



**Nipper
Rulebook
version.2019b**

SLSA WALES NIPPER RULEBOOK v2019b

Section 1 – General Information.....	4
1. Event Organisation and Conduct	4
2. Competition Safety	4
3. Entry and Entry Fees.....	4
4. Age Limits	4
5. Qualifications – Still Water Events.....	5
6. Qualifications – Ocean Events.....	5
7. Luck of prevailing conditions	5
8. Penalties & Protests	5
9. Event Cancellation	6
Section 2 - Team Uniform /Competition Apparel	6
1. Team Uniform.....	6
2. Caps.....	6
3. Swimwear	6
4. Vests.....	6
5. Footwear	6
6. Wetsuits.....	7
7. Other Apparel.....	7
Section 3 – Ocean Competition	8
1. General Conditions for Ocean Competition	8
2. The Start.....	8
3. False starts.....	8
4. Changeovers and tagging in relays	9
5. The Finish	9
6. Judging.....	9
7. Time Limits.....	9
8. Board Specifications	9
9. Competitor Limits.....	10
Section 4 – Ocean Events	11
1. Wade/Surf Race	11
2. Club Surf Relay.....	12
3. Board Race.....	13
4. Club Board Relay.....	14
5. Super Nipper	15
6. Taplin Relay.....	16
7. Board Rescue	17
8. Beach Sprint.....	18
9. Beach Flags.....	20
10. Club Beach Relay.....	22

SLSA WALES NIPPER RULEBOOK v2019b

11. Beach Run	23
Section 5 - Stillwater Competition.....	24
1. General Conditions for Pool Competition	24
2. Starts	24
3. Disqualification.....	24
4. Board Specifications	25
Section 6 – Pool Events	25
1. Flipper Race	25
2. Board Race	25
3. Manikin Carry Race	26
4. Rescue Tube Race.....	26
5. Board Rescue	27
6. Medley Relay	27
7. Board Relay.....	28
Appendix 1 –Equipment Standards	29
1. Equipment Standards	29
2. Batons (Beach Flags).....	29
3. Boards	29
4. Manikins	30
5. Rescue Tubes	31
6. Swim Fins	31
7. Swimwear	32
Appendix 2 - DISQUALIFICATION CODES FOR POOL EVENTS	33
8. GENERAL.....	33
Appendix 3 - Penalty Protest Form (PPF1)	36

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 be 7 on the 31st December in the year preceding competition and will reach the age of 8 in the year of competition.

- 9 Year Nipper competitors will be 8 on the 31st December in the year preceding competition and will reach the age of 9 in the year of competition.
- 10 Year Nipper competitors will be 9 on the 31st December in the year preceding competition and will reach the age of 10 in the year of competition.
- 11 Year Nipper competitors will be 10 on the 31st December in the year preceding competition and will reach the age of 11 in the year of competition.
- 12 Year Nipper competitors will be 11 on the 31st December in the year preceding competition and will reach the age of 12 in the year of competition.
- 13 Year Nipper competitors will be 12 on the 31st December in the year preceding competition and will reach the age of 13 in the year of 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 and without stopping is to be given by the Club on entry for events.

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 Surf Competence 2 or Nipper Surf Competence 3

U9 – Nipper Surf Competence 2 or Nipper Surf Competence 3

U10 – Nipper Surf Competence 2 or Nipper Surf Competence 3

U11 – Nipper Surf Competence 3 or Nipper Surf Competence 3 or Beach Lifesaver Level

U12 – Nipper Surf Competence 3 or Nipper Surf Competence 3 or Beach Lifesaver Level 1

U13 – Nipper Surf Competence 3 or Nipper Surf Competence 3 or Beach Lifesaver Level 1

7. Luck of prevailing conditions

Competitors acknowledge and agree:

- i. That surf life saving 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 life saving 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 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 with the relevant Area Referee within five (5) minutes 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 suitable distance.
- iv. Note: No protest shall be accepted which is a direct challenge to Judges' agreed order-of-finish decisions.

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

- i. Due to the weather conditions often experienced in Great Britain, the use of wetsuits or other foam type outer garments is optional.
- ii. Wetsuits shall not be permitted in pool events.
- iii. 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. 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.
- vii. 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.

2. The Start

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 forwards 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.

- i. All competitors who fail to comply with the Starter's commands within a reasonable time shall be disqualified.
- ii. 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.

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 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		

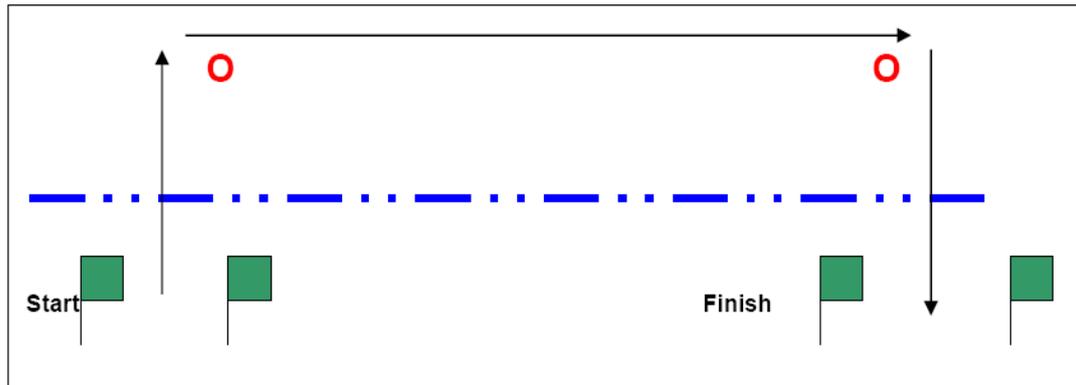
* These numbers should be amended according to surf, weather & beach conditions and safety cover availability.

