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1. Introduction

The technical organization of the championship will be the responsibility of the Portuguese life Saving Federation (FEPONS), with this document regulating the SERC National / Open Championship 2025, to be held in Coruche on March 16, 2025.

2. Participation

Participation is reserved for:

- Portuguese athletes with a valid lifesaving sport license.
- Non-Portuguese athletes: Athletes from non-Portuguese lifesaving sports clubs, with a valid lifesaving sport license, from the national federation of their country of competition, and authorization from the respective national federation to participate.

3. Age Groups

Categories	Age
Absolute (Abs)	Be over 15 years old in 2024/2025 (born before 31-08-2010)

4. Calendar

Date	Description		
11/mar	Deadline for registration		
12/mar	Registration confirmation and payment deadline		
15/mar	SERC Referee Course (2:30pm)		
16/mar	09:30	Internship for athletes and coaches, with international referee Ian Hutchings	
	12:30	Lunch	
	14:30	Start of the competition (Delegates meeting)	
		Medal ceremony	
		Closing ceremony	

The race regulations can be found in the "Library" area at http://www.fepons.org, followed by the ILSF international regulations.

There will only be the Absolute age group.

Each team can only register a maximum of 2 teams and can have athletes of any gender.

There will be a scenario for every team. The top 5 teams perform a second scenario to classify the top 5.

Lifesaving Sport

Rule Book: Portuguese National Competition Regulations 2024 - Junior, Absolute and Master (Copy of the ILS):

1. SERC: page 158;

4.1 Registration Process

Registration is done online, in the "Sports" area of FEPONS website at www.fepons.org and by sending proof of payment to the email address fepons@fepons.org

Only sports agents with a sports license in Portugal or abroad may register.

Each team will be composed of 4 members of any gender, having to identify a Team Leader.

4.2 Registration Fees

The registration fee is 60€ for each team of 4 members:

NIB: 0045 5170 4023 2411 4052 3 IBAN: PT50 0045 5170 4023 2411 4052 3

SWIFT: CCCMPTPL

4.3 Registration Conditions

All registrations will be subject to receipt of the respective process, to the address fepons@fepons.org, within the deadline for registrations.

4.4 Registration Deadline

The deadline for receiving applications will be <u>March 11, 2025</u>. Failure to comply with this deadline will result in the application not being accepted.

5. List of Participants

The list of participants for each event will be available on the FEPONS website – www.fepons.org – on March 13, 2025.

Teams that detect any error in the list of participants, or that wish to withdraw, must contact FEPONS via email: fepons@fepons.org.

6. Programs and Results

It is each team's responsibility to have their competition programs. These will be available on March 13, 2025 at www.fepons.org.

Any changes that occur will be communicated at the delegates meeting on the day of the event.

The results will be available later on the FEPONS website – www.fepons.org

7. Championship Schedule

Test times may be subject to change for various reasons. FEPONS will inform all teams in advance about the final schedules.

8. Equipment

All equipment must meet ILS standards and will be provided by the organization.

9. Judging

The judging will be carried out by FEPONS, led by international referee lan Hutchings.

10. Competition Jury

Protests and other situations inherent to the competition will be subject to evaluation and deliberation by the competition Jury, which will be composed of: Competition Referee, Competition Director and a member of the FEPONS Sports Department.

11. Event structure

There will be a scenario for every team. The top 5 teams perform a second scenario to classify the top 5.

12. Scoring and Prize Delivery

The score will be the sum of the judges' scores.

In case of disqualification, the score will be 0 points.

There will be absolute collective classification.

All teams present in the championship will receive a participation prize.

13. Draws

If there is a tie, the classification will be awarded to both swimmers/teams.

14. Omitted Cases

They will be judged by FEPONS.

15. Airport

The nearest airport is Lisbon Airport which is located 74 km from Coruche.

Another option is Faro airport, which is 275 km from Coruche.

16. Transfer

The best option for traveling to Coruche is to rent a car, which can be done at any of the airports mentioned.

17. Food and Accommodation

You can visit the website https://visitcoruche.com or any of the well-known online platforms to search for accommodation and food (**best in the world!**).