



**ILS SPORT COMMISSION TECHNICAL BULLETIN #2**  
**Rule Change and Clarification Notice Update – Rules 3.3 Manikins**  
**Reference ILS Competition Rule Book, 2015-2019 Edition**  
*April 12, 2016*

This bulletin is designed to further assist competitors, coaches and technical officials with understanding the rule and disqualification changes and clarifications. This includes explanations, illustrations and photos of correct and incorrect carrying and towing techniques and the position of the body of the competitor / manikin in the water.

Generally, it is expected that carrying and towing techniques will be similar to those used in competition under the previous edition of the ILS Competition Rule Book.

In regards to the carry, please note:

3.3.1 Competitors surfacing the manikin

- The competitor must break the surface of the water while holding the manikin with at least one hand before the designated 5/10 m line. The competitor may not swim underwater beyond the designated 5/10 m lines and must remain at the surface with the manikin throughout the race beyond these lines.
- When judging the manikin carry, the competitor **and** manikin are treated as one unit/entity. The judging focus is on the competitors' actions, their carrying technique, and the position of the manikin. Water flowing over the manikin is not a judging criterion.
- "Surface" means the horizontal plane of the surface of a Stillwater pool.

3.3.2 a) Carrying the manikin

- If the competitor **and** manikin are "below the surface", it is a disqualification. 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.
- The official must be able to observe and judge a proper carrying technique. The manikin may not be covered by the competitor's body.
- The term "avoid gripping" means avoid holding or grasping the manikin's throat, mouth, nose or eyes. Disqualification (DQ 19) for "gripping of the manikin's throat, mouth, nose, or eyes" also applies to covering the manikin's mouth, nose, or eyes with the competitors' hand, arm/pit, body and/or limb.

In regards to the manikin tow, please note:

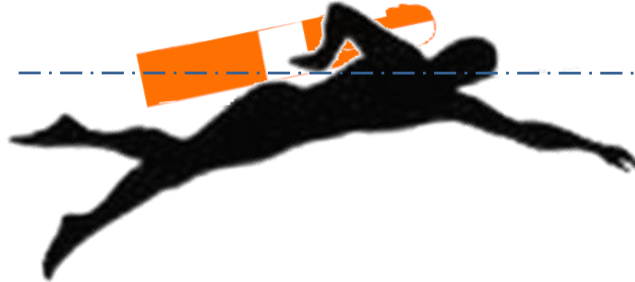
### 3.3.3 Towing the manikin

- A competitor shall be disqualified if the manikin rotates in the rescue tube resulting in the manikin's heads being under the surface (DQ 20).

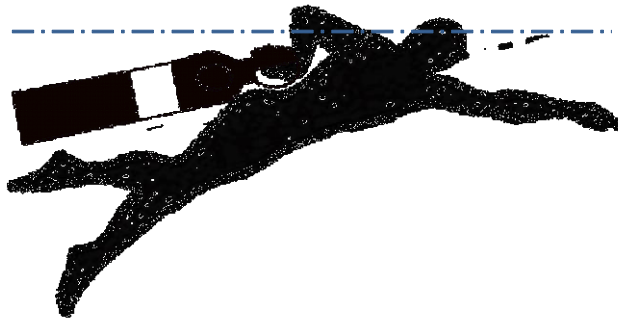
The following pages provide illustrations and images with examples of correct and incorrect lifesaving carrying and towing positions and techniques.

## Correct carrying techniques with a short explanation

**Illustration 1:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Illustration 2:** Competitor is at or above the surface with water over the manikin's face.



**Illustration 3:** Manikin is face-up at or above the surface; the competitor whose elbow breaks the surface is deemed to be “at or above the surface”.

