

California Surf Lifesaving Association



JUNIOR LIFEGUARD

LIFESAVING SPORT GUIDELINES

**JUNIOR LIFEGUARD LIFESAVING SPORT GUIDELINES
for the
CSLSA JUNIOR LIFEGUARD CHAMPIONSHIPS**

I. OVERVIEW -- These guidelines are established as a format for the CSLSA Junior Lifeguard Championships, and are approved by the CSLSA Junior Lifeguard Committee. The purpose is to provide for a fair and equal standard of competition between Junior Lifeguard Chapters.

II. ELIGIBILITY

A. All competitors must be currently enrolled and actively participating with the chapter they represent as a Junior Lifeguard, and may NOT have received compensation for work as a Junior Lifeguard and/or Lifeguard within the chapter for which they are competing.

B. All competitors at the CSLSA Junior Lifeguard Championships must be current members of the United States Lifesaving Association.

C. Lifesaving Sport classifications (as of July 1 of the current year):

"AA" Division 16 and 17 years of age

"A" Division 14 and 15 years of age

"B" Division 12 and 13 years of age

"C" Division 9 to 11 years of age

III. GENERAL LIFESAVING SPORT FORMAT

A. Lifesaving Sport Fitness Events

1. Shall be held in "AA", "A", "B" and "C" Divisions.
2. Entry is limited in certain events and competitors shall be designated prior to the commencement of the event.
3. Heats, if required, shall be established prior to the commencement of the event, with consideration made to keeping same Chapter competitors in separate heats.
4. There will be no team or regional scoring. All events will be for individual awards through five places.
5. All competitors MUST wear a surf cap, which represents their chapter when competing in an event. FAILURE TO COMPLY MAY RESULT IN DISQUALIFICATION FROM THE EVENT. Such caps shall be distinctive to the chapter and may not carry advertising slogans or logos with the exception of the manufacturer of the cap itself.

Swim caps do not qualify as surf caps.
6. Poor sportsmanship and seditious language will be grounds for disqualification.
7. Alcoholic beverage or tobacco advertising is absolutely not permitted on any Junior Guard equipment, uniforms or competition gear.
8. Each chapter must have the JG Coordinator or other designated representative attend the pre-meet meeting prior to the competition.
9. All competitors will legibly mark their designated entry numbers on both arms, between the shoulder and the elbow, with permanent black marker.
10. If a JG participant is found to have any questionable or offensive temporary body art, they shall be required to remove same at the direction of officials.

B. Entry Limits

1. A competitor may compete in a maximum of three events.
2. For individual events, refer to the rules of the event for entry limitations.
3. In relay events, teams consisting of six members, no more than four members may be of one gender.

Examples:

- A. Four girls and two boys
 - B. Four boys and two girls
 - C. Three boys and three girls
4. A competitor may move up in a division, but not down; a competitor must remain in the division in which he/she initially competes.
 5. In the Rescue Race, both competitors must compete within their age group division.
 - A. If a competitor moves up a division, they are prohibited from competing in the rescue race.
 6. Failure to comply with the entry limit guidelines may result in the disqualification of a competitor from the meet.

C. Safety and Judging

1. Within each division, the following personnel should be assigned:
 - A. Starter/Head Judge
 - B. Finish Judge
 - C. Water Judge
 - D. Safety Personnel

Beach Flags - The Starter will assign four additional Judges, each from a different chapter. If one of those judges has a competitor in the finals from his/her chapter, he/she will be replaced with another official.
2. The Starter/Head Judge for each division will make all rule interpretations. Any coach who has questions regarding a decision or call must contact **ONLY** the Starter/Head Judge or the Finish Judge. The Head Judge's decision will be final unless an appeal is filed immediately to the Competition Committee. (see # 5).
3. Coaches entering the race course area without contacting the Starter/Head Judge may cause disqualification of their competitor(s) for that event.
4. At no time shall parents of competitors be allowed in the competition area. All rule questions, or decision clarifications will be brought to the attention of officials by coaches only. Parent interference will be cause for disqualification of their competitor from that event.
5. The Junior Lifeguard Competition Committee will appoint a 3 person appeals board to make ALL final decisions regarding questionable judging issues. The board will be made up of 3 persons, all of whom represent a different region.
6. Conduct of coaches and competitors shall be to display the utmost courtesy and high ideals of sportsmanship and fair play at all times.
7. All distances of events are approximations in meters. Course placement is final and will not be altered unless surf, weather, tide and/or safety dictate.