Section 4 – Ocean Events

1. Wade/Surf Race

The Course

- i. The distances to be linked to sea and weather conditions on the day.
- 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 and at the start they will line up with toes behind the line

The Race

- v. There will be no pushing or deliberate interference of other Nippers
- vi. Nippers to swim/wade right hand (clockwise) around the markers.
- vii. Nippers may dolphin dive and body surf as much as they wish to help themselves on their return to shore.

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

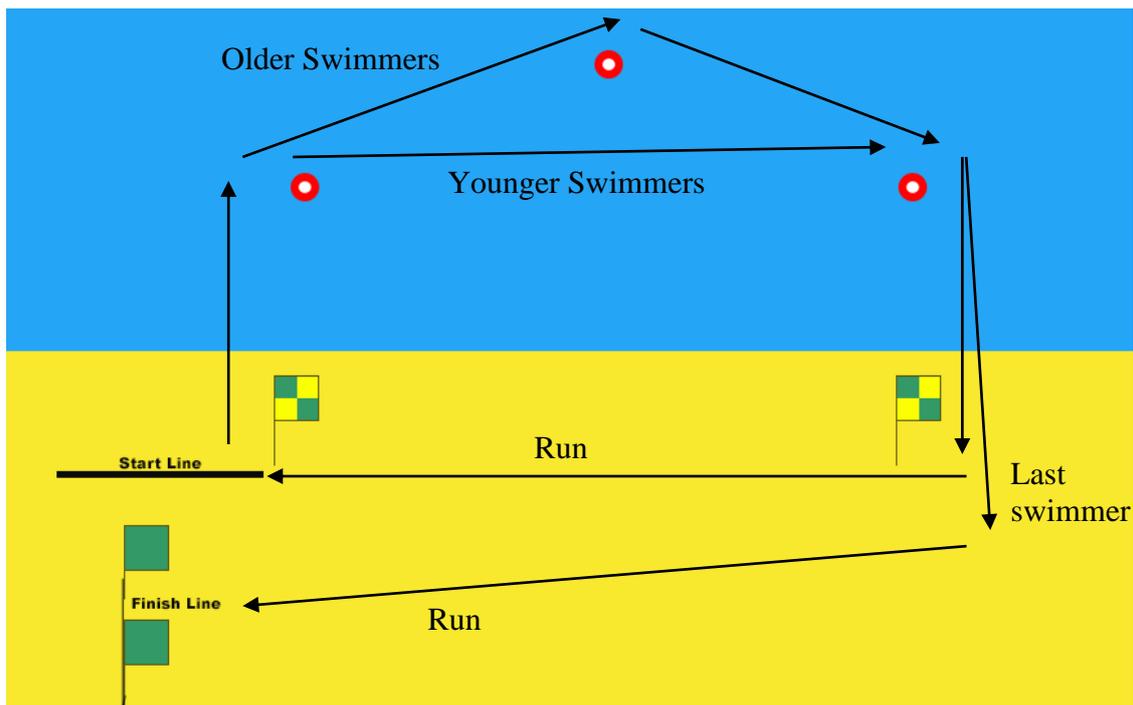
Disqualifications

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

2. Club Surf Relay

The Course

- i. The distances to be linked to sea and weather conditions on the day
- ii. The distance should be as the surf / wade race
- iii. It may be that the race will not go outside the recognised break if this would unnecessarily lengthen the course.
- iv. In a team of 6, at least 4 of the 6 age groups must be present.



The Start

- v. The first leg Nippers are lined up with toe 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.
- 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 sixth 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.

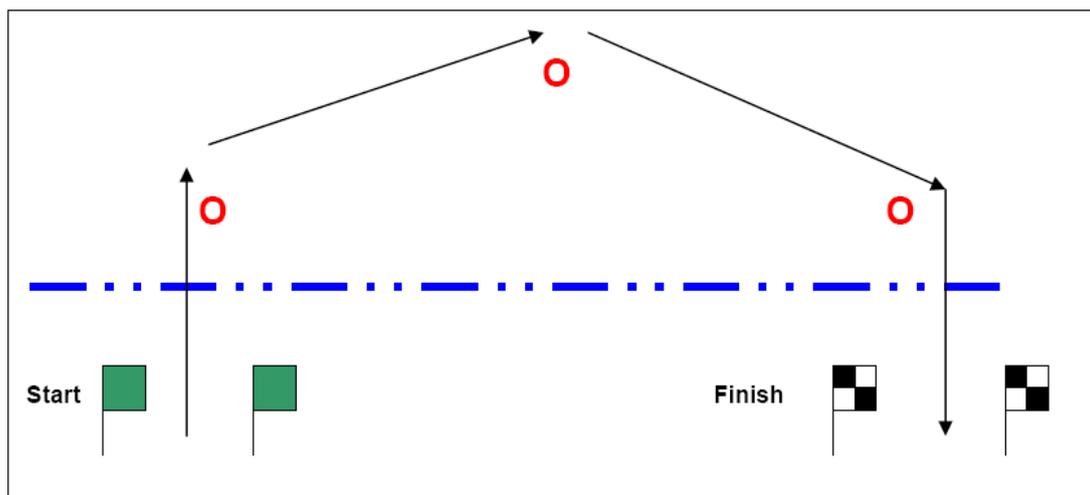
Disqualifications

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

3. Board Race

The Course

- i. The distances to be linked to awards and sea and weather conditions on the day.
- ii. The distance should not be shorter than the course for the Surf Swim.
- 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
- v. The Boards used must meet the specification as written in Appendix 1.3



The Start

- vi. 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 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.