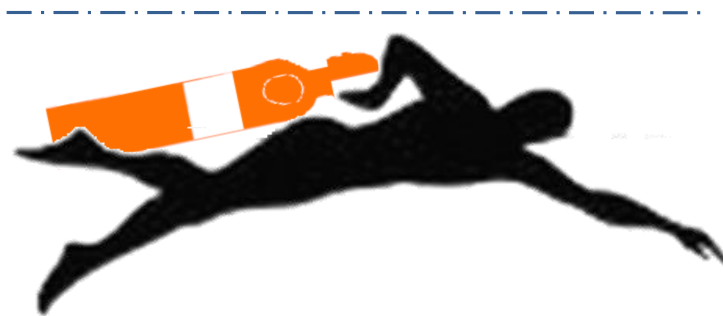


## Incorrect carrying techniques that would result in a disqualification

**Illustration 4:** Both competitor and manikin are at or above the surface, but the manikin is face-down. [DQ 20]



**Illustration 5:** Both competitor and manikin are below the surface. [DQ19]



**Illustration 6:** Competitor is at or above the surface but the manikin is underneath the competitor. [DQ19].



The following provides some examples of the different types of carries. Carries that do not meet the requirements of the rule have a red line through them:

### Cross-chest carry

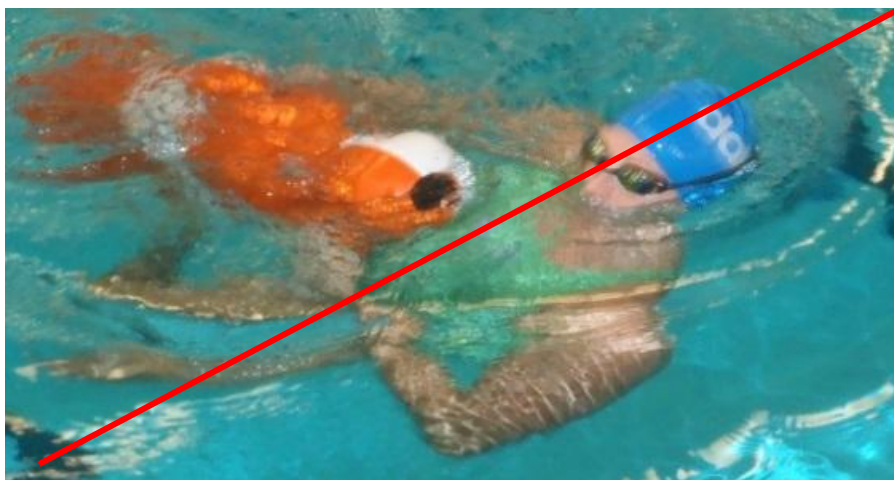
- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with one hand and arm around the torso, maintaining the manikin at the water surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

**Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

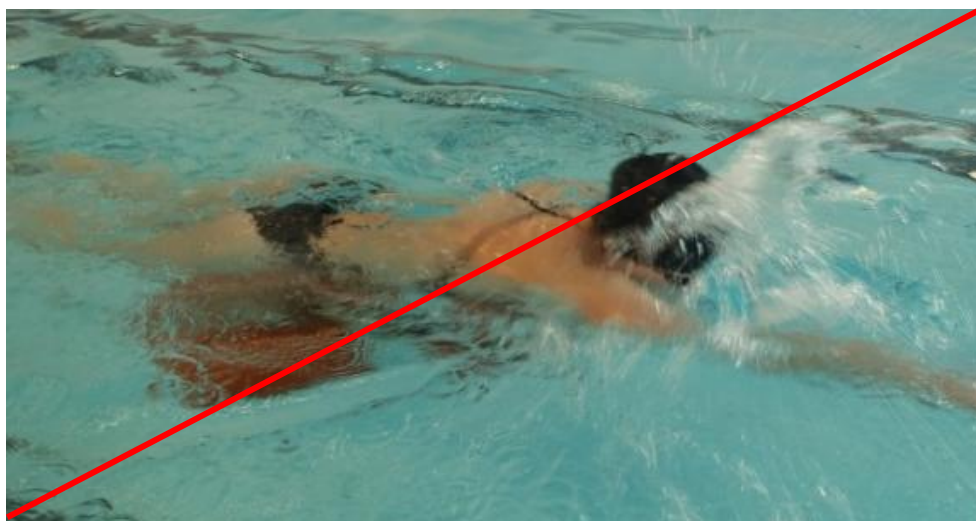
**Photo 1:** Both competitor and manikin are at or above the surface but the manikin is face-up.