IV. DESCRIPTION AND RULES OF EVENTS

A. Distance Run

1. Entry is limited to 3 boys and 3 girls in each division.
2. Distances:
 - "AA" Division 2.0 k / 1.2 miles
 - "A" Division 2.0 k / 1.2 miles
 - "B" Division 1.5 k / 1.0 miles
 - "C" Division 1.0 k / .6 mile
3. Running shoes are optional.
4. The course will be on the beach with a line-up start and a funnel finish. The race will be an out and back run in the sand. A checkered flag turn marker will be set at 1/2 the total distance of the race, and each competitor will make a clockwise turn around the marker.
5. A competitor finishes when his/her body crosses the finish line at the neck of the funnel finish.

B. Distance Swim

1. Entry is limited to 3 boys and 3 girls in each division.
2. Distances:
 - "AA" Division 400 M ("AA" Course) - swim the entire U-shaped course.
 - "A" Division 400 M ("AA" Course) - swim the entire U-shaped course.
 - "B" Division 300 M ("B" Course) - swim the two red buoys on the course
 - "C" Division 250 M ("C" Course) - swim the two red buoys on the course
3. The course shall start on the beach with a lineup start and end on the beach with a funnel finish.
4. The swim course shall be U-shaped with competitors completing the course as defined by their Division.
5. The competitor finishes when his/her body crosses the finish line at the neck of the funnel finish.

C. Rescue Board Race

1. The Rescue Board Race will be limited to one male competitor and one female competitor in "A", "B" and "C" Division per chapter. "AA" Division shall be limited to two boys and two girls.
2. Distances:
 - "AA" Division 600 M ("AA" Course) – paddle all three buoys on the course
 - "A" Division 600 M ("A" Course) – paddle all three buoys on the course
 - "B" Division 450 M ("B" Course) – paddle all three buoys on the course
 - "C" Division 400 M ("C" Course) – paddle all three buoys on the course
3. Board Specifications:
 - "AA" and "A" Boys and Girls - 10'6" or smaller Rescue Boards (as defined by USLA competition guidelines)

"B" Boys and Girls - 9 feet or smaller all SOFT boards

"C" Boys and Girls - 9 feet or smaller all SOFT boards

4. The start of the race shall be from the water's edge at a starting line designated by the Starter/Head Judge.
5. The finish will be a line finish on the beach.
6. A competitor finishes when his/her body crosses the finish line, in the funnel, board in hand.

D. Rescue Race

1. The Rescue Race will be limited to one two-person team per chapter in each Division. Teams may be male, female or male/female combination.
2. Distances:
 - "AA" Division 260 M ("AA" Course)
 - "A" Division 260 M ("A" Course)
 - "B" Division 200 M ("B" Course)
 - "C" Division 150 M ("C" Course)
3. Equipment:
 - b. Rescue buoy (small Burnside-type buoy)
 - c. Swim fins (for rescuer only).
 - d. Wetsuits (optional, for victim only)
 - e. Each competition team must provide their own equipment
4. Course and Race Conduct:
 - a. Victims shall swim to the appropriate distance off shore marked by either the flag line on the "AA" & "A" Division course or two buoys on the "B" & "C" course. They will hold onto the flag base ("AA" & "A" Divisions) or a line stretched between the buoys ("B" & "C")
 - b. Divisions) while staying in line with the buoys. Pulling the line toward shore and inside the buoys may result in disqualification.
 - c. Judges shall be placed at each end of the marker line to ensure no infractions.
 - d. The rescuer starts from the beach at the START/FINISH LINE established by the Starter/Head Judge.
 - e. The rescuer may wear their fins from the start if so desired.
 - f. The rescuer swims to the victim and returns to shore pulling the victim behind. The victim may assist by kicking, but only while the rescuer is swimming, MUST HAVE BOTH HANDS ON THE BUOY AT ALL TIMES.
 - g. For safety purposes, when running, the victim need only keep one hand on the buoy.
 - h. The team finishes when BOTH competitors cross the FINISH LINE with all equipment, i.e. both fins and the rescue buoy.
 - i. The victim must cross the FINISH LINE holding on to the buoy with at least ONE HAND.

