2F:** 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 2 of this point has been further clarified that it is not a 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.
- S4 - 10.1:** To better describe the positioning of a competitor laying on the sand on their stomach waiting for a start in the Beach Flags event, the word “*abdomen*” has been added in parenthesis.

BULLETIN # 3 - 23 November 2023

This Bulletin advises a number of minor clarifications to the ILS Competition Rule Book (2023 Edition) and updates to the LWC2024 Handbook.

The ILS Competition Rule Book clarifications are detailed in the Preface under the sub-heading “Further Updates – December 2023”. For ease of reference the clarifications are changed wording in the Line Throw:

- S3 - 14.1G:** Clarify that the team will be disqualified if the Line Thrower leaves their throw zone and, in doing so, interferes with another team in the event.
- S3 - 14.1I:** Clarify that the Line Thrower is not to interfere with any other teams in the event until the event completion signal is given by the delegated official for the completion of the race.
- S3 - 14.3G:** Clarify that the “Line Thrower who, after the start signal and before the 45-second acoustic completion signal, exits their allocated throw zone while recusing their victim and interferes with other teams in the event”.
Note: The wording was also changed in DQ Code 51.
- S3 - 14.3H:** Clarify that a Team will be disqualified if the Line Thrower walks or runs with the line grasped in their hands or held around any part of their body to return the victim to the pool finish wall i.e. not using their arms to haul in.
Note: The wording was also changed in DQ Code 52.
- S3 - 19.3:** Disqualification point A. of the Rescue Tow Relay to read:

“Leaving the starting block/releasing contact with the turning wall/edge/ starting block before the previous competitor has touched the wall/edge” to clarify that DQ 40 applies to all changeovers in the event.

Section 3 DQ Codes: The disqualification codes 51 and 52 have been updated to reflect the clarified rules for the Line Throw and Rescue Tow Relay events.

BULLETIN # 5 – 1 July 2024

This Bulletin advises an official interpretation to the Manikin Carry Rules. This interpretation follows a series of questions about the legality of competitors’ “lunge” to the wall to finish when carrying the manikin. These rules are contained in S3 – 3.4 F. of the ILS Competition Rule Book.

The question has arisen based on observations at a number of competitions where, prior to their finish, competitors dive under the surface of the water with the manikin and kick to the finish wall and without taking a further stroke. The event in question relates primarily to the Manikin Carry with Fins but could also apply to manikin carries without fins.

The relevant wording in S3 – 3.2 F. is:

“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 1: *“Surface” means the horizontal plane of the surface of a still water pool.*

Note 2: *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.*

Note 3: *If the competitor and manikin are both below surface as the result of the competitor’s final stroke/lunge to touch the turning or finish wall/edge or for a relay exchange, it shall not be a disqualification.”*

Following consultation with ILS Sport Regulations Committee and Senior ILS Referees, the interpretation is that the intention of the rule S3 – 3.2 F is to allow for a “lunge” only as a final stroke near to the finish wall. i.e., a competitor diving under the surface of the water with the manikin and kicking without taking an arm stroke either within or beyond the 5m mark to the finish wall is not completing a final stroke/lunge to the wall and is participating outside of the intention of the rules unless the final stroke/lunge is within close proximity to the finish wall and shall be subject to disqualification (DQ19)

The ILS Event Management Committee appointed for LWC 2024 has supported this interpretation as per S1 - 6, S2 - 2.3 and S2 - 4.4 of the ILS Competition Rulebook and Part B Section 5 of the ILS Lifesaving World Championships 2024 Handbook.

BULLETIN # 6 – 8 August 2024

Advises that, for clarity, the following has been approved for the marking of a 2m line back line for the Line Throw event.

This line will assist both competitors and judges and should minimise disqualifications.

As per the [ILS Competition Rulebook](#) Note 2 of S3-14.1.A., and also the Note at the bottom S314.1.G., any backward movement by a Line Thrower within this area during the haul in **will not** result in disqualification of their team provided that there is no interference caused to another team in the event.

For judging purposes the placement of a Line Thrower's feet on or within this 2.00m back line is acceptable during the haul in of the victim to the finish wall i.e., during the haul in of the victim to the finish wall, Line Throwers must keep at least one foot wholly within the inside edge of the 2m back line, either on the ground or in the air above the line.

However, the placement of feet and/or a foot on the ground by a Line Thrower over this 2.00m back line during the haul in of the victim to the finish wall **will** result in disqualification of their team.

Once the victim has touched the finish wall the Line Thrower is still required to remain within their lane. The judging focus at this point will be on not interfering with any other team in an event (refer Note 1 of S3-14.1.A.). In addition, to avoid any possible interference with other lanes, the victim may not exit the water and is to remain in their lane until the acoustic signal is given by the delegated official for the completion of the race (refer S3-14.1.I.).

For information, the Gold Coast Aquatic Centre Pool has a 900mm wide deck from the vertical edge of the competition pool The back line will be marked on the concrete at the 2.00m mark behind the pool edge (i.e., a further 1.10 metres beyond the end of the deck).