



## **SECTION 1**

### **CSLSA Lifeguard Competition Guidelines**

**TO BE ADDED WHEN WE GET THE INFORMATION  
FROM USLA ON THEIR FINAL CHANGES**



## **SECTION 2**

### **CSLSA U-19 Competition Guidelines**



## **I. OVERVIEW**

These guidelines are established as a format for the Lifeguard National U-19 Championships, and are approved by the USLA. CSLSA has adopted these rules in their entirety for use in the California Surf Lifesaving Association Championships.

## **II. ELIGIBILITY**

- A.** All competitors in the U 19 division must be currently enrolled and actively participating with the Chapter they represent as a Junior Lifeguard, (aged 16 or 17), or professional Lifeguards (aged 16, 17 or 18).
- B.** All competitors at the National Lifeguard Championships or CSLSA Regional Championships must be current members of the. CSLSA and USLA.
- C.** Competition Classifications: U-19 Division – 16, 17, or 18 years of age on the day of the competition.
- D.** U-19 competitors who are NOT paid, professional Lifeguards may NOT compete in Open Lifeguard competitions.

## **III. GENERAL COMPETITION FORMAT**

### **A. Competition Events**

- 1. Shall be held in the U-19 Division
- 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 third place.
- 5. All competitors **MUST** wear a surf cap, which represents their chapter when competing in an event.
  - a. Failure to comply may result in disqualification from the event..
  - b. Such caps shall be distinctive to the chapter and may not carry advertising slogans or logos with the exception to the manufacturer of the cap itself.
- 6. All event distances are final, as printed in *Section V – Description and Rules of Events*.
- 7. Alcoholic beverage or tobacco advertising is absolutely not permitted on any U-19 equipment, uniforms, or competition gear.
- 8. All competitors will legibly mark their designated entry numbers on both arms, between the shoulder and the elbow, with a permanent black marker.
- 9. If a participant is found to have any questionable or offensive temporary body art, they shall be required to remove same at the discretion of officials.



**B. ENTRY LIMIT**

1. There is no limit to the number of events an individual competitor may enter.
2. A Chapter's entries into an event are limited to the rules of that event as outlined in *Section V – Description and Rules of Events*.
3. Individual events in the U-19 division will have separate male and female events.
4. Relay events may be all male, all female, or co-ed.
5. Maximum Competitors per Heat

2 K Beach Run	Open – No Maximum
Surf Swim	32
Rescue Board Race	16
Rescue Race	10 – 4 person teams
Run-Swim-Run	32
Ironguard	16
Surf Ski	16
Board Rescue Race	10 – 2 person teams
Beach Flags	Open – No Maximum

**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
2. The Starter/Head Judge for each division shall make all rule interpretations. Any coach who has questions regarding a decision or call must contact ONLY the Starter/Head Judge or 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 Lifeguard Competition Committee will appoint a 3 person appeals board to make ALL final decisions on formal protests. The board will be made up of 3 persons, all of whom represent a different Region of USLA or a different Chapter of the CSLSA.
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. AWARDS**

All events will be for individual awards 1<sup>st</sup> through 3<sup>rd</sup> places.

#### **V. DESCRIPTION AND RULES OF EVENTS**

**A. 2 KM Beach Run** - This U 19 event is open. Chapters may enter as many competitors as they wish.

##### **1. Event Description**

- a. Competitors race 2000 meters on the beach in two 1000 meter legs as follows: On the starting signal competitors race along the left side of the lane to round (clockwise or right-shoulder turn) the turning pole 1000 meters distant, and then return 1000 meters to the starting pole and then race to the finish line.
  - b. Jostling or obstructing another competitor so as to impede their progress is not permitted.
  - c. Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.
  - d. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.
2. **The Course** shall be laid out on the beach parallel to the water's edge in two 1000m lanes. The Head Judge may set an alternate course on beaches with restricted space.
  3. **Start Line** shall be designated by a brightly colored synthetic cord stretched between 2 poles.
  4. **Finish Line** shall be an extension of the Start Line toward the water. The end of the Finish Line shall be marked by a third pole. The Head Judge shall determine the length of the Start/Finish Line.
  5. **Running Lanes** shall be divided into 2 lanes parallel to the waterline. The lanes shall be divided by colored tape, bunting, or other appropriate material.
  6. A flag or pole situated 1000m from the start at the end of the lane divider shall designate the turning point.
  7. **Equipment and apparel** shall be shorts and shirts, which comply with team uniform requirements, may be worn at the competitor's discretion. All competitors must wear beanies with appropriate team colors. Shoes are optional.
  8. **Judging**
    - a. The judges shall be positioned at one side of the course to maintain overall supervision.
    - b. Break judges shall be positioned about 5m away, in line, and on either side of the starting line. If a break occurs, the break judges shall report the competitors to the Starter who shall issue a warning.
    - c. Course judges may be appointed to insure the competitors run the course without interference to other competitors.
    - d. A judge shall be positioned at each turning pole to insure no unnecessary jostling or interference occurs.
    - e. Finish judges shall select final place finishes.
  9. **Disqualification** in addition to the General Rules, the following behavior shall result in disqualification: Failure to complete the course as defined and described.

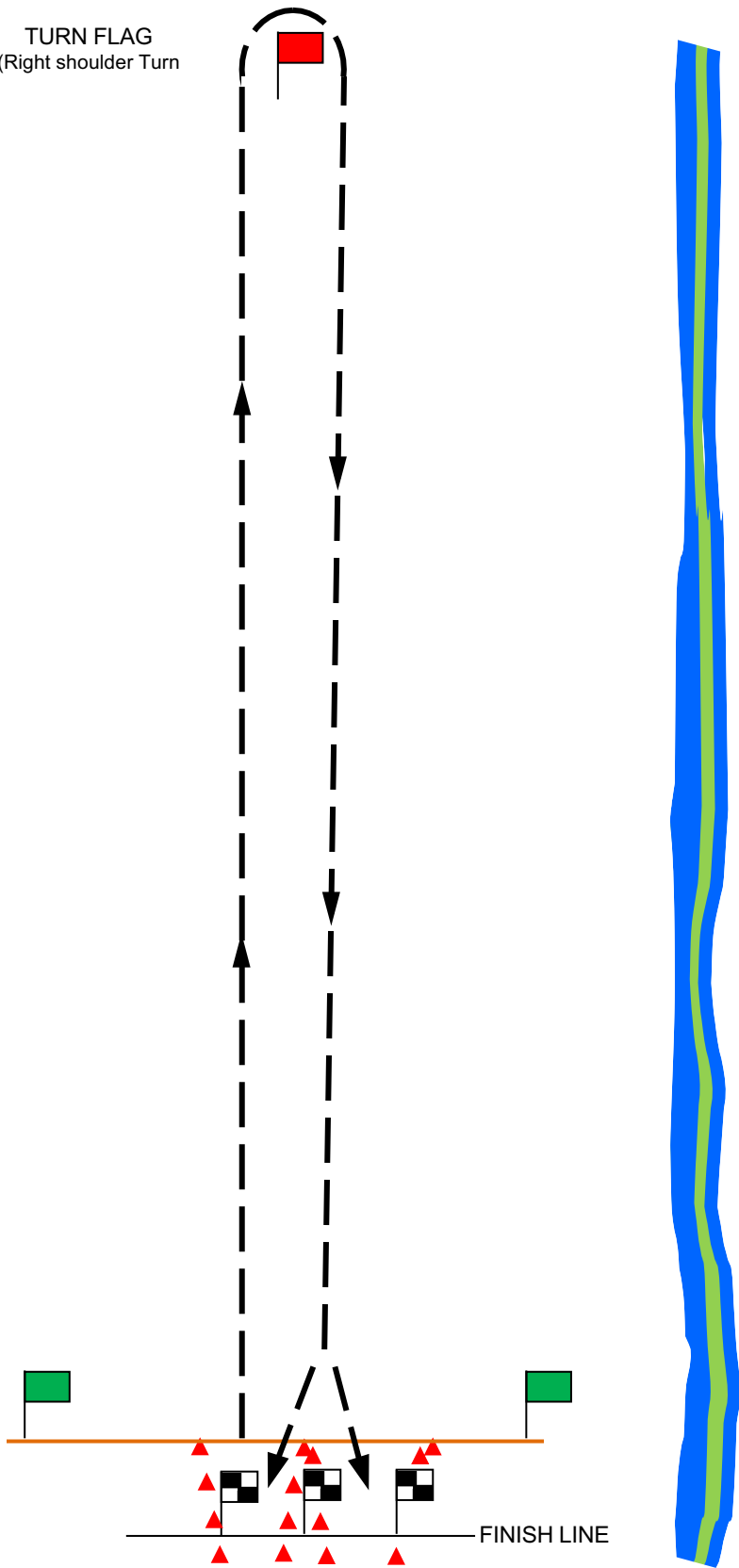


# California Surf Lifesaving Association Policies and Procedures Manual

**DISTANCE 2 km -  
COURSE: 1 km – down and  
back**

TURN FLAG  
(Right shoulder Turn)

START



FINISH LINE

(Suggestion: Males Finish on the beach  
side, Females on the water side)

## BEACH RUN



## **B. Surf Race**

This U 19 event is open. Chapters may enter as many competitors as they wish.