E. Swim Relay

1. Each chapter may enter only one six-person Relay Team consisting of a mix of boys and girls (as specified by rule V-C).
2. Distances:
 - "AA" Division 240 M per swimmer - swim around two designated flags in the course
 - "A" Division 240 M per swimmer - swim around two designated flags in the course
 - "B" Division 200 M per swimmer - swim around one red buoy in the course
 - "C" Division 150 M per swimmer - swim around one red buoy in the course
3. All competitors must sit in a straight line in their designated lane before and after swimming their portion of the relay. After swimming their individual leg of the relay, each swimmer shall sit in order they swam, with their surf cap pulled down around their neck.
4. The relay exchange shall be a hand tag behind the START/FINISH LINE. Disqualification will result from an early start.
5. The finish will be determined for each team when its last swimmer crosses the START/FINISH LINE.
6. Any interference to a relay team who is not yet finished, by a celebrating team who is finished, maybe grounds for disqualification.

F. Beach Flags

1. Entry is limited to 2 boys and 2 girls in each division.
2. Event Description: From a prone position on the beach, competitors rise, turn and race to obtain a baton (Beach Flag) buried upright in the sand approximately 20 M away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.
3. Starting Position: Competitors take their allotted positions, a minimum of 1.5 M apart at the start line. Competitors lie face down with their toes on the start line, with their heels together, hands, one on top of the other, with their fingertips to their wrist and with the head up. Elbows must be extended forward so that the chest is flat on the sand. The body's mid-line should be 90 degrees to the start line. No scooping of the sand or digging, or digging in of the feet is permitted.
4. The Start: prior to the start, a marshal shall:
 - a. place competitors in the order as drawn for the run-through;
 - b. accompany competitors to the starting area to ensure they are positioned in the proper order.
5. The referee shall:
 - a. check that all officials, judges and equipment are in position;
 - b. signal the official start of each race with a long whistle indicating that the competitors should take their positions on the Start Line;
 - c. signal the starter that the competitors are under the Starter's control.
6. The Starter shall:
 - a. be positioned out of view of the competitors;
 - b. issue the command "COMPETITOR'S READY" – competitors shall assume the starting position as described in part 2 of the Beach Flag rules.

- c. On the Starter's command "HEADS DOWN, all competitors shall – at once, without delay – place their chins on their hands.
 - d. After a deliberate pause and when all competitors are stationary, the Starters shall signal the start with a whistle blast.
 - e. At the start signal, competitors shall rise to their feet and race to obtain a baton.
7. Starting infringements: The following behaviors are starting infringements in Beach Flags, and shall result in a starting infringement warning:
 - a. Failure to comply with the Starter's commands within a reasonable time.
 - b. Lifting any part of the body from the sand, or commencing any starting motion after the Starter's "HEADS DOWN" command prior to the start signal.
 - i. After 1 starting infringement, any competitor who subsequently commits a starting infringement shall be eliminated, regardless of whether or not the competitor previously infringed the start.
 - ii. Competitors eliminated from the event shall retain the point score and/or placing as at that time of the event. If a competitor is disqualified or eliminated, the remaining competitors 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.
 - iii. **NOTES:**
 - iv. Competitors are not permitted to "deliberately impede" the progress of another competitor (See Deliberate Impedance in the Disqualification section which follows).
 - v. Competitors are not permitted to pick up more than one baton.
8. Draw for positions: There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals, when contestants have been reduced in number to 8, there shall be a draw for positions after each run-through.
9. The number of competitors eliminated:
 - a. The Referee shall determine the number of competitors to be eliminated in each run-through of each heat.
 - b. No more than 3 competitors may be eliminated in any 1 run-through.
 - c. In semi-finals and finals, no more than 1 competitor can be eliminated in any run-through.
10. Run-offs: A run-off between the competitors involved shall if two or more competitors hold the same baton, and judges cannot determine which competitor's hand grasped the baton first – regardless of the hand position on the baton.
11. The course – As shown in the following diagram, the course shall be approximately 20 M from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5 M between each of the 16 competitors.
 - i. The start line shall be designated at each end by poles, 2 M high.
 - ii. Batons shall be positioned in a line parallel to the start line, and so that a "perpendicular line" between any two adjacent competitors shall pass approximately through a baton.
12. Equipment and apparel
 - a. Beach Flags (batons) shall be made of tubular material approximately 250mm to 350mm in length and between 12.5mm and 25mm in diameter. They shall be colored

to facilitate sighting and have a contrasting colored stripe of approximately 40mm width located some 100mm from one end.