**Photo 2:** Competitor is at or above the surface but the manikin angled more than 90 degrees from the horizontal plane of the surface. [DQ20]



**Photo 3:** Competitor is at or above the surface but the manikin is underneath the competitor.  
[DQ19]



## Double-hand head or chin carry

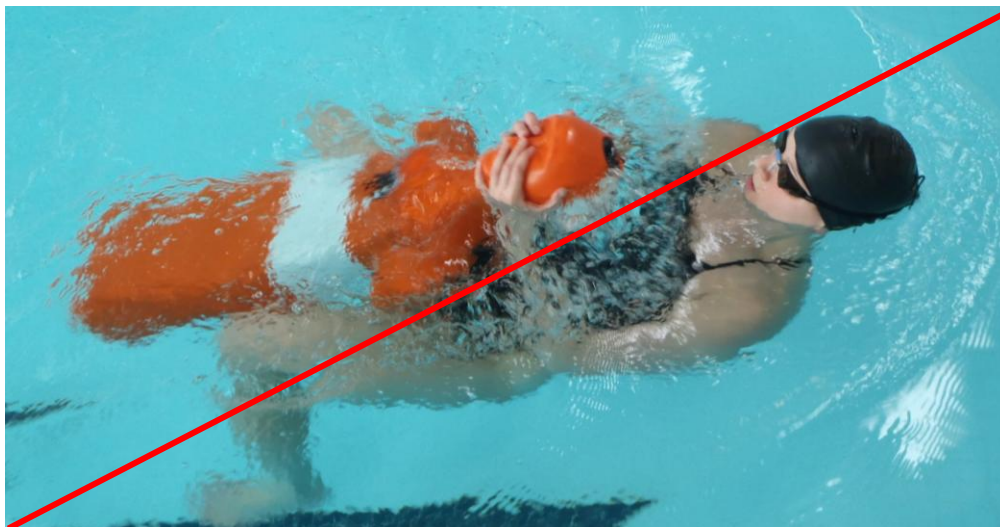
- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the head, maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

**Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

**Photo 4:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Photo 5:** Gripping the manikin's throat, mouth, nose or eyes. [DQ19].



## Single-hand chin carry

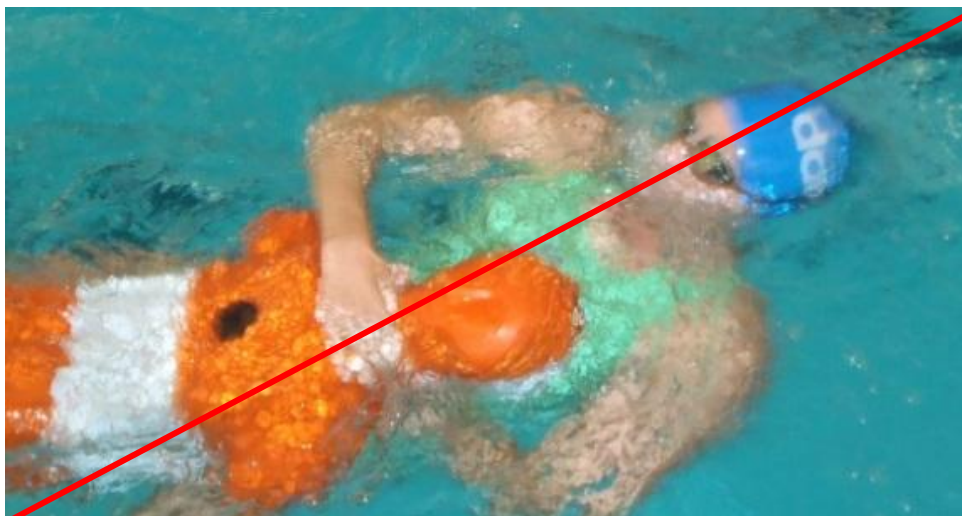
- Competitors swim on their back or side and may use any kick or stroke.
- Competitors grip the manikin with one hand using the fingers to grasp the chin maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

**Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

**Photo 6:** Both competitor and manikin are at or above the surface and the manikin is face-up.

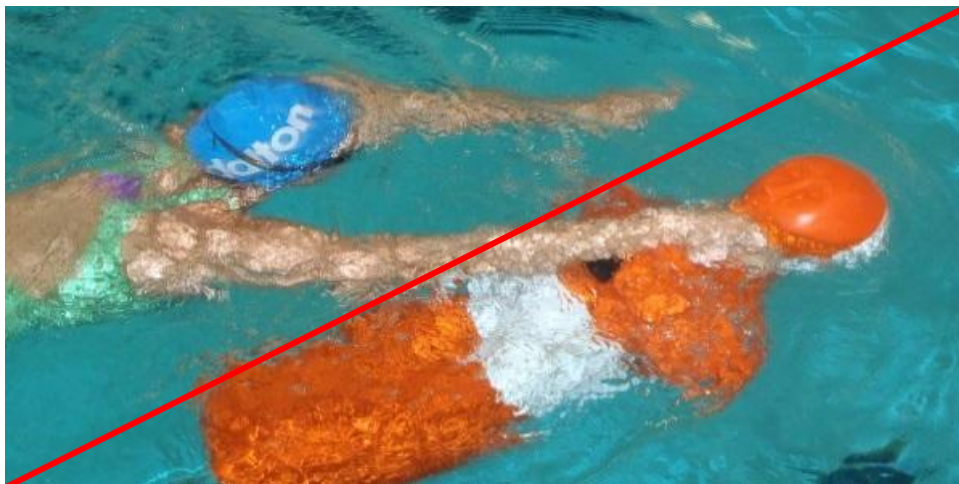


**Photo 7:** Gripping the manikin's throat, mouth, nose or eyes. [DQ19]





**Photo 8:** Pushing the manikin. [DQ19]

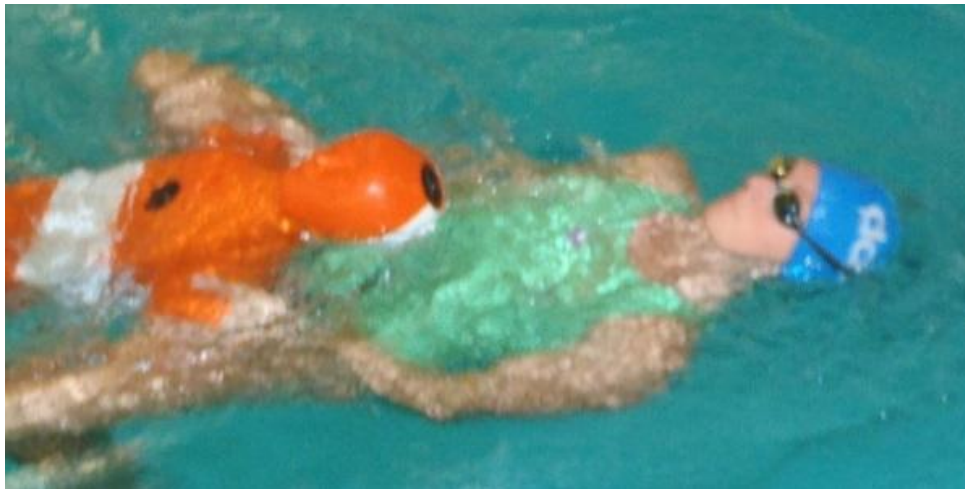


## Double-hand underarm carry

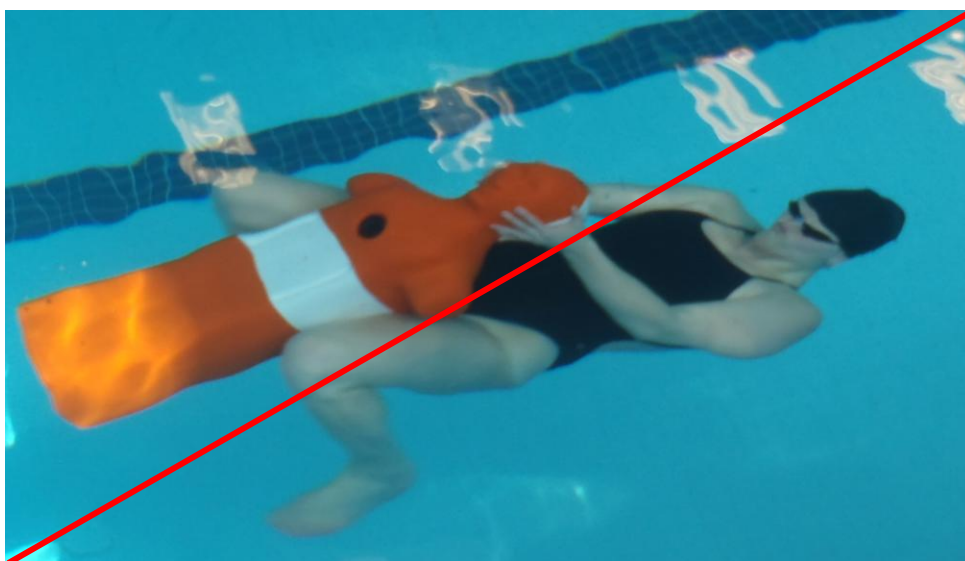
- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the torso beneath the arm buds, maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees 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.