### **1. Event Description**

- a. With a running start into the surf from a start line on the beach, competitors swim around the 400m course designated by the passing the white flag and two black and white buoys on their right shoulder, then on to the Blue and Yellow flag to the finish line between two flags on the beach.
- b. To facilitate the recording of placing after the finish, competitors may be positioned either:
  - 1) on a straight line drawn as approximately a 30-degree angle from the finish line and up the beach; or
  - 2) on a series of line 10m behind and at right angles to the finishing line, an 5m apart.

### **2. The Start Line**

A brightly colored cord stretched between two poles approximately 40m apart shall be situated 5m from the water's edge, centered on buoy number 1.

### **3. The Course**

- a. As shown in the following diagram, the U-shaped course shall be approximately 400m from start to finish.
- b. To ensure fair starts and finishes, alignment of the start finish line start line and finish line to the buoys may be altered at the discretion of the Head Judge, depending on the prevailing sea conditions.
- c. The Swimming Course
  - 1) Shall be marked by buoys (as indicated in the diagram), the furthest situated approximately 170 m beyond knee-deep water.
  - 2) Water distances may vary depending upon sea conditions.

### **4. The Finish Line**

Between two flags positioned 5 m apart, shall be situated approximately 15 m from the water's edge, centered on buoy number 10.

### **5. Judging**

- a. Competitors must finish on their feet in an upright position.
- b. The finish is judged on the competitor's chest crossing the finish line.
- c. Judges shall be placed to observe the conduct of the event as well as determine competitor's place at the finish line.

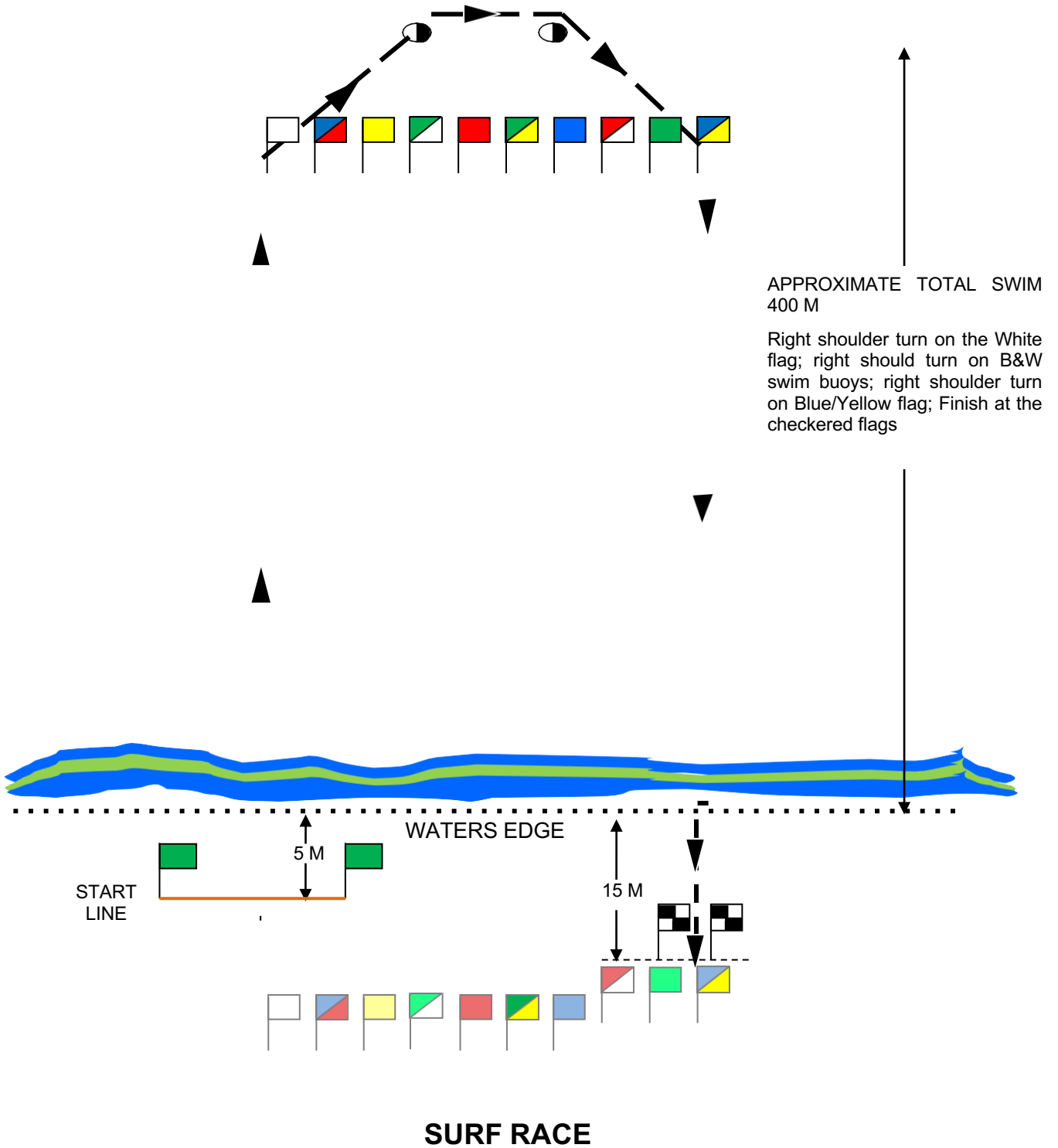
### **6. Disqualification**

In addition to the General Rules, the following behavior shall result in disqualification:

- a. Failure to complete the course as defined and described.
- b. Any shifting or hassling for position in the finish funnel.



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#### **D. Board Race**

This event is Open. Chapters may enter as many competitors as they wish.

##### **1. Event Description**

- a. Competitors stand behind the Start Line on the beach with their boards, approximately 1.5 m apart.
- b. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run across the Finish Line.
- c. Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress

##### **2. The Course**

- a. The course layout shall be as detailed in the following Board Race diagram.
- b. To ensure fair starts and finishes, alignment of the start finish line start line and finish line to the buoys may be altered at the discretion of the Head Judge, depending on the prevailing sea conditions.

##### **3. Buoys**

- a. Three buoys of the same color and equal in size to a 50-litre drum shall be used; two "turning buoys" shall be placed approximately 75 m apart, and a minimum 250 m distance from knee-deep water at low tide.
- b. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys, thus forming an arc with them.

##### **4. The Start Line**

- a. Depicted by a bright colored cord, shall be situated on the beach approximately 5 m from the waters' edge.
- b. It shall be 30 meters in length and marked by two poles at either end.
- c. The middle of the Start Line should be aligned with the first turning buoy, but may be altered at the discretion of the Head Judge depending on the prevailing conditions to allow competitors a fair passage around the buoy.

##### **5. The Finish Line**

- a. Shall be situated on the beach approximately 15 m from the water's edge.
- b. It shall be 20 m in length and marked at each end by a flag on a pole.
- c. Finish flags shall be the same color as the course buoys.
- d. The middle of the Finish Line should be aligned with the third turning buoy, but this may be altered by the Head Judge depending on the prevailing sea conditions.