- b. Apparel – shorts and shirts and/or swimming apparel which comply with the team uniform requirements, may be worn at the competitor's discretion. Team competition caps shall be worn at all times.

13. Judging

- a. The Referee or Referee's appointee shall be positioned to maintain overall supervision.
- b. The Starter and Start Judges shall be placed at either end of the starting line to observe any starting infringements.
- c. Course judges shall be positioned a few meters behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for each successive run-through.

14. Disqualification

- a. 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 competitor in a subsequent segment. A competitor eliminated from the event shall lose all standing from the event.
- b. Deliberate impedance: any competitor who commits deliberate impedance on another competitor shall be disqualified from the event. Deliberate impedance is defined as "the deliberate use of hands, arms, feet or legs to impede another competitor's progress."
 - i. A competitor may otherwise use his or her body to improve his or her position in obtaining a flag. A competitor may negotiate the shoulder and/or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position.
- c. If a competitor legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.
- d. A competitor may cross over in front of a slower competitor.
- e. If 2 or more competitors are guilty of deliberate impedance, the competitor who first uses hands, arms, feet or legs will be disqualified.

G. Run-Swim-Run

- 1. This event is open is limited to 3 boys and 3 girls per division.
- 2. Distances:
 - "AA" Division 640 M (200-240-200) (Swim shall be the flag line)
 - "A" Division 640 M (200-290-200) (Swim shall be the flag line)
 - "B" Division 600 M (200-200-200) (Swim shall be one red buoys in the course)
 - "C" Division 550 M (200-150-200) (Swim shall be one red buoys in the course)
- 3. Course and Race Conduct
 - a. The first run leg will begin on the beach with a line start. A flag turn marker will be placed at the opposite end of the course to indicate the turn for the run segment.

- b. A swim turn flag will be placed adjacent the Start/Finish line where competitors will enter the swim leg.
- c. Each competitor must round the same turn flag after the swim
- d. Upon leaving the water and rounding the turn flag each competitor will run to the opposite end of the course, round the turn marker and run to the funnel finish at the original start line.
- e. A competitor finishes when his/her body crosses the funnel FINISH LINE.
- f. There will be a Judge stationed at each turn flag to direct competitors around each turn marker. There will be a water Judge at the turn of the swim to monitor for infractions.

H. Rescue Board Relay

1. All divisions can enter one six-person team, consisting of a mix of boys and girls.
2. "AA" & "A" Divisions shall paddle a regulation length USLA Rescue Board of 10 ft 6 in
3. "B" Division shall paddle an all soft board with a maximum length of 9 ft
4. "C" Division shall paddle an all soft board with a maximum length of 9 ft

NOTE: Handles (ropes) are permitted on all rescue boards)

5. Distances (the course shall be triangular in shape):
 - "AA" Division 600 M ("AA" Course) – paddle all three buoys on the course
 - "A" Division 600 M ("A" Course) – paddle all three buoys on the course
 - "B" Division 450 M ("B" Course) – paddle all three buoys on the course
 - "C" Division 400 M ("C" Course) – paddle all three buoys on the course
6. The board exchange shall occur 15 feet in front of relay team members.
 - a. A line will be drawn to indicate the 15-foot area.
 - b. The next paddler will stand and await the crossing of any part of the board before stepping over the line for the completed exchange.
 - c. An early start will result in disqualification.
7. All competitors must remain in their designated after paddling their individual leg of the relay; each paddler shall sit in order they paddled, with their surf cap pulled down around their neck.

I. Run Relay

1. All divisions can enter one six-person team consisting of a mix of boys and girls.
2. The Head Judge will determine lane assignments. In final heats, winning teams will receive the first draw of lanes.
3. The event shall be a shuttle-type relay consisting of a 50-meter sprint to a cone, going around the cone clockwise, and sprinting 50 meters back to the starting line.
4. Runners must remain in their designated lane before and after running their portion of the relay.
5. Runners will carry a baton and hand it off to the next runner behind the relay start line. Only the final runners in each relay team will wear a Junior Guard shirt to represent his/her chapter.
6. No running starts.