**Photo 9:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Photo 10:** Both the manikin and the competitor are below the surface beyond the designated 5/10m line. [DQ19]



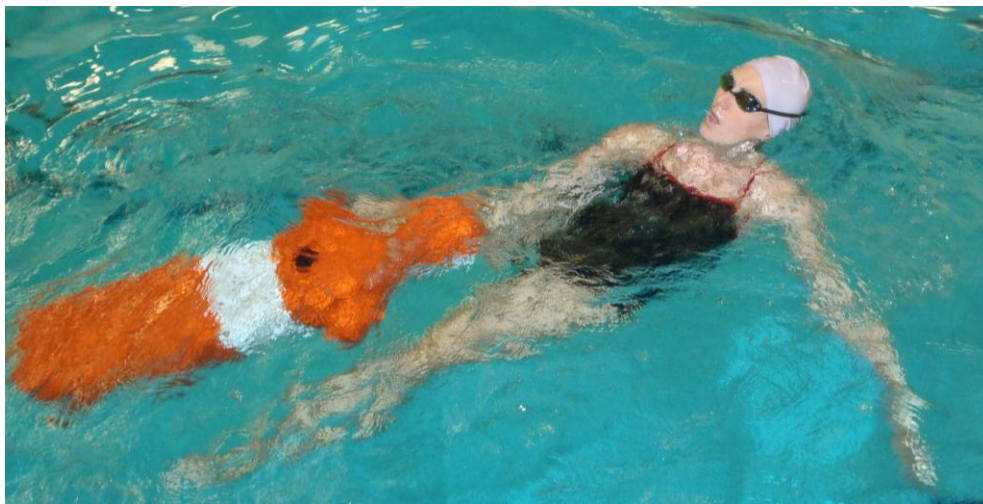
## Back-of-head/neck carry

- Competitors swim 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.

**Photo 11:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Photo 12:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Photo 13:** Both competitor and manikin are at or above the surface and the manikin is face-up.



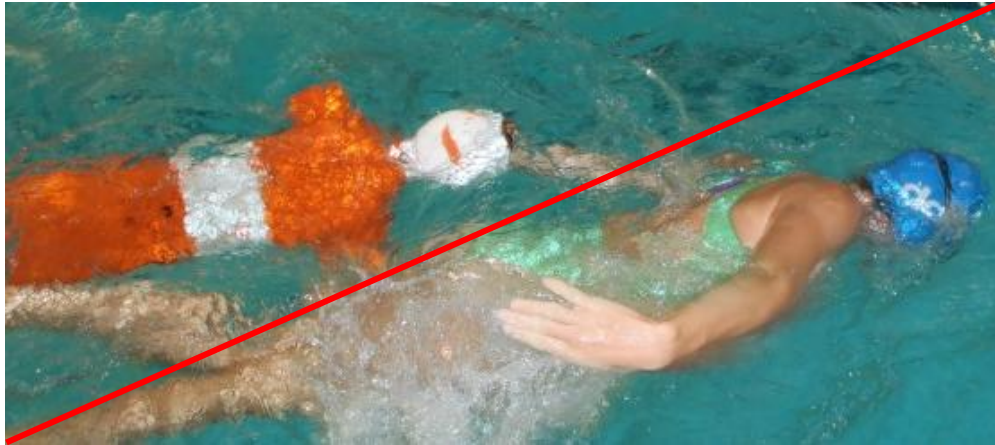
**Photo 14:** Both competitor and manikin are at or above the surface and the manikin is face-up.