##### **6. Equipment – Boards**

- a. *See Section 6 of the United States Lifesaving Lifeguard Competition Rules and Operational Procedures – Equipment Standards.*
- b. The use of a replacement board is permitted provided that the competitor recommences the race from the start line.
- c. Replacement boards may be brought to the Start Line by a fellow team member providing they do not cause any interference to other competitors.

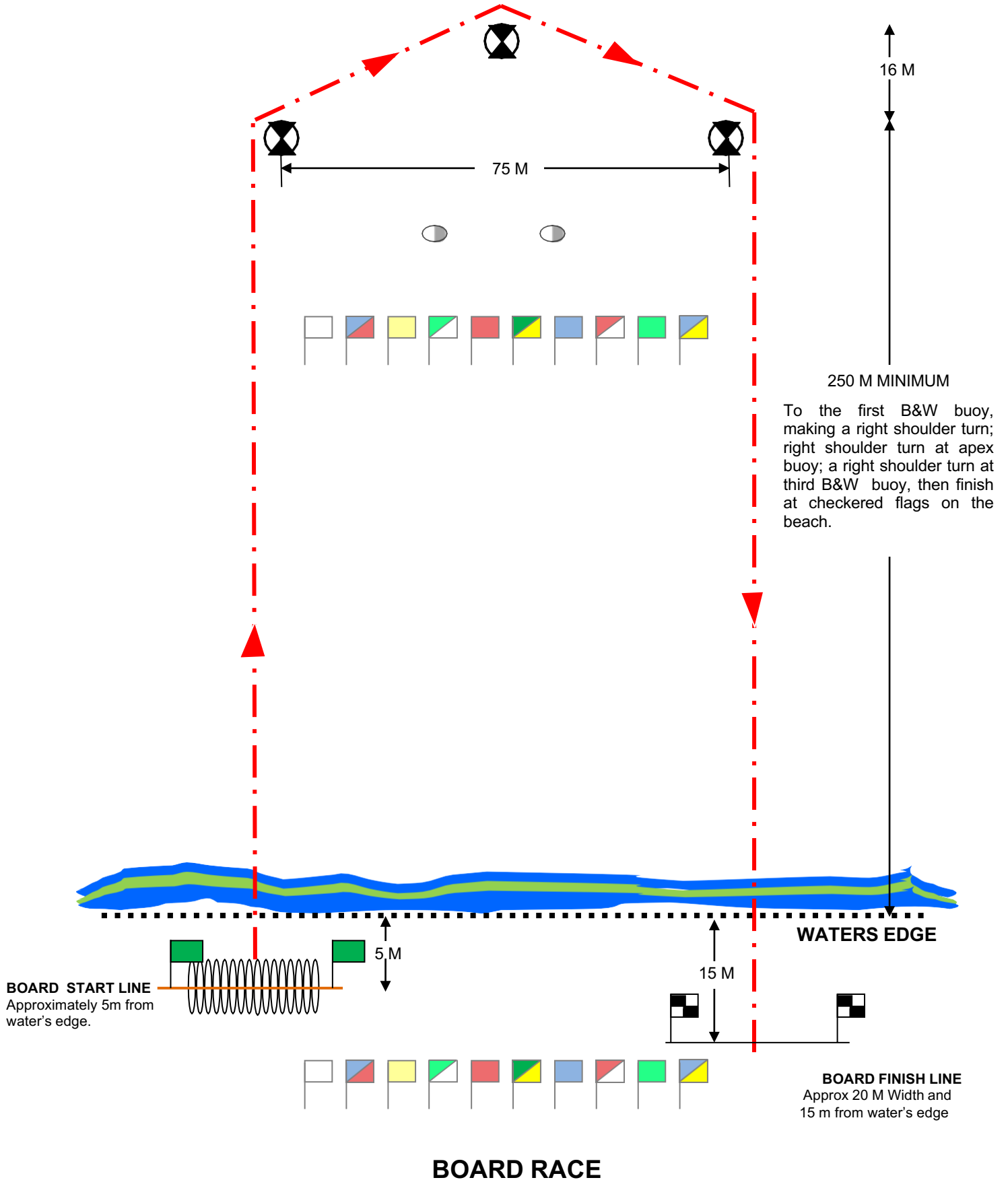
##### **7. Judging** - The finish is judged on the competitor's chest crossing the finish line

##### **8. Control of Craft** – Competitors may lose contact and control of their board without necessarily being disqualified. To complete the race, competitors must have rounded all three buoys and have (or regained) their board to cross the Finish Line.

##### **9. Disqualification** - In addition to the General Rules, the following behavior shall result in disqualification: Failure to complete the course as defined and described.



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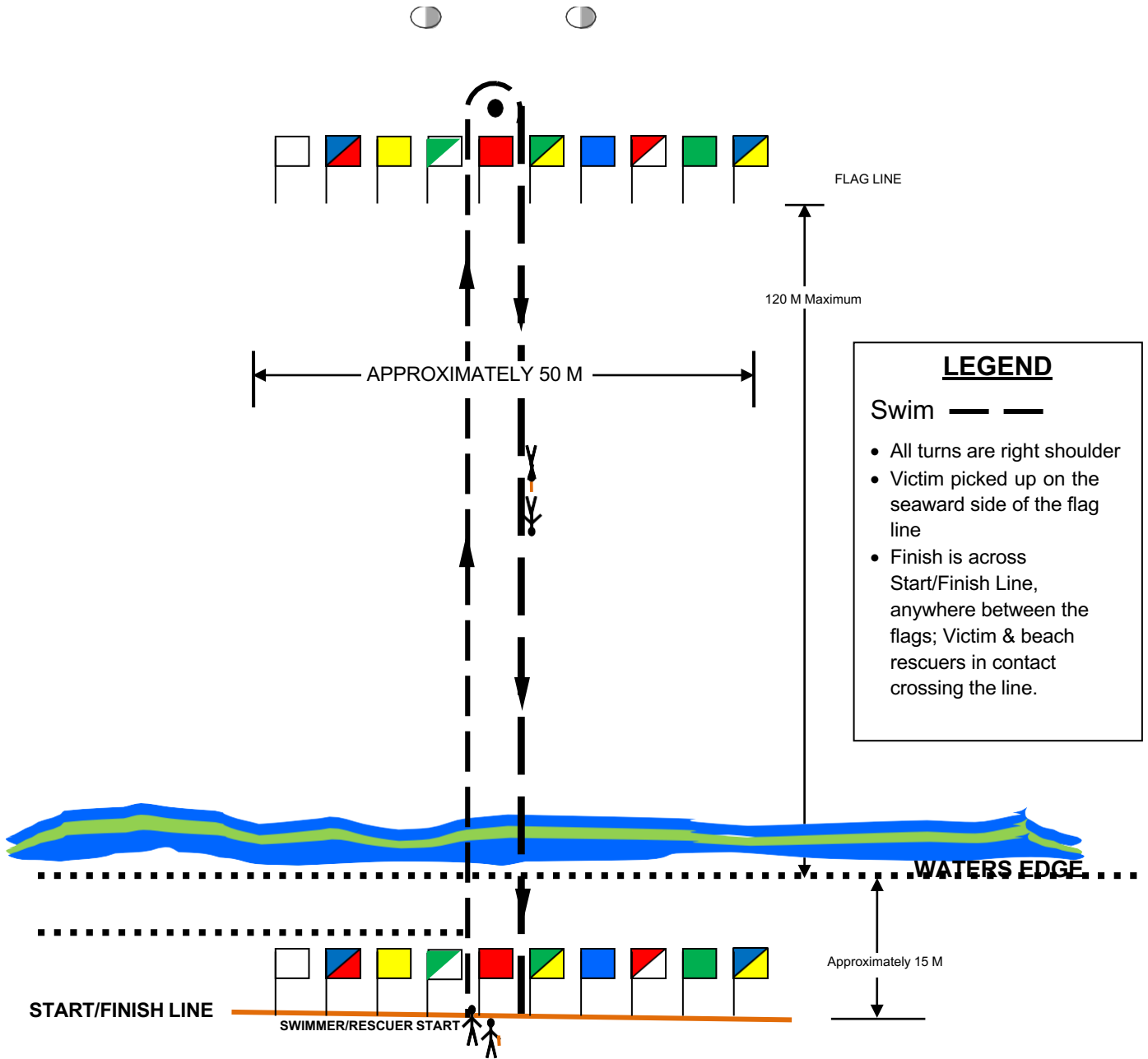
To the first B&W buoy, making a right shoulder turn; right shoulder turn at apex buoy; a right shoulder turn at third B&W buoy, then finish at checkered flags on the beach.