7. A hard baton, which is 12 inches long and approximately 1-inch in diameter, shall be provided by the hosting chapter.
 8. The finish will be determined for each team when its last runner crosses the finish line.
- V. AWARDS** -- Individual medals will be awarded through fifth place in each individual event. Medals will be awarded to both the Rescuer and Victim through fifth place in the Rescue Relay Race. Medals will be awarded to each member of the Swim Relays through fifth place.

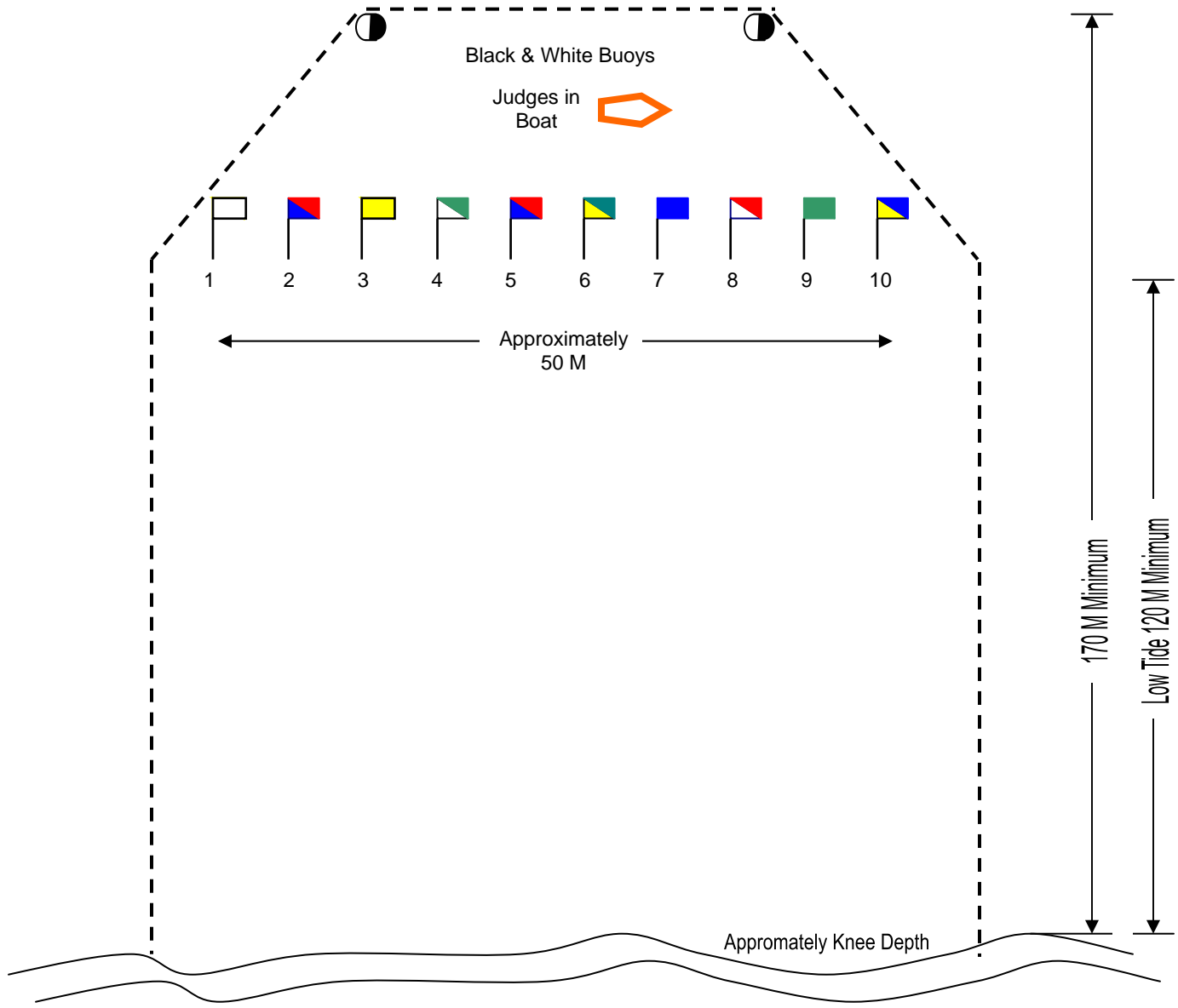
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Course Drawings

