



INTERNATIONAL LIFE SAVING FEDERATION (ILS)

SPORT COMMISSION TECHNICAL BULLETIN

ILS COMPETITION MANUAL 2013 EDITION

RULE CHANGE NOTICE – November 14TH, 2013

Reference ILS Competition Manual, 2013 Edition, 4.3.2, 4.3.3

Based on feedback from Competitors, Coaches, Team and Technical Officials, and following an analysis of the disqualifications over the past two years at international lifesaving competitions, changes have been implemented in the 2013 ILS Competition Manual related to carrying and towing the manikin.

The rationale for the rule changes were to decrease the number of disqualifications and improve the performance of Competitors and provide rule clarification for Competitors, Coaches and Officials.

The expectations are that the carry and towing techniques will be generally similar to what has been used to date in competition with the exception that there will be no penalty if the manikin's mouth or nose is not carried above the water.

DQ18 remains the same with clarification, "using an incorrect carrying technique". The focus is on performing a correct carrying technique at the surface based on humanitarian principles. The requirement to carry the manikin "above the surface of the water" has been replaced with "at the surface of the water".

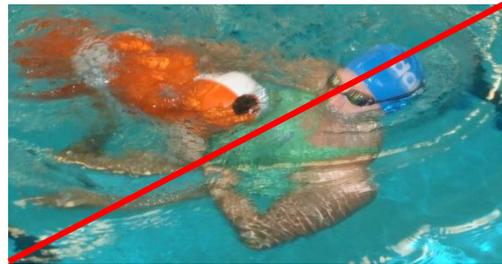
Carrying the manikin "below the surface" is a disqualification. The Competitor must break the surface with the manikin before the designated 5/10m line. The competitor must remain at surface with the manikin throughout the race beyond the designated 5/10m lines. The competitor and manikin are judged to be at the surface not just the manikin only. Water over the face of the manikin is no longer a judging criterion. In addition, dipping below the surface of the water by a competitor as part of their stroke or kick technique is also not a disqualification provided that at some part of their stroke or kick of the competitor breaks the surface throughout the race.

DQ19 has been reviewed and changed from "not maintaining the manikin's mouth or nose above the surface" to "carrying or towing the manikin face down". The manikin's face can be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface of the water. If the manikin's face is more than 90 degrees then it is deemed a DQ. More than 90 degrees angles the face down.

The following examples are correct and incorrect lifesaving carrying and towing techniques

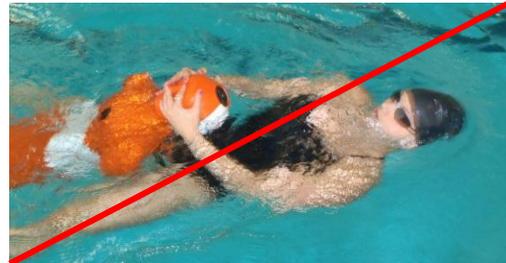
Cross-chest carry

- The competitor swims on their back and may use any kick or stroke.
 - Competitors grip the manikin with one hand and arm around the torso, maintaining the manikin at the water surface.
 - The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



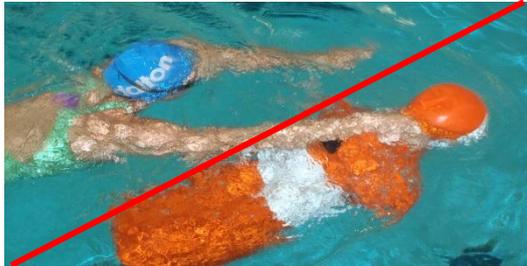
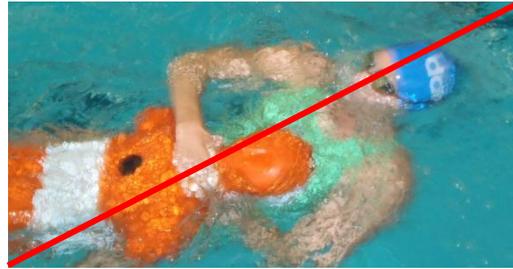
Double-hand head or chin carry