## **E. Rescue Race**

This event is limited to ONE FOUR person teams per Chapter (one team for each gender)

1. **Distance** – 240 m
2. **Equipment**
  - a. Rescue tube
  - b. Swim Fins (for the rescue swimmers ONLY)
3. **Course and Race Conduct**
  - a. At the four competitors assemble at the start line. The rescue swimmer may don the rescue tube and hold the swim fins prior to the start of the race. Fins may not be worn prior to crossing start line.
  - b. On the signal the victim enters the water and swims to touch the designated flag in their lane. The victim will signal their arrival on the flag by raising their arm in a vertical position or waving the flag.
  - c. On this signal the rescuer may leave the beach and swim to the victim.
  - d. The rescuer swims to the victim, passes the rescue buoy to the victim on the seaward side of the flag line. The rescue swimmer secures the victim in the rescue tube.
  - e. The rescuer commences pulling the victim back to shore.
  - f. The victim may assist by kicking but **MUST** remain on their back. The victim may assist with sculling under the surface but no out-of-water recovery.
  - g. The two-rescuers at their discretion may cross the start line and enter the water and assist bring the victim to the beach. The victim must be carried or dragged across the finish line.
4. **The Finish**
  - a. The Team finishes when **BOTH** competitors (Victim and Rescuers) cross the Finish Line, upright with all equipment, i.e. both fins and the rescue buoy.
  - b. The victim must cross the FINISH LINE being carried or dragged by the two rescuers.
  - c. The Finish placing are judged on the chest of the first team member crossing the Finish Line on their feet in an upright position anywhere on the Finish Line between the end flags while still in contact with the victim.



**RESCUE RACE**



**F. Beach Flags**

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
    - 1) After 1 starting infringement, any competitor who subsequently commits a starting infringement shall be eliminated, regardless of whether the competitor previously infringed the start.
    - 2) Competitors eliminated from the event shall retain the point score and/or placing as at that time of the event.
    - 3) 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 affected.

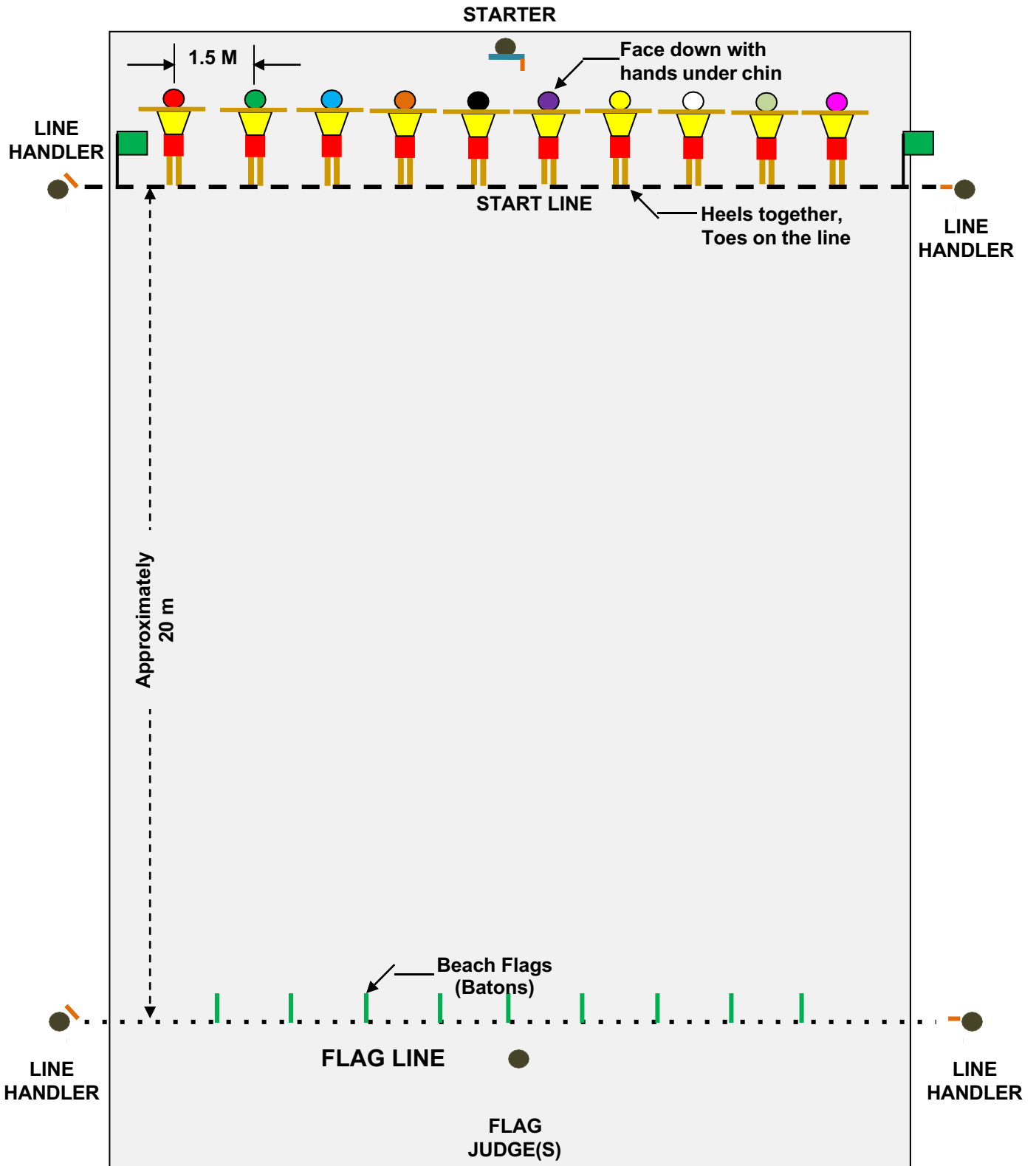


7. Disqualification
  - a. Competitors are not permitted to “deliberately impede” the progress of another competitor (See Deliberate Impedance in the Disqualification section which follows).
  - b. Competitors are not permitted to pick up more than one baton.
8. Draw for positions
  - a. There shall be a preliminary draw for positions and further draws after each round.
  - b. 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. In heats, no more than 3 competitors may be eliminated in any single 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 be conducted, 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.
  - a. The start line shall be designated at each end by poles, 2 M high.
  - b. 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 always worn.
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.



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- 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. 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.



**BEACH FLAGS**





## **G. Run-Swim-Run**

This event is open. Chapters may enter as many competitors as they wish.

### **1. Event Description**

From the Start Line, competitors run to pass around the turn flags and enter the water to swim out to and around the designated flag line. Competitors swim back to the beach to again run around the designated turn flags before running to the finish line.

### **2. The course** – As shown in the following diagram, the course shall be laid out so that competitors run approximately 200 m, swim approximately 300 m, and run approximately 200 m to finish into a funnel finish. Any competitor that impedes or fails to complete the entire course will be disqualified.