**JUNIOR LIFEGUARD
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← 20 M →

“A” & “AA” Division
Competition Area Set-up

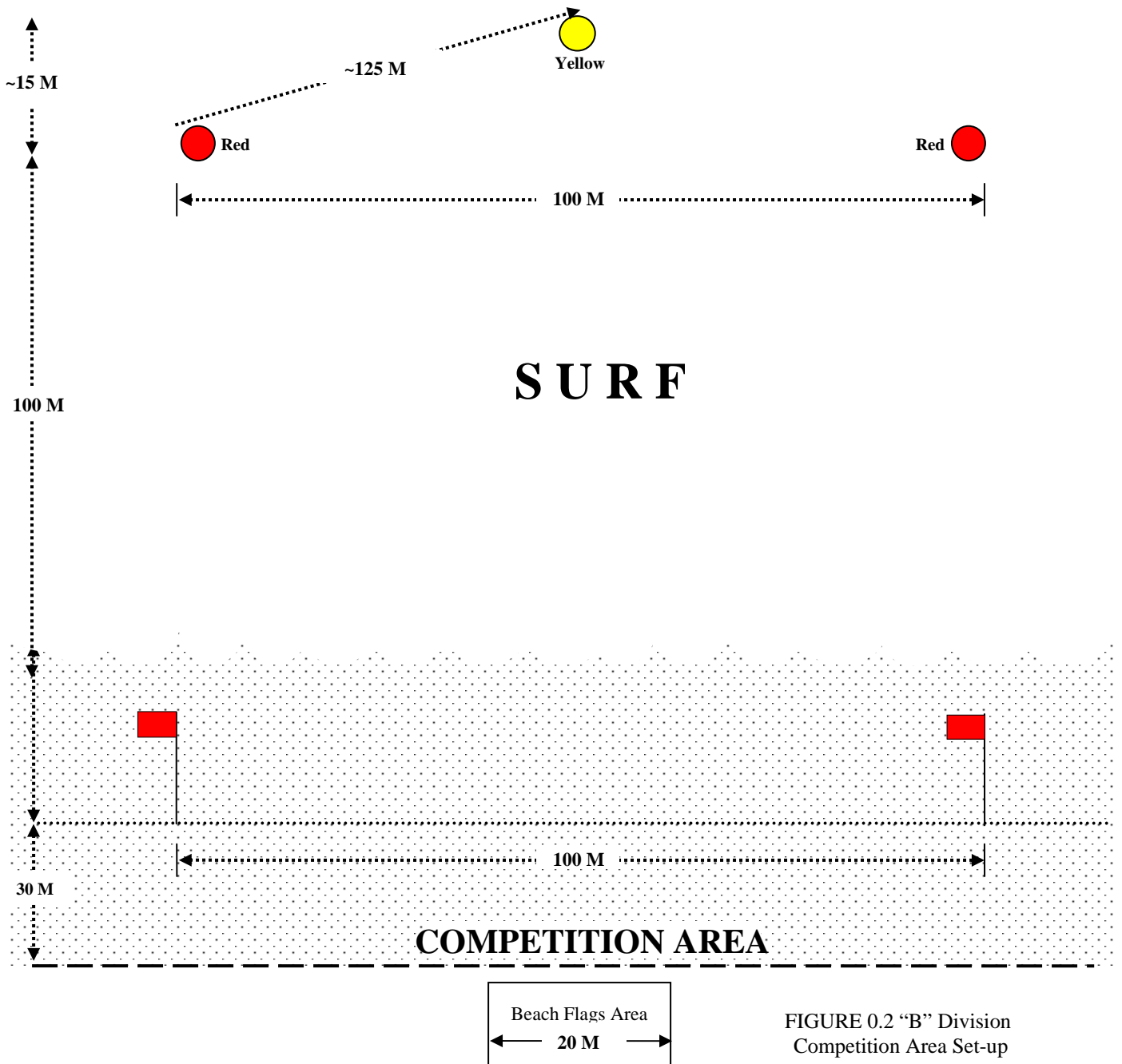