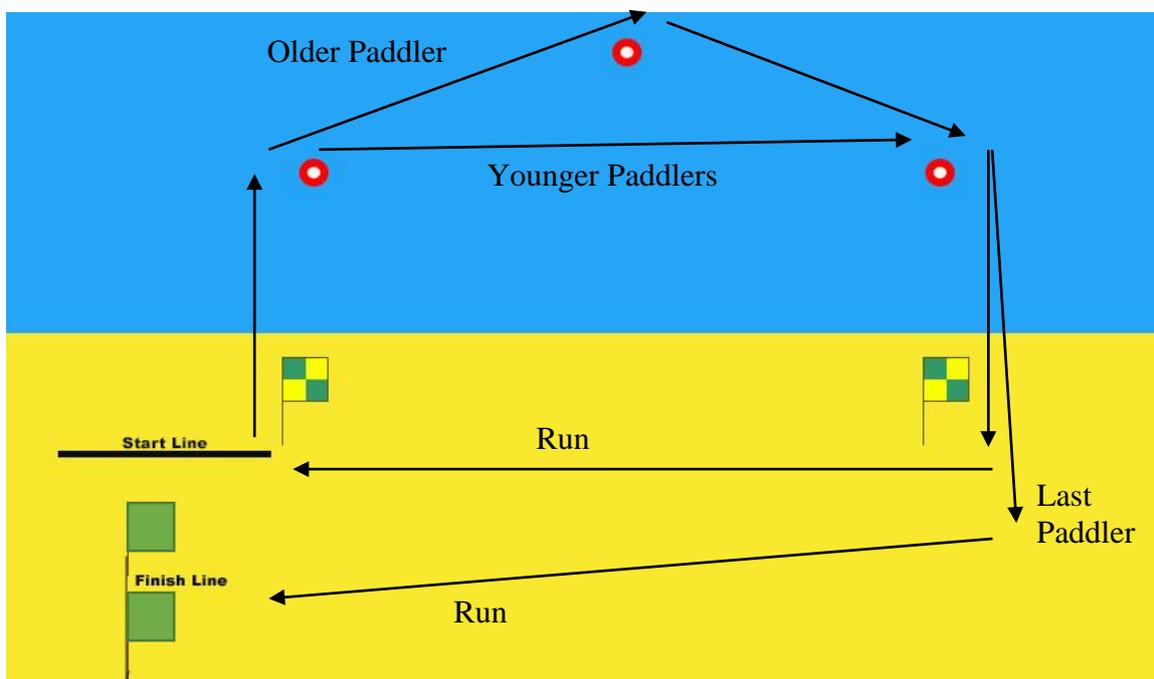
Disqualifications

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

4. Club 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.
- iv. The Boards used must meet the specification in Appendix 1.3
- v. In a team of 6, at least 4 of the 6 age groups must be present.



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 sixth Nipper completes the course and finishes between the two finish flags (green)

The Finish

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

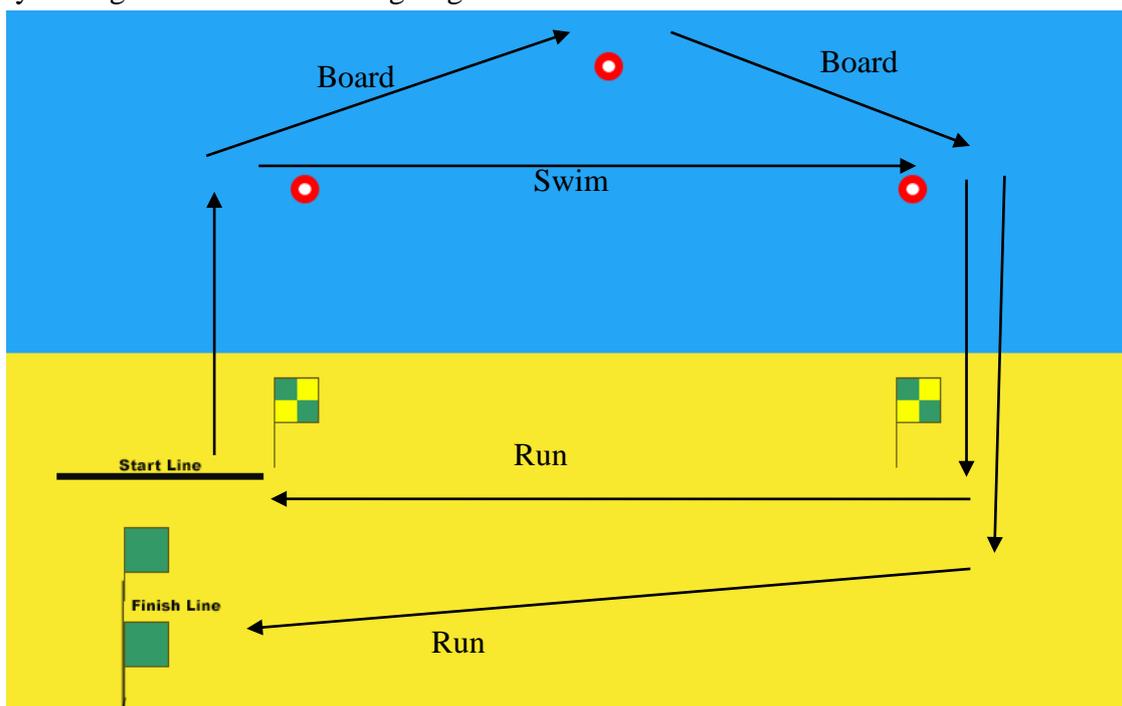
Disqualifications

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

5. Super Nipper

The Course

- i. The event involves, a run and swim, a board leg and a run finish. **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/Swim with a transfer to the Board Race on the board phase.
- iv. The Nipper may leave their board in the water anywhere after rounding the final marker buoy.
- v. They must go around both turning flags



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 first

- 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

- ix. After rounding the two markers they will then return to the beach where they will run around the two turning flags (green and yellow) before picking up their board and entering the water for the board leg.
- x. 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.