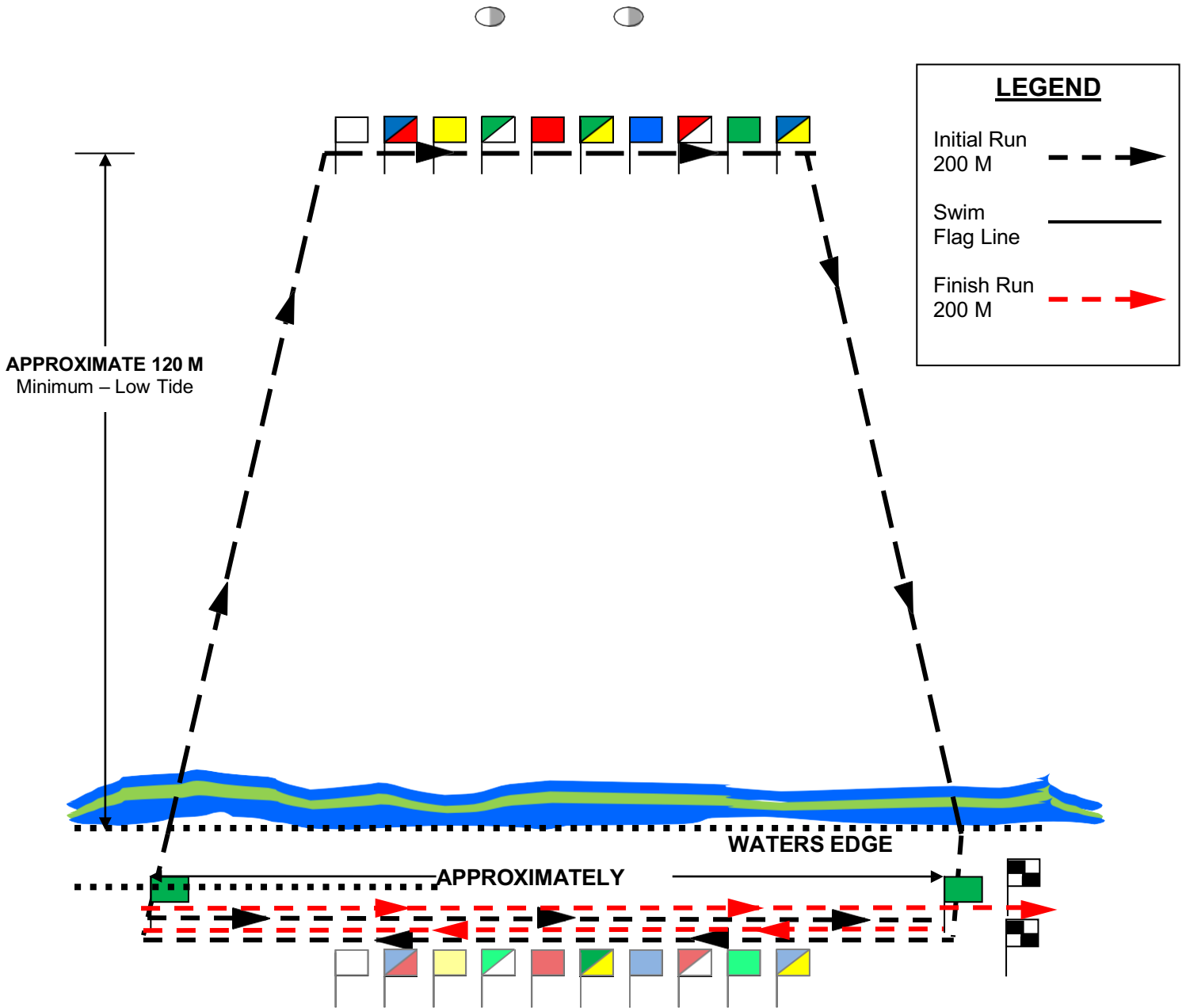
- a. **Run** – The competitors will run parallel to the water's edge from the Start Line to the turn flag placed approximately 100 m distant. After rounding the turn flag clockwise (on their right shoulder), competitors will run back toward the Start Line to another turn flag and round it clockwise (on their right shoulder) and enter the water for the swim.
- b. **Swim** - The competitors will swim clockwise (right shoulder turns) around buoy #1 (white flag), along the entire flag line, to the #10 buoy (blue/Yellow flag) turn clockwise and return to shore.
- c. **Run** – After exiting the water the competitor must run up to and around the turn flag clockwise (right should) and complete the 100 m, running parallel to the water's edge toward the Start Line, turn the flag clockwise (right shoulder) and run the remaining 75 m to the finish funnel.

### **3. Judging**

- a. Competitors must finish on their feet in an upright position.
- b. The finish is judged on the competitor's chest crossing the finish line.
- c. Judges shall be placed to observe the conduct of the event as well as determine the competitors place at the Finish line.

### **4. Disqualification**

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the event as described and defined.



**RUN-SWIM-RUN**



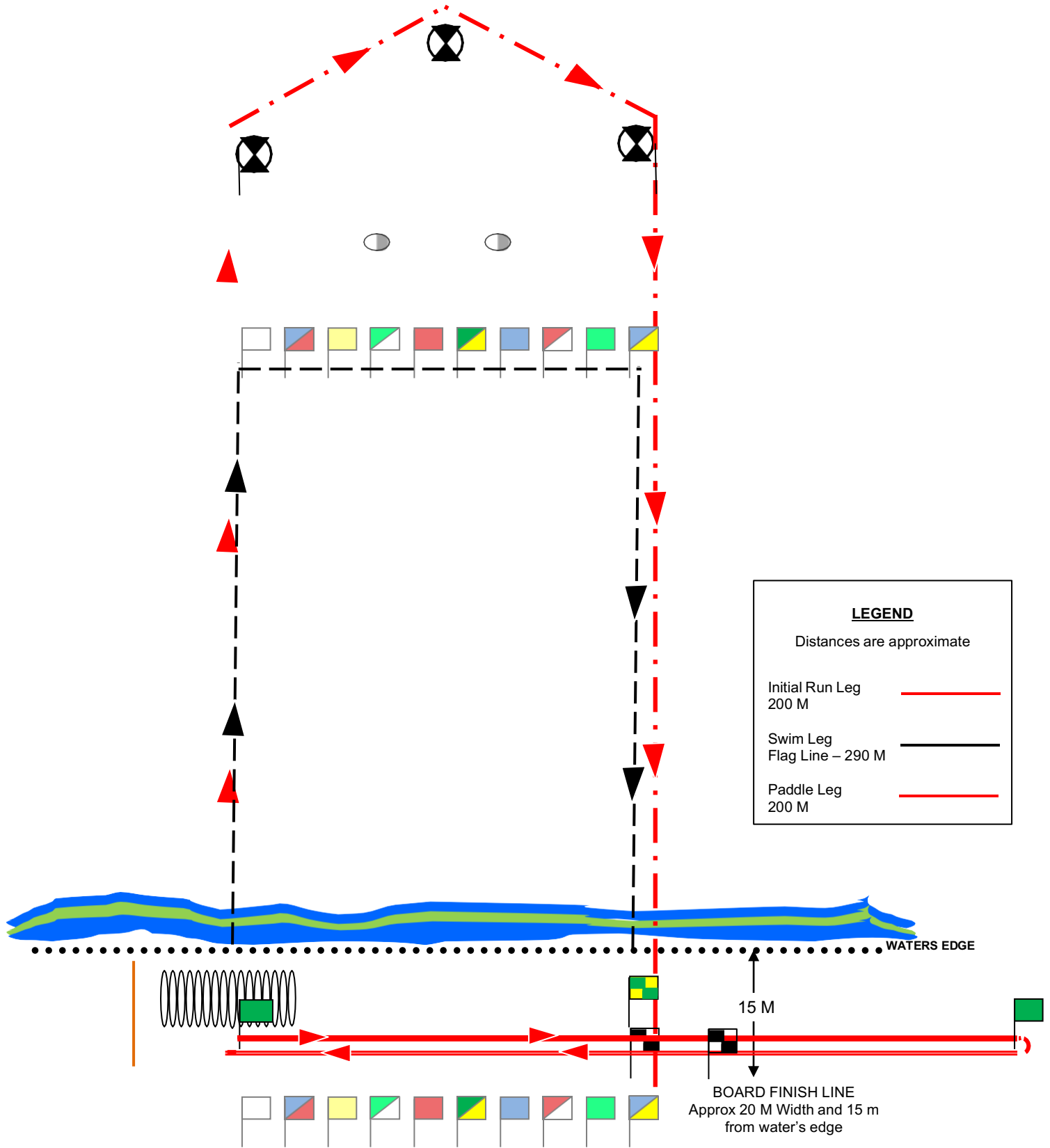
## H. Ironguard

This event is open. Chapters may enter as many competitors as they wish.