FIGURE 0.2 "B" Division Competition Area Set-up

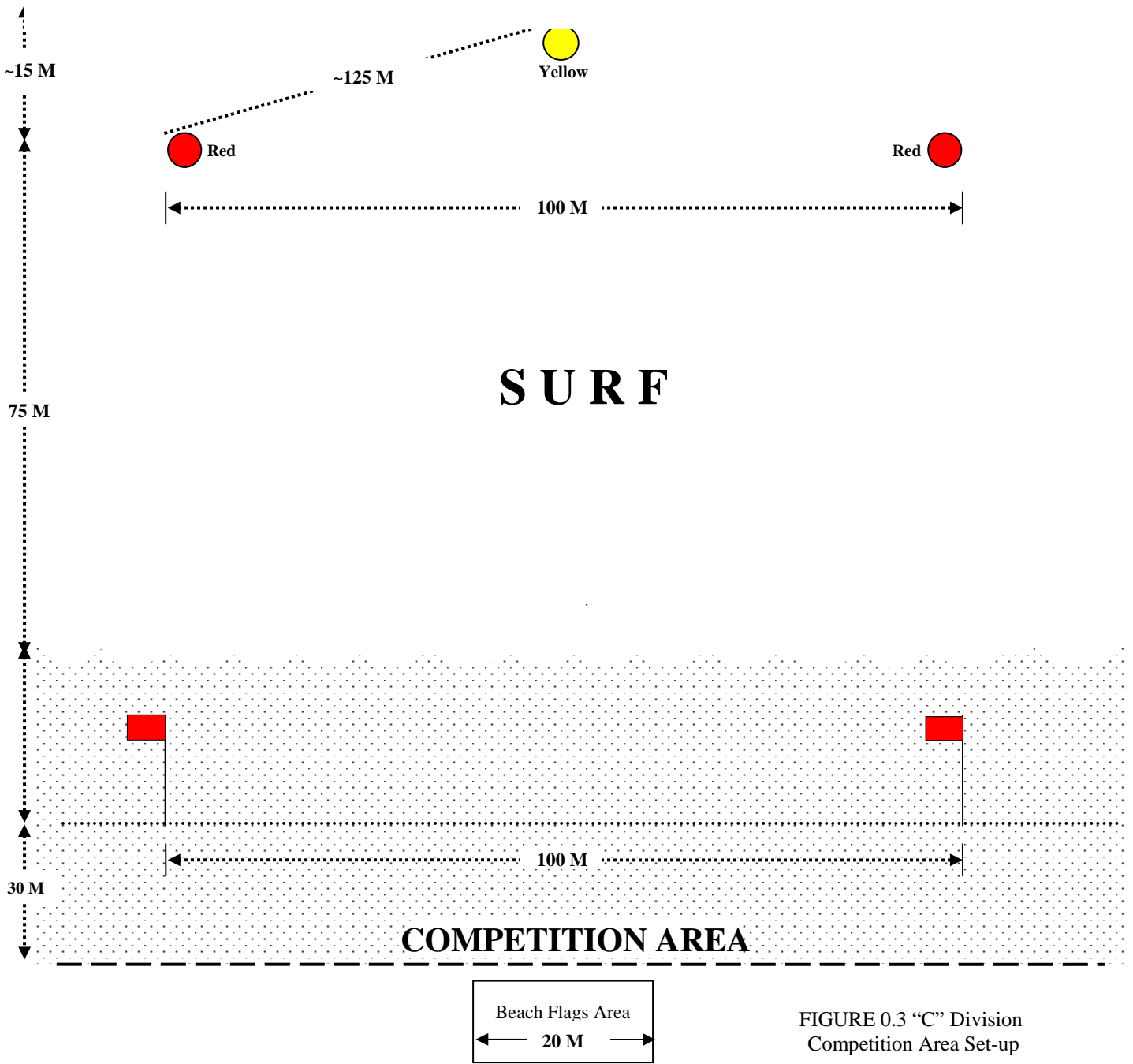


FIGURE 0.3 "C" Division Competition Area Set-up