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

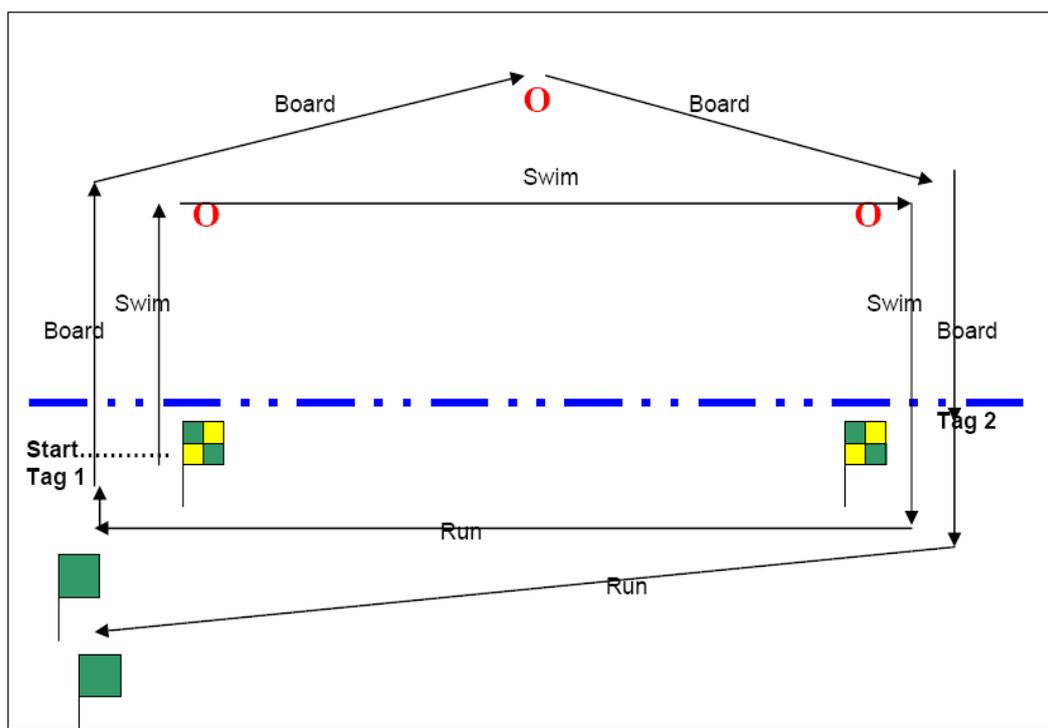
- xiv. Failure to complete the course as defined and described.

6. Taplin Relay

The Course

The course will be marked out as for the Super Nipper.

- i. There are three Nippers per team, at least 2 of the 3 ages groups must be present. **There will be a ballot at the start of the competition to determine the order of events in the taplin relay.**
- ii. 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 first:

- 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 out the water the Nipper runs around both turning flags to tag a board paddler who is waiting close to the water (as in a Taplin Relay). The tag must take place on the Changeover line (Tag1).
- vii. The board paddler finishes their leg and then tags a runner who is waiting close to the water (Tag 2). The runner then runs around the first turning flag and continues direct to the finish line. 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 tag may take place at any point at the discretion of the team, providing it is made before the runner reaches the first turning flag.

The Finish

- ix. The finish is judged on the chest of the final Nipper as they cross the finish line.
- x. They must be in an upright position and on their feet.

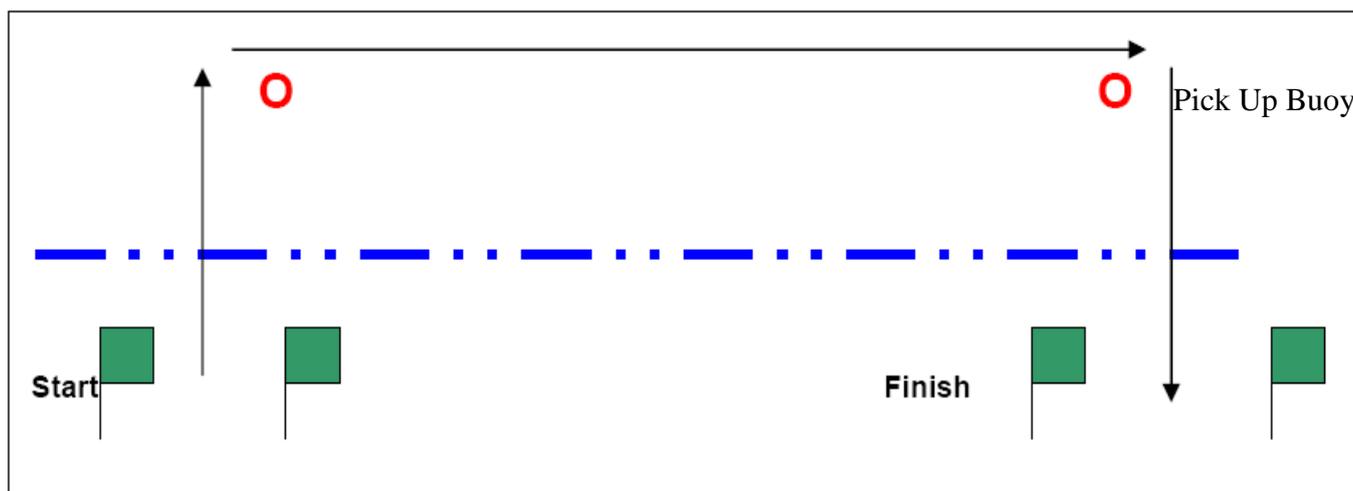
Disqualifications

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

7. Board Rescue

The Course

- i. The distances to be linked to sea and weather conditions on the day.
- 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 toe behind the marker line, holding onto their boards
- vi. They will be told the course prior to the start of the race.
- vii. The starter will say, "Take your marks" and he/she will give the command to go which will be by whistle or other starting device