1. **Event Description** – The event consists of 200m Run, 290m Swim, 600m Paddle segments – 1,090m TOTAL.
2. **The course** - As shown in the following event diagram
  - a. **The Run Leg** - begins from a Start Line on the beach designated by two green flags. Competitors run to a green turn flag, 100 m distant and round the flag clock-wise (right shoulder), return to the Start Line and turn on their right shoulder and enter the water for the Swim leg.
  - b. **The Swim Leg** - begins from a Start Line on the beach following the last turn of the Run Leg. Competitors swim the flag line in the water clockwise (right shoulder turns) commencing at the #1 buoy (white flag) and proceeding along the flag line to the #10 buoy (blue/yellow flag) turn clockwise (right shoulder) and return to the beach, right shoulder turn on the turn flag and run to start line to retrieve their Paddle Board for the next leg.
  - c. **The Paddle Leg** – Upon reaching the final turn flag at the start area, the competitor will paddle a triangular course around the three black & white, turning clockwise around the buoy and paddle to a right shoulder turn on the turn on the buoys, staying out of the flag line outbound and inbound. Upon returning to the beach the competitors run up to the Finish Line Funnel with their Paddle Board in hand.
3. **Finish**
  - a. Competitors must finish on their feet in an upright position with their paddleboard in hand.
  - b. The finish is judged on the competitor's chest crossing the finish line.
4. **Judging** - There will be a judge stationed at the turn flags to direct competitors around the flags, and a water judge at the turns of the swim an paddle to monitor for infractions.



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## IRONGUARD



## **I. Surf Ski Race**

This event is open. Chapters may enter as many competitors as they wish.

### **1. Event Description**

- a. Competitors steady their skis in a line in knee-deep water about 1.5 m apart.
- b. Competitors must obey directions from the Starter or check starter concerning ski alignment at the start.
- c. On the starting signal, competitors paddle their skis around the triangular course marked by three red buoys in a clockwise direction and return to the finish.
- d. The finish shall be when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.
- e. Competitors may lose contact and control of their ski without necessarily being disqualified. However, to complete the race competitors must have their ski and paddle and cross the finish line from the seaward side of while maintaining contact with the ski and paddle.
- f. Competitors are not permitted to hold or otherwise interfere with other competitor's skis or deliberately impede their progress.

### **2. Dry start and finish**

If conditions are such that the Starter cannot provide a fair start, a dry start and/or dry finish (where the ski is left at the water's edge) shall be used.

### **3. The course**

- a. The course layout shall be as detailed in the following diagram.
- b. To ensure fair starts and finishes, alignment of the Start Line and Finish Line to the buoys may be altered at the discretion of the Starter, depending on the prevailing sea conditions.

### **4. Buoys**

- a. Three buoys, equal in size to a 50 liter drum shall be used: "turning" shall be placed approximately 75 m apart, and a minimum of 300 m paddling distance from knee deep water at low tide mark.
- b. The third "apex" buoy shall be placed midway and approximately 16 m seaward of the turning buoys thus forming an arc with them.

### **5. Start Line**

Need not necessarily be identified, but it shall be marked by two poles positioned so that the center of the Start Line is aligned with the first turning buoy.

### **6. Finish Line**

- a. Shall be between 2 flags mounted on stands or poles or other suitable markers, in a position where the craft will finish afloat without grounding.
- b. The flags should be 35 m apart in knee deep water on the opposite end from the Start Line, and is usually aligned with the center of the third turning buoy (allowing for prevailing conditions).

### **7. Equipment**

**Surf Skis:** See Section 6 of the *United States Lifesaving Lifeguard Competition Rules and Operational Procedures – Equipment Standards.*

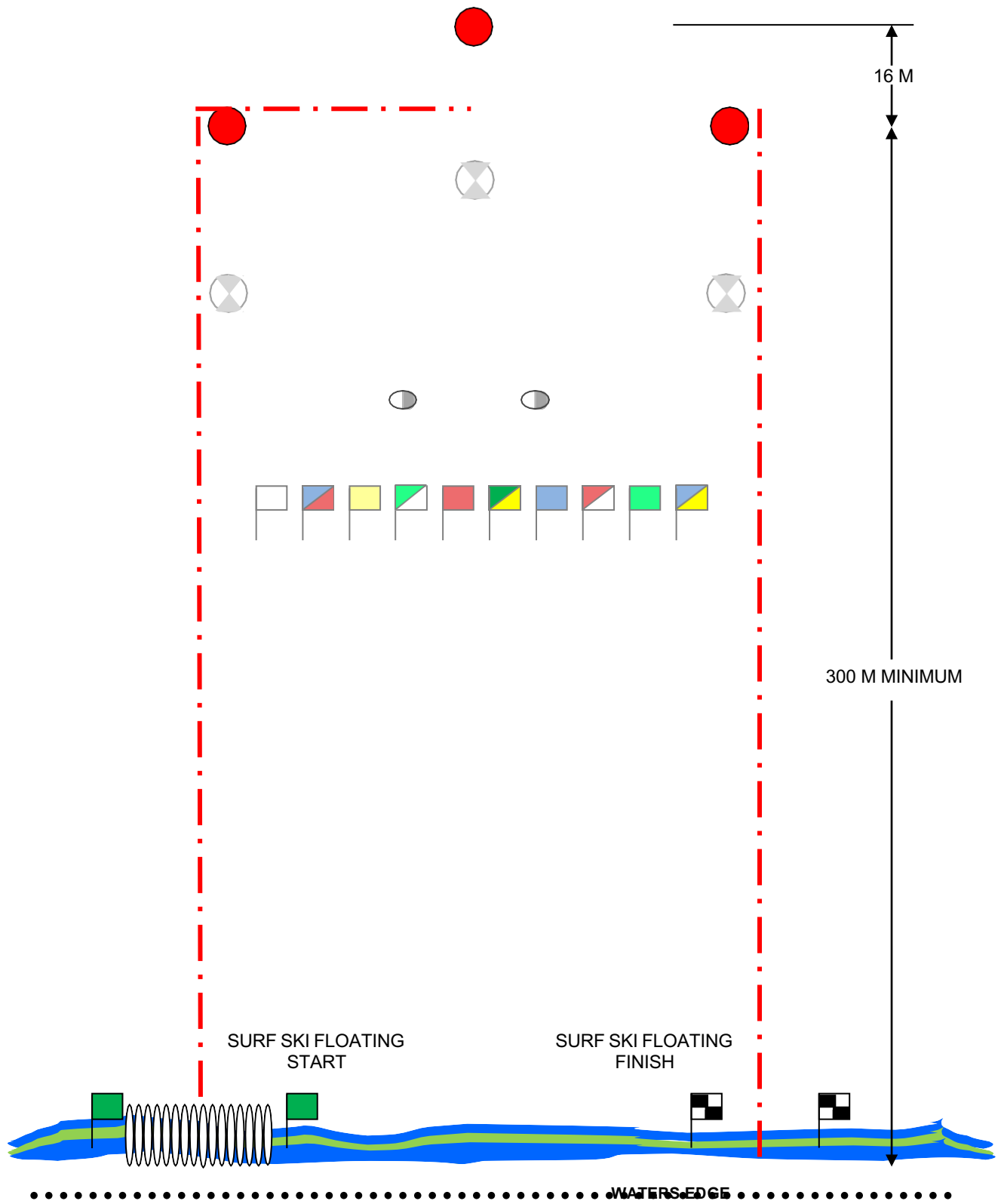


**8. Judging**

To complete the race, competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side, while maintaining contact with the ski and paddle.

**9. Disqualification**

In addition to the General Rules, the following behavior shall result in disqualification: Failure to complete the course as defined and described.



**SURF SKI RACE**



## **J. Board Rescue Race**

### **1. Event Description**

- a. In this event one member of the team swims to a designated flag on the flag line, signals their arrival, and waits to be picked up by rescuer on the paddleboard.
- b. The pickup is made following a right shoulder turn around the flag and is accomplished on the seaward side of the flag line.