- The competitor swims on their back and may use any kick or stroke.
 - Competitors grip the manikin with two hands on either side of the head, maintaining the manikin at the surface.
 - The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



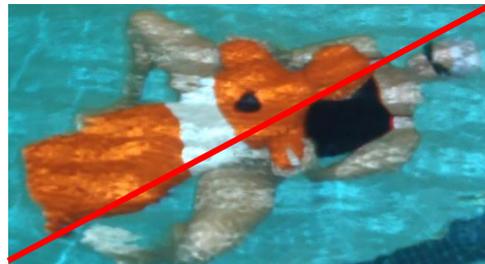
Single-hand chin carry

- The competitor swims on their back or side and may use any kick or stroke.
 - Competitors grip the manikin with one hand using the fingers to grasp the chin, maintaining the manikin at the surface.
 - The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



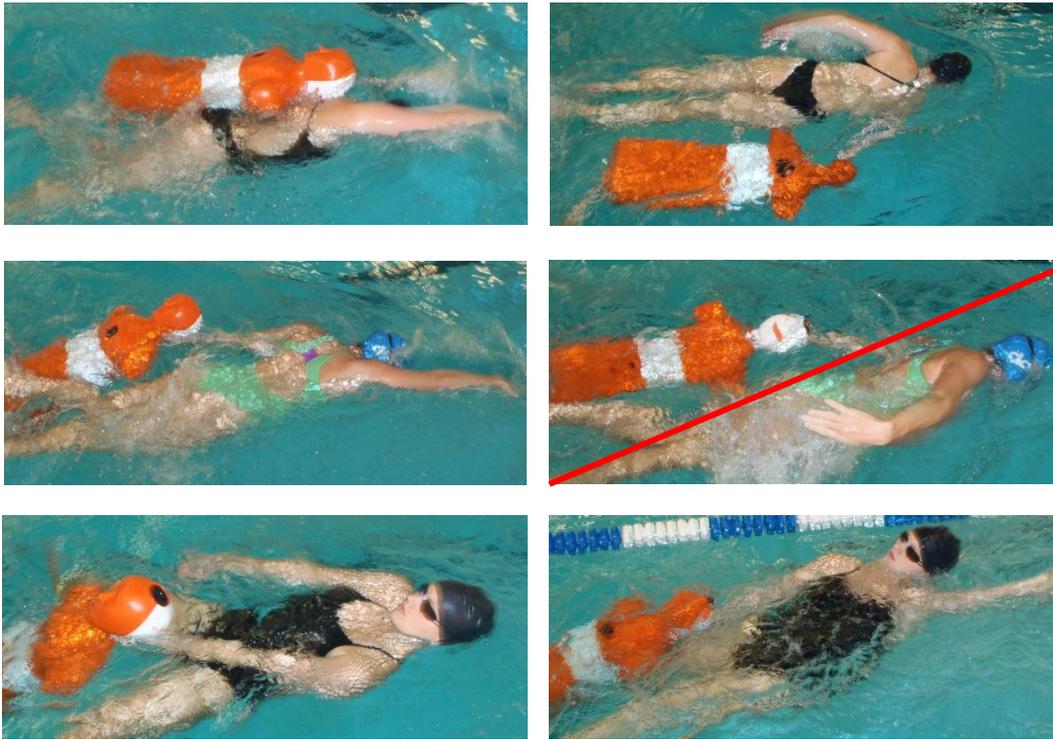
Double-hand underarm carry

- The competitor swims on their back and may use any kick or stroke.
 - Competitors grip the manikin with two hands on either side of the torso beneath the arm buds, maintaining the manikin at the surface.
 - The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Back-of-neck carry

- The competitor swims on their back, side or front and may use any kick or stroke.
- Competitors grip the manikin at the back of the neck, maintaining the manikin at the surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- **Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Towing the manikin

- The competitor swims on their back, side or front and may use any kick or stroke.
- Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring. Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the manikin is towed face up at the surface.
- Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. It may be towed on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- The line of the rescue tube must be fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line