The Race

- viii. The Nipper who is to be the patient will be taken to the allocated buoy where they will wait on the seaward side to be picked up by the second member of the team on a board.
- ix. The Nipper who is the rescuer will carry/drag their board into the sea, get on and paddle to the allocated 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, before proceeding to shore. 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
- xii. Patients may place themselves on the front or rear of the board. 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.

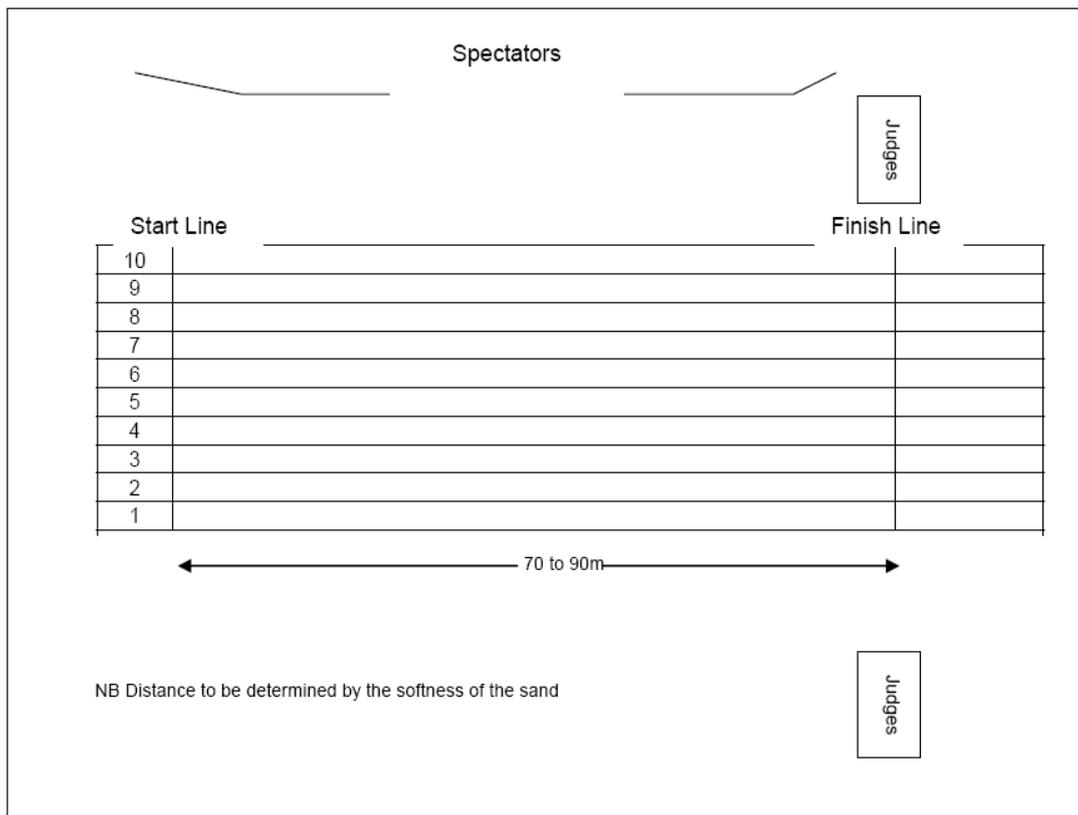
Disqualifications

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

8. 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. Competitors must remain in their own lane throughout the course.
- iii. 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.
- iv. The course may be laid in either direction, preferably so that the finish is closest to the centre of the competition area
- v. 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.
- vi. 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

- vii. Nippers will wear different coloured running bibs supplied by the organizers.
- viii. Upon the starters command “Take your marks”, the Nippers will take up their positions on the start line with toes on or behind the line. They can take any stance they wish for the start but no equipment can be used
- ix. On the command from the starter “Set”, the Nippers will assume a racing start posture. When all the Nippers are stationary then the starter will give an acoustic starting signal.

