



ILS EVENT RULE CHANGES AS AT 2023

ILS Competition Manual

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.

The new ILS Rulebook came into effect on 1st June 2023. Both SLS and RLSSA have implemented all these rule changes and the NSW Pool Life Saving Championship events will be conducted under these ILS rules as specified in the advice provided in the 2024 NSW Championship Information and entry details document. The actual changes to event rule wording that relate to the Championships are provided below but briefly the changes include:

- The manikin carry rules have been amended to eliminate further “difficult to judge” rules.
- 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.

Below are the main rules changes that will affect athlete techniques

The text **highlighted in yellow** are rules changes. The text **highlighted in aqua** is a reversal or major change of previously enforced rules.

Some text that has been removed is still shown as (~~Text~~) to clearly show and emphasis the changed wording.

The change to the ‘below the surface’ terminology in the manikin carry when judging will still be interpreted and applied as previously.

Please note: In regard to the relay change overs from the RLSSA point of view the prevailing opinion is that the judging will still need to focus in a similar way to a normal relay change i.e. the outgoing competitor must be in contact with the wall until the incoming competitor touches the wall.

ACTUAL RULE WORDING

MANIKIN TOW - General

Note: It is not a disqualification where the minimum pool depth allows the competitor to stand while securing the rescue around the manikin.

The line of the rescue tube must become fully extended by the time the top of the manikin's head passes the 10m line. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors may return back into the 10m changeover zone to re-secure the manikin provided the top of the manikin's head has not passed the 10m line.

MANIKIN TOW - Handler positioning the manikin in tow events

The Handler holds the manikin vertically and facing the turning wall anywhere within the allotted lane ensuring that the manikin is floating at its natural buoyancy position.

Manikin handlers may not intentionally enter the water during the event.

The Handler must make every effort to ensure that any part of their person, the manikin they are holding, and/or any water movement they cause, does not impeded any other competitor in the race (otherwise disqualification of their competitor may result).

The handler may release the manikin immediately after the competitor touches the turn wall but must release contact immediately the competitor has deliberately made contact with the manikin to secure it for the tow.

Unintentionally touching the manikin before touching the turning wall/edge is not a disqualification.

CARRYING THE MANIKIN

Competitors must:

- Carry the manikin with at least one hand always in contact with the manikin.
- Avoid incorrect carrying technique such as: pushing the manikin, gripping the manikin's throat, mouth, nose or eyes; or carrying the manikin below the surface. "Pushing" means the manikin's head is held forward of the competitor's head.
- Carry the manikin with the head of the manikin 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.

Note: If the competitor and manikin are both fully “below the surface”, it is a disqualification. There is no disqualification if both the competitor and the manikin dips below the surface as part of the competitor’s normal stroke or kick cycle provided that the competitor breaks the surface during each stroke cycle throughout the race with some part of their body. (This text was reinstated as at 1 July 2023 See Note 1 below)

There is no disqualification if both the competitor and manikin are below the surface as the result of the competitor’s final stroke/lunge to touch the turning or finish wall/edge or for a relay exchange.

The official must be able to observe and judge a proper carrying technique. The manikin may not be covered by the competitor’s body.

Carrying the manikin judging criteria applies only when the top of the manikin’s head passes the relevant 5m line or 10m line.

In the 5m start zone or in the changeover zone of the Manikin Relay and Life Saver Relay events, competitors are not judged on carrying the manikin criteria. However, competitors need to maintain contact with at least one hand with a manikin at all times including during the manikin exchange.

LINE THROW

Start The line is extended between the “thrower” and “victim”. The surplus line can be left on either side of the crossbar and, if extended beyond the crossbar, the surplus may be passed either over or under the crossbar.

Pull in The thrower must pull their victim in using their arms and are not permitted to walk or run with the line grasped in their hands or held around any part of their body or to deliberately walk backwards while hauling their victim in to the finish wall.

RELAY CHANGE OVERS

4 x 25m Manikin Carry Relay change overs

Change-over 2nd to 3rd - The **outgoing** competitor may touch the manikin with one hand before the **incoming** competitor touches the turning wall/edge or starting block but must not release contact with the turning wall/starting block until after the second competitor has touched the turn wall.

Medley relay – 3rd to 4th

The fourth competitor may touch or grasp the rescue tube, its harness or line with one hand, before the third competitor has touched the turn wall. However, they must have one hand on the turn wall until the third competitor touches the turn edge.

NOTE 1 - ILS UPDATE – July 2023

A sentence in the previous ILS Competition Rulebook was inadvertently omitted when drafting current ILS Competition Rulebook. The ILS Sport Commission has deemed that the wording should be reinserted.

As a result, in due course S3 – 3.2F will be amended (changes in yellow highlight) to read:

F. 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 3: *If the competitor **and** manikin are both fully “below the surface”, it is a disqualification. However, there is no disqualification if a competitor dips below the surface as part of the normal stroke or kick cycle provided that the competitor breaks the surface throughout the race with some part of his or her 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.*

For further information please contact the ILS Sport Regulations Chair Greg Allum (allumga@gmail.com).