### **2. Victim**

- a. From the allotted position on the start line on the beach, and at the start signal, the victim enters the water and swims to their allotted flag approximately 120M from shore.
- b. They then wave the flag to indicate their arrival and as a signal to their rescue paddler to leave the start line. The victim then waits on the seaward side of the flag line to be picked up by the rescue paddler.

### **3. Board Rescuer**

- a. Upon the victim's signal of their arrival at their designated flag, the rescue paddler enters the water, paddles to their designated flag,
- b. round it on their right shoulder and picking up their victim on the seaward side of the flag line.
- c. They complete their turn and both paddle to shore.

### **4. Judging**

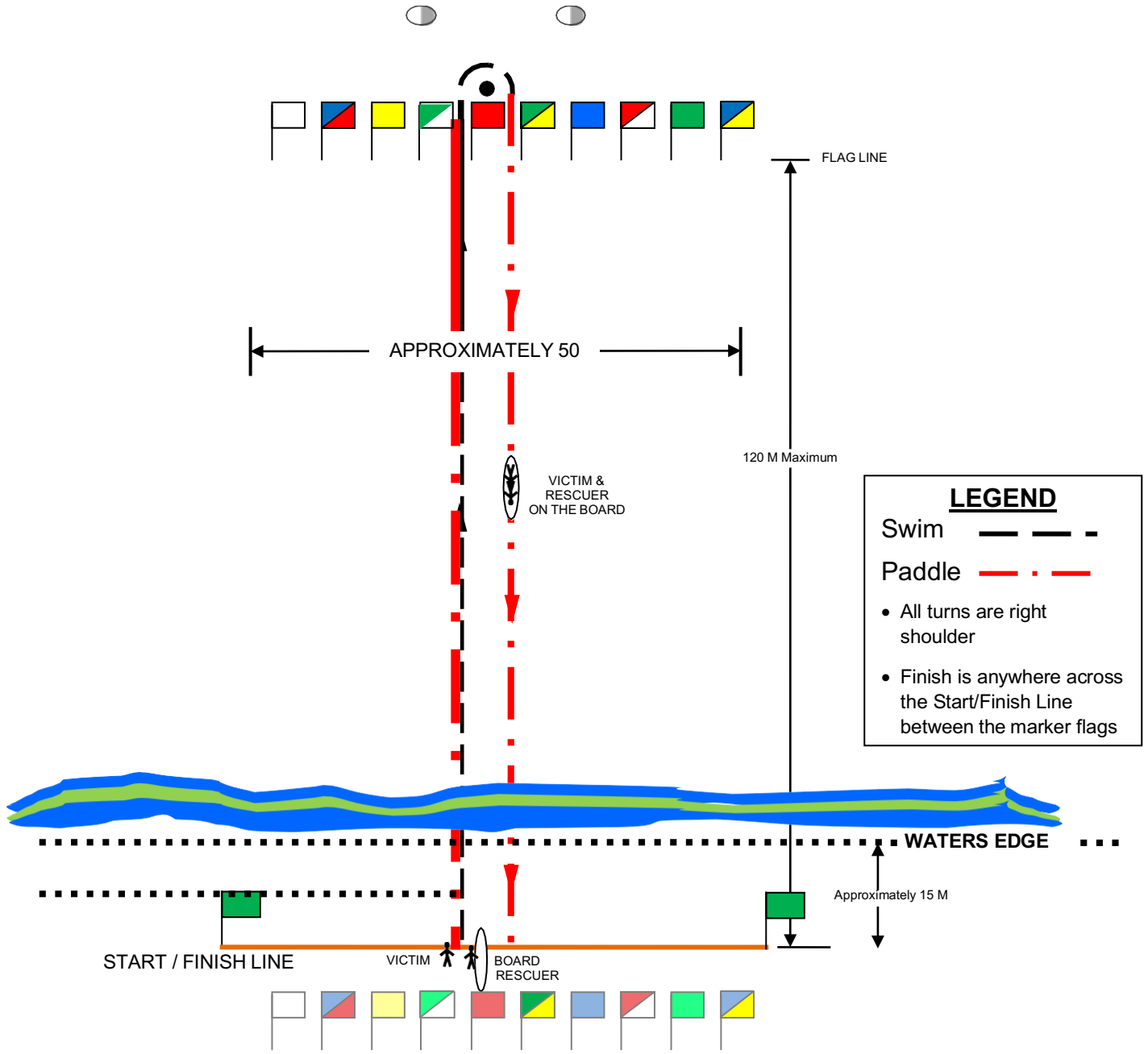
#### **a. Control of the board**

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.

#### **b. Finish**

The Finish is judged when the chest of the first team member crosses the finish line in an upright position, while both are in contact with the rescue board.





**BOARD RESCUE RACE**



## **SECTION 3**

### **CSLSA Junior Lifeguard Competition Guidelines**



**I. OVERVIEW** -- These guidelines are established as a format for the USLA/CSLSA Junior Lifeguard Championships and are approved by the USLA/CSLSA Junior Lifeguard Committees. 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.** Competition classifications (as of July 1 of the current year):

- |                 |                        |
|-----------------|------------------------|
| 1. "A" Division | 14 and 15 years of age |
| 2. "B" Division | 12 and 13 years of age |
| 3. "C" Division | 9 to 11 years of age   |

**III. GENERAL COMPETITION FORMAT**

**A. Competition Events**

1. Shall be held in "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.
11. All distances of events are approximations in meters as depicted in Section IV of these rules. Course placement is final and will not be altered unless surf, weather, tide, safety dictate, and/or discretion of the Head Official.



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### B. Entry Limits

1. A competitor may compete in a maximum of FOUR events.
2. For individual events, refer to the rules of the event for entry limitations.
3. Relay events will be gender specific. All relay teams will be composed of persons of the same gender and all participants on relay teams must be from the same chapter.
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. 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
    - 1) The Starter will assign four additional Judges, each from a different Chapter.
    - 2) If one of those judges has a competitor in the finals from his/her Chapter, he/she will be replaced with another official.
  - b. Finish Judge
  - c. Water Judge
  - d. Safety Personnel
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 racecourse area without contacting the Starter/Head Judge may cause disqualification of their competitor(s) for that event. 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.
4. 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 (USLA) or Chapter (CSLSA).
5. Conduct of coaches and competitors shall be to display the utmost courtesy and high ideals of sportsmanship and fair play at all times.
6. All distances of events are approximations in meters as depicted in Section IV of these rules. Course placement is final and will not be altered unless surf, weather, tide, safety dictate, and/or discretion of the Head Official.



#### **IV. DESCRIPTION AND RULES OF EVENTS**

##### **A. Distance Run**

1. Entry is limited to 3 boys and 3 girls in each division.
2. Distances:
  - a. "A" Division                      2.0 k / 1.2 miles
  - b. "B" Division                      1.5 k / 1.0 miles
  - c. "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 from each Chapter.
2. Distances:
  - a. "A" Division    360 M ("AA" Course) -                      swim the entire U-shaped course.
  - b. "B" Division    300 M ("B" Course) -                      swim the two red buoys on the course
  - c. "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. Board Race**

1. The Rescue Board Race will be limited to TWO male competitors and TWO female competitors in "A", "B" and "C" Division per Chapter.
2. Distances:
  - a. "A" Division    600 M ("A" Course) – paddle all three buoys on the course
  - b. "B" Division    450 M ("B" Course) – paddle all three buoys on the course
  - c. "C" Division    400 M ("C" Course) – paddle all three buoys on the course



3. Board Specifications:

- a. "A" Boys and Girls - 10'6" or smaller Rescue Boards (as defined by USLA competition guidelines)
  - b. "B" Boys and Girls – 9' or smaller SOFT boards
  - c. "C" Boys and Girls – 9' or smaller SOFT boards
2. The start of the race shall be from the water's edge at a starting line designated by the Starter/Head Judge.
  3. The finish will be a funnel finish line on the beach.
  4. A competitor finishes when his/her body crosses the finish line, in the funnel, board in hand.

**D. Rescue Race: A DIVISION**

This event is limited to ONE FOUR person teams per Chapter (one team for each gender).

The two individuals who are designated beach rescuers will not have this event count as 1 of their 4 individual events.