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

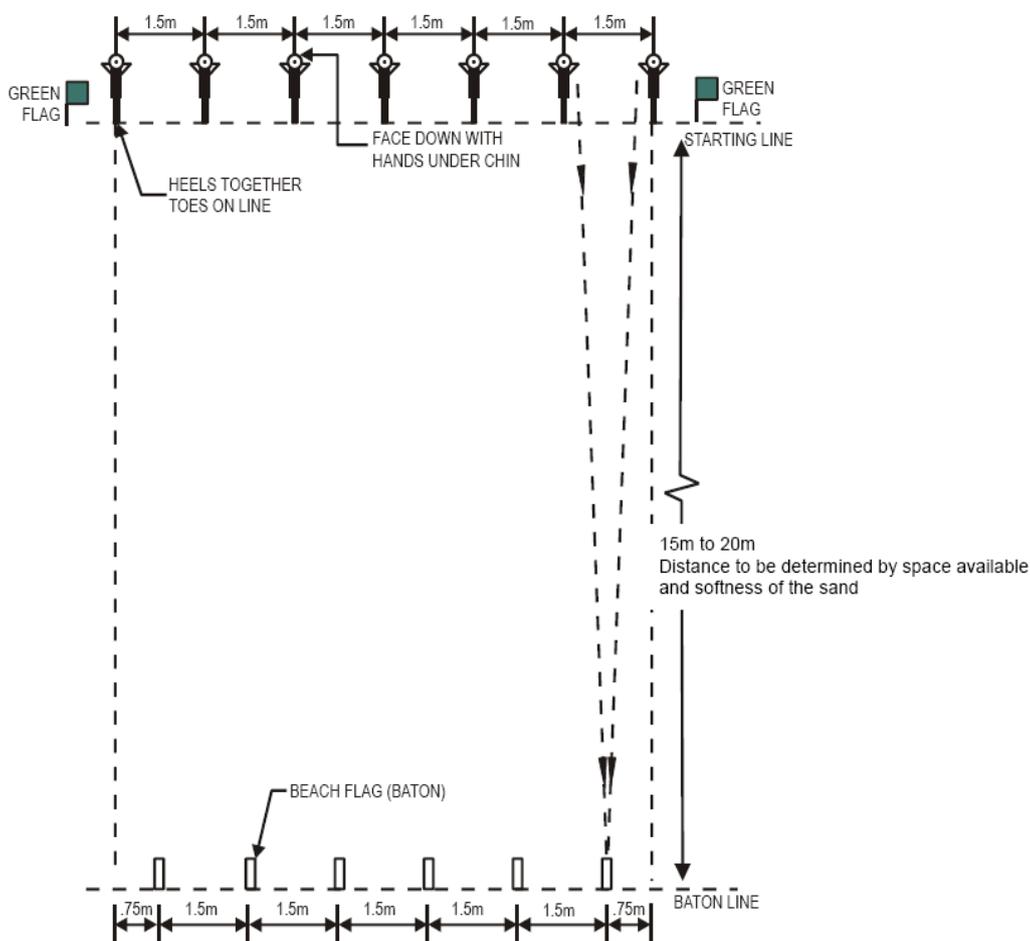
Disqualifications

- 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.

9. Beach Flags

The Course

- i. The course shall be 15 to 20 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.
- 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.
- 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.

SLSA WALES NIPPER RULEBOOK v2019b

- ix. From 16 down to 9 it is permissible to eliminate two/three 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.
- 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. 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

- xx. 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.
- xxi. 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
- xxii. 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.
- xxiii. A competitor may cross over in front of a slower competitor.
- xxiv. If two or more competitors are guilty of deliberate impedance, the competitor who first used hands, arms, feet or legs will be disqualified

Disqualifications

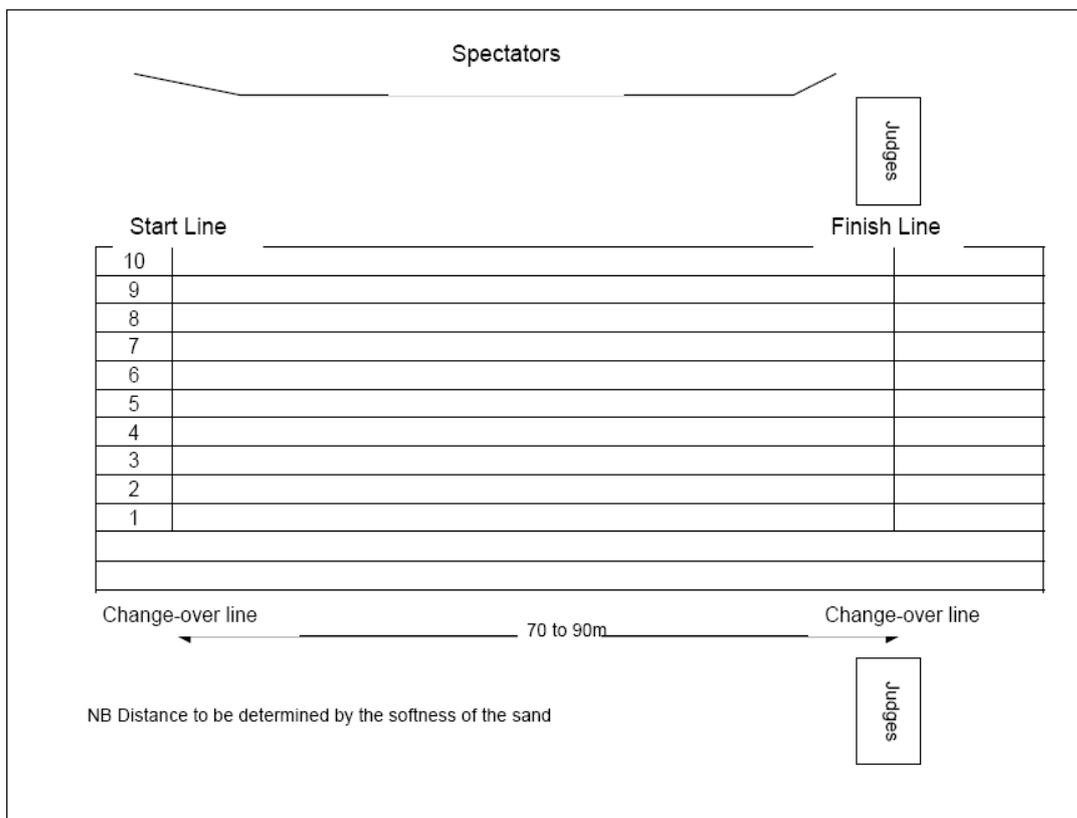
- xxv. The one start rule will apply. If a competitor commences his or her starting motion after assuming a final 'heads down' position, and before the starting signal, it shall be a false start. Any competitor making a false start shall be eliminated.
- xxvi. Each run-through or run-off shall be judged 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.
- xxvii. 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. Club 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 start will be the same as the Beach Sprint.
- ii. In a team of 6, at least 4 of the 6 age groups must be present.
- 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 change over 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 change over 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 sixth 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).