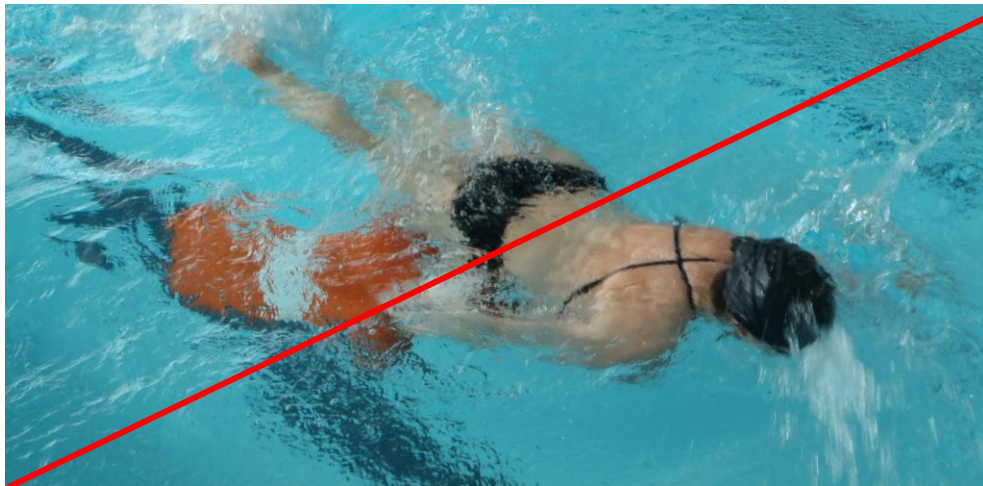
**Photo 15:** Both competitor and manikin are at or above the surface and the manikin is face-up.



**Photo 16:** Competitor and manikin are both above the surface; the manikin is face-down.  
[DQ20]



**Photo 17:** Both competitor and manikin are at or above the surface and the manikin is being carried face down. [DQ20]



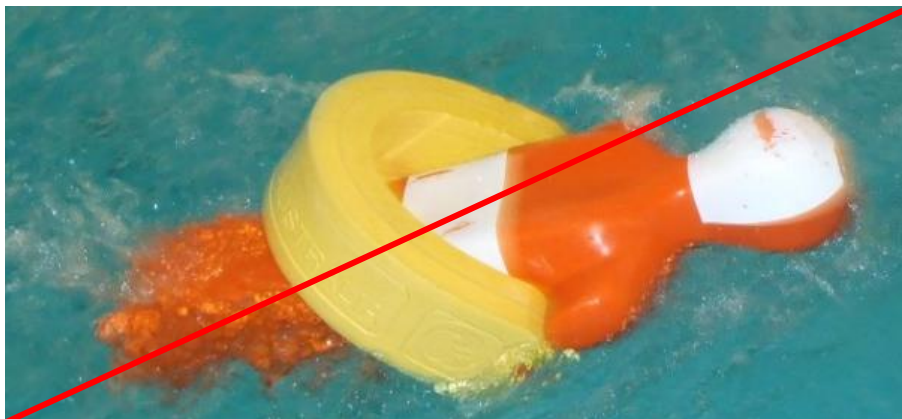
## Towing the manikin

- Competitors swim 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.

**Photo 18:** The rescue tube is secure around the body and under both arms of the manikin which is positioned face-up.



**Photo 19:** The manikin’s face is angled more than 90 degrees from the horizontal plane of the surface and towing the manikin face down. [DQ20]



**Photo 20:** The manikin is face up, not more than 90 degrees, and the rescue tube was correctly secured under both arms of the manikin at the 5m line. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only one arm, provide that the rescue tube was “secured correctly” originally, and the manikin is towed face-up at the surface.



**Photo 21:** The manikin’s face is angled more than 90 degrees from the horizontal plane of the surface and both arms are not “secured correctly”. [DQ20 & DQ31]