1. Distance – 240 m

**2. Equipment**

- a. Rescue tube
- b. Swim Fins (for the rescue swimmers ONLY)

**3. Course and Race Conduct**

- a. At the four competitors assemble at the start line. The rescue swimmer may don the rescue tube and hold the swim fins prior to the start of the race. Fins may not be worn prior to crossing start line.
- b. On the signal the victim enters the water and swims to touch the designated flag in their lane. The victim will signal their arrival on the flag by raising their arm in a vertical position or waving the flag.
- c. On this signal the rescuer may leave the beach and swim to the victim.
- d. The rescuer swims to the victim, passes the rescue buoy to the victim on the seaward side of the flag line. The rescue swimmer secures the victim in the rescue tube.
- e. The rescuer commences pulling the victim back to shore.
- f. The victim may assist by kicking but MUST remain on their back. The victim may assist with sculling under the surface but no out-of-water recovery.
- g. The two-rescuers at their discretion may cross the start line and enter the water and assist bring the victim to the beach. The victim must be carried or dragged across the finish line.

**4. The Finish**

- a. The Team finishes when BOTH competitors (Victim and Rescuers) cross the Finish Line, upright with all equipment, i.e. both fins and the rescue buoy.
- b. The victim must cross the FINISH LINE being carried or dragged by the two rescuers.
- c. The Finish placing are judged on the chest of the first team member crossing the Finish Line on their feet in an upright position anywhere on the Finish Line between the end flags while still in contact

**RESCUE RACE "B" AND "C" DIVISION**

1. The Rescue Race will be limited to one two-person team per chapter (separate event for boys and girls) in each Division.  
"B" Division 200 M ("B" Course)  
"C" Division 150 M ("C" Course)



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### 2. Equipment:

- b. Rescue buoy (small Burnside-type buoy)
- c. Swim fins (for rescue swimmer only).
- d. Wetsuits (optional, for victim only)
- e. Each competition team must provide their own equipment

### 3. Course and Race Conduct:

- a. Victims shall swim to the appropriate distance off shore marked by either the flag line on "A" Division course; or
- b. two buoys on the "B" & "C" course. They will hold onto the flag base; or
- c. a line stretched between the buoys ("B" & "C") while staying in line with the buoys.  
**NOTE:** Pulling the line toward shore and inside the buoys may result in disqualification.
- d. Judges shall be placed at each end of the marker line to ensure no infractions
- e. The rescuer starts from the beach at the START/FINISH LINE established by the Starter/Head Judge.
- f. The rescuer may wear their fins from the start if so desired.
- g. The rescuer swims to the victim and returns to shore pulling the victim behind.
- h. The victim may assist by kicking, but only while the rescuer is swimming, MUST HAVE BOTH HANDS ON THE BUOY AT ALL TIMES.
- i. For safety purposes, when running, the victim need only keep one hand on the buoy.
- j. The team finishes when BOTH competitors cross the FINISH LINE with all equipment, i.e. both fins and the rescue buoy.
- k. The victim must cross the FINISH LINE holding on to the buoy with at least ONE HAND.

### E. Surf Teams (SWIM RELAY)

- 1. Each chapter may enter only ONE THREE-person Relay Team per gender (separate event for boys and girls). The swim relay is gender specific with each chapter having the ability to enter one team per gender.
- 2. Distances:
  - a. "A" Division 240 M - swim around two designated flags in the course



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- b. "B" Division 200 M - swim around one red buoy in the course
  - c. "C" Division 150 M - swim around one red buoy in the course
3. Three members of each team will be marshalled behind each other facing the water's edge.
  4. When all teams are assembled a direction shall be given to face the competition area. On the direction of an official the line nearest the waters edge will file into the competition area (start line between two designated flags). This is followed by the direction for the second and third line to file into competition area.
  5. At the direction of the official all persons in the race will start at the same time.
  6. "Sticks" will be handed out to competitors as they cross the finish line for the race. Points will be awarded as follows: first place (1), second place (2), third place (3), fourth place (4), etc.
  7. The team with the lowest combined total score will be the winner of the event. Should teams be allotted equal points, the team whose full complement of members first complete the course shall be awarded the higher placing.

### 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 3 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





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the Starter's "HEADS DOWN" command prior to the start signal.

- 1) 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.
- 2) Competitors eliminated from the event shall retain the point score and/or placing as at that time of the event.
- 3) 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 affected.
- c. Disqualification
  - 1) Competitors are not permitted to "deliberately impede" the progress of another competitor (See Deliberate Impedance in the Disqualification section which follows).
  - 2) 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. In heats, no more than 3 competitors may be eliminated in any single 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 be conducted, 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.
  - a. The start line shall be designated at each end by poles, 2 M high.
  - b. 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. 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:
  - a. "A" Division 640 M (200-240-200) (Swim shall be the flag line)
  - b. "B" Division 600 M (200-200-200) (Swim shall be one red buoys in the course)
  - c. "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 he 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. Run Relay**

1. All divisions can enter TWO FOUR person team per gender (separate event for boys and girls). Teams are composed of 4 participants of the same gender. Agencies may enter two teams per gender. There will be no more than 10 teams allowed in each heat.
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 90-meter sprint from one end of the designated course to the other. A baton exchange will occur behind the designated line on the terminal ends of the course. The start line will also serve as the finish line for the fourth member of the team to cross.
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 and the opposite end of the race course. Only the final runners in each relay team will wear a Junior Guard shirt to represent his/her chapter.



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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.

### J. Junior Ironguard

1. This event is limited to one female and one male competitors per Chapter.
2. Description: The event consists of a Swim, Run, and Paddle segments.
3. Distances:
  - a. "A" Division 1,040 Total Meters (240 M Swim, 200 M Run, 600 M Paddle)
  - b. "B" Division 1,700 Total Meters (200 M Swim, 200 M Run, 450 M Paddle)
  - c. "C" Division 1,500 Total Meters (150 M Swim, 200 M Run, 400 M Paddle)
4. The swim leg begins from a start line on the beach at the left end of the competition course. Competitors will swim around the red buoy at the end of the course, passing the buoy on their right shoulder.
5. The run leg will begin on the beach to a turn flag 100 flag 100 meters up the beach. A turn marker will be placed where competitors will turn the flag on their right shoulder.
6. The paddle segment begins behind the start line and adjacent to the marker flag. Competitors will paddle a triangular course around the first red buoy and the yellow apex buoy, passing each on their right shoulder. They will return to the beach to the finish line.
7. There will be a judge stationed at the turn flag to direct competitors around the flag. There will be a water judge at the turns of the swim and paddle to monitor for infractions.
8. A competitor finishes when his/her body crosses the funnel FINISH LINE.

### K. Paddle Board Relay

1. Teams will consist of 3 members of the same gender. Agencies will be limited to TWO teams per agency. There will be separate races for the boys teams and the girls teams.
2. The official will establish a start line and the teams will line up with the first team member on the start line and second and third team members seated in a line behind their first paddler.

#### Distances:

- a. "A" Division 600 M ("A" Course) – paddle all three buoys on the course
  - b. "B" Division 450 M ("B" Course) – paddle all three buoys on the course
  - c. "C" Division 400 M ("C" Course) – paddle all three buoys on the course
3. **A DIVISION:**
    - a. First competitor will start and complete the course marked by the buoy. Competitors may then leave their board (anywhere after rounding the buoys), round a designated flag turning flag (on the north end of the racecourse), and then proceed to the start line and tag the second competitor on their relay.
    - b. The second competitor completes the same course, rounds the turning flag, and tags the third competitor.
    - c. The third competitor will complete the course, round the turning flag, and finish between the finishing flags (does not need to finish with the board)
  4. **B and C Division**
    - d. First competitor will complete the course marked by the buoys. A designating turning flag will be placed on the northern end of the course and the competitor exiting the water (WITH BOARD) will round the turning flag and complete a board exchange with the second team member.
    - e. Second competitor will complete course, exit water and round turning flag (with board), tag



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and complete board exchange with third member of their team.

- f. Third competitor will paddle course, exit water, finish (WITH BOARD) between finishing flags.

### **V. AWARDS**

Individual awards will be awarded through fifth place in each individual and relay event.

### **VI. COMPOSITE TEAMS**