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, 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.

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 causes movement by other competitors. Such movements 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. The duty of the referee and starter is to ensure a fair start. 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. The start will be executed from a dive.
- ii. Only normal swim fins are permitted to be used, not fibre glass fins.
- iii. The competitor will swim the required distance (50m).
- iv. This can be under or on top of the water at the competitor's discretion.
- v. The finish is when the competitor touches the finish end of the pool.

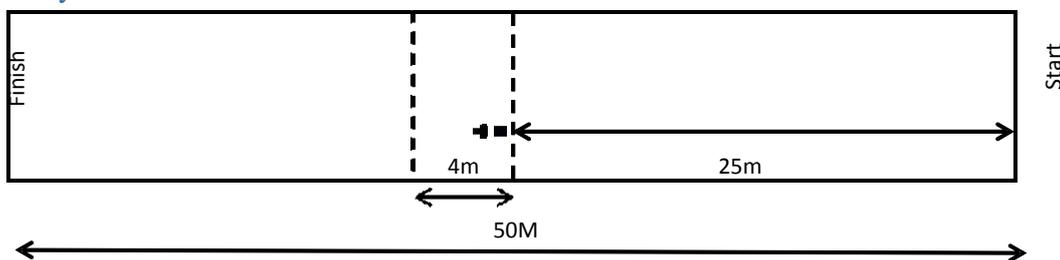
2. Board Race



- 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 5m section and paddle the required distance (50m).

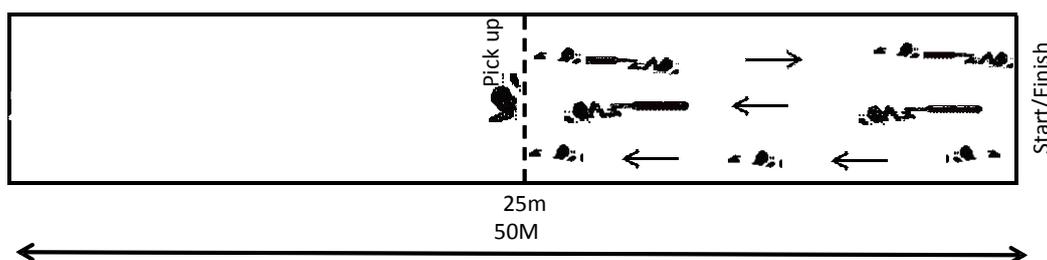
- iii. The finish will be when the nose of the board with the competitor on it touches the end of the pool.
- iv. Competitors are not allowed to paddle a nipper board on their knees. They must lay on the board.

3. Manikin Carry Race



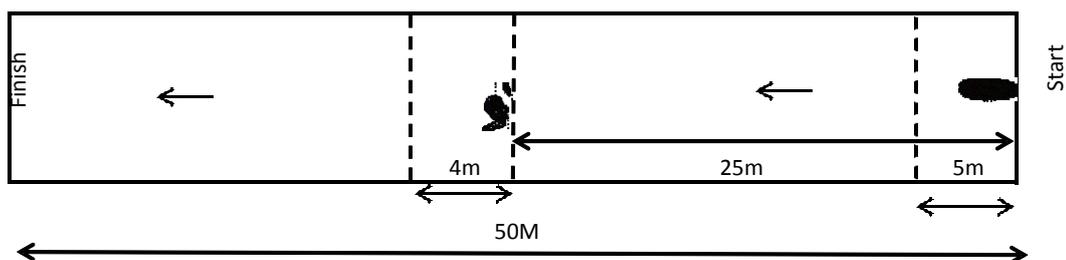
- i. **U8, U9 & U10** nippers will use an empty junior manikin on the surface of the water within the 4m changeover zone situated between the 25m and 29m mark.
- ii. **U11, U12 & U13** nippers will use a full junior manikin at the bottom of the pool within the 4m changeover zone situated between the 25m and 29m mark.
- iii. The start will be executed from a dive.
- iv. The Nipper will swim 25m to the manikin.
- v. **U8, U9, U10** - The manikin will be collected from the club handier within the changeover zone.
U11, U12, U13 – The nipper will swim down and collect the manikin from the bottom of the pool.
- vi. The competitor will then tow the remaining 25m to complete the race.
- vii. The manikin must be carried (towed), not pushed. The hold must not be around the throat. **A front crawl stroke is not permitted.**
- viii. Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface.
- ix. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

4. Rescue Tube Race



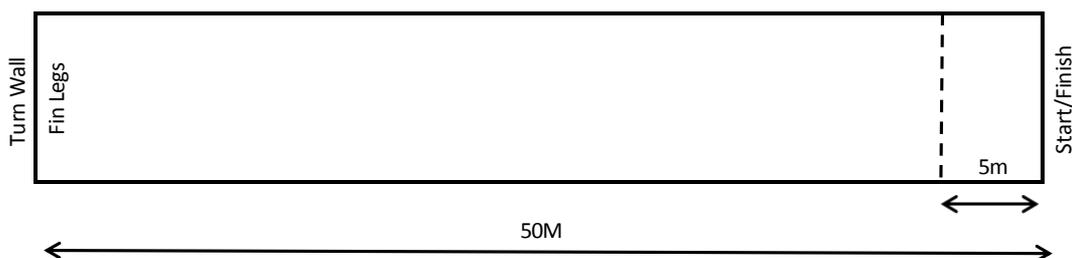
- i. The patient will execute the start with a dive.
- ii. The patient swims 25m to a boom, touches the boom and signals with a 'hand up' to the rescuer. They must remain in contact with the boom.
- iii. The rescuer will start in the water with a rescue tube in contact with the side of the pool (fins 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.
- v. The rescuer then tows the patient to the finish end of the pool.
- vi. 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.
- vii. The patient is allowed to assist the rescuer by kicking their legs **but not by using the arms.**

5. Board Rescue



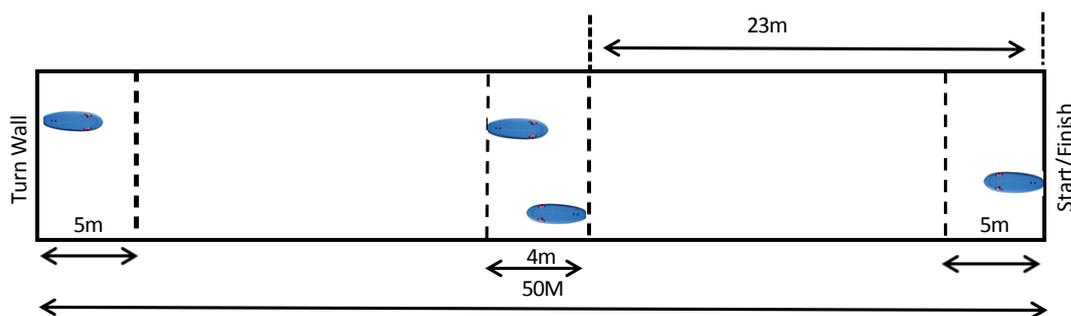
- i. The patient is in the water within the 4m changeover zone situated between the 25m and 29m mark.
- ii. All rescuers will start in the water with one hand in contact with the board and one on the side of the pool.
- iii. Upon a signal the rescuer paddles the required distance (25m) to the patient.
- iv. The rescuer picks up the patient and in any position on the board.
- v. The patient must get on the board in the transition area and then remain in contact with the board until the end of the race.
- vi. The end of the race will be deemed to have finished when either the board or the first paddler touches the end of the pool with both the patient and rescuer in contact with the board.

6. Medley Relay



- i. The team must comprise of four competitors drawn from any four of the six age groups. (The four competitors must be from different age groups).
- 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 5 metre 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. In a team of 6, at least 4 of the 6 age groups must be present.
- ii. The start of the race 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. At the start signal the first paddler will get onto the board and paddle the required distance (25m). (All six competitors are only permitted to paddle in the prone position for safety.)
- iv. The second paddler (also paddlers, four and six) is in the water within the 4m changeover zone situated between the 23m and 27m 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 5m line.
- vii. Six legs will be completed in this fashion as part of the race.
- viii. The finish of the race, the sixth leg, occurs when the nose of the board with the Nipper on it touches the end of the pool.

Appendix 1 –Equipment Standards

1. 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.

2. 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.

3. 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:

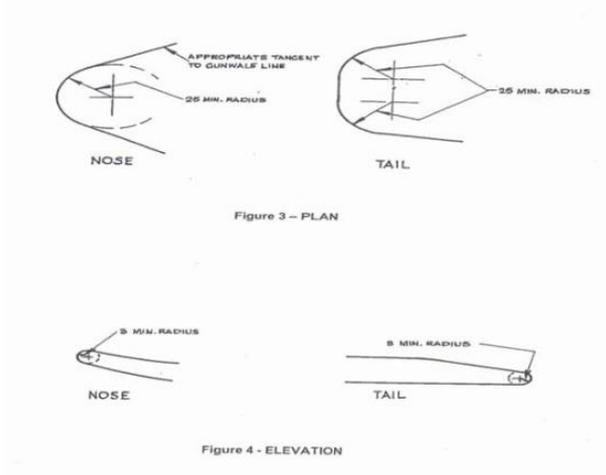
- ✚ All nippers will only be allowed to use a board from the 2m Nipper board specification.

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.



8ft 10in Transition Board Specification

- ✚ Maximum size = 271cm x 49cm x 18cm
- ✚ Weight = 6.6kg

4. 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.)



5. 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 (± 2.5 mm) wide woven nylon.

Lanyard: Webbing for the lanyard shall be 50mm (± 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 (± 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 (± 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.

6. Swim Fins

✚ Fins are not to be of Fiberglass constructions.

7. 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.

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

Appendix 2- DISQUALIFICATION CODES FOR POOL EVENTS

8. GENERAL

Code and Disqualification	Events
1. Not completing the event in accordance with the event description or general rules.	All events
2. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of “competing unfairly” include: <ul style="list-style-type: none"> <li data-bbox="459 689 959 763">i. committing a doping or doping-related infraction <li data-bbox="459 801 995 837">ii. impersonating another competitor <li data-bbox="459 875 979 949">iii. attempting to defeat the ballot or draw for events or positions <li data-bbox="459 987 911 1061">iv. competing twice in the same individual event <li data-bbox="459 1099 1027 1173">v. competing twice in the same event in different teams <li data-bbox="459 1211 1043 1285">vi. purposely interfering with a course to gain advantage <li data-bbox="459 1323 1054 1435">vii. jostling or obstructing another competitor handler so as to impede his or her progress <li data-bbox="459 1473 1038 1585">viii. receiving physical or material outside assistance (other than verbal or other direction) 	All events
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.	All events
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.	All events
5. 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.	All events

Code and Disqualification	Events
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

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

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.

Championship:	
Date:	
Event:	
Heat/Final	
Club:	
Competitor No:	
Competitor Name:	
Time of Decision:	
Time Protest Received	
Received in time	YES / NO
Official (s) involved:	
Decision protested	
Reason for Protest: <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>	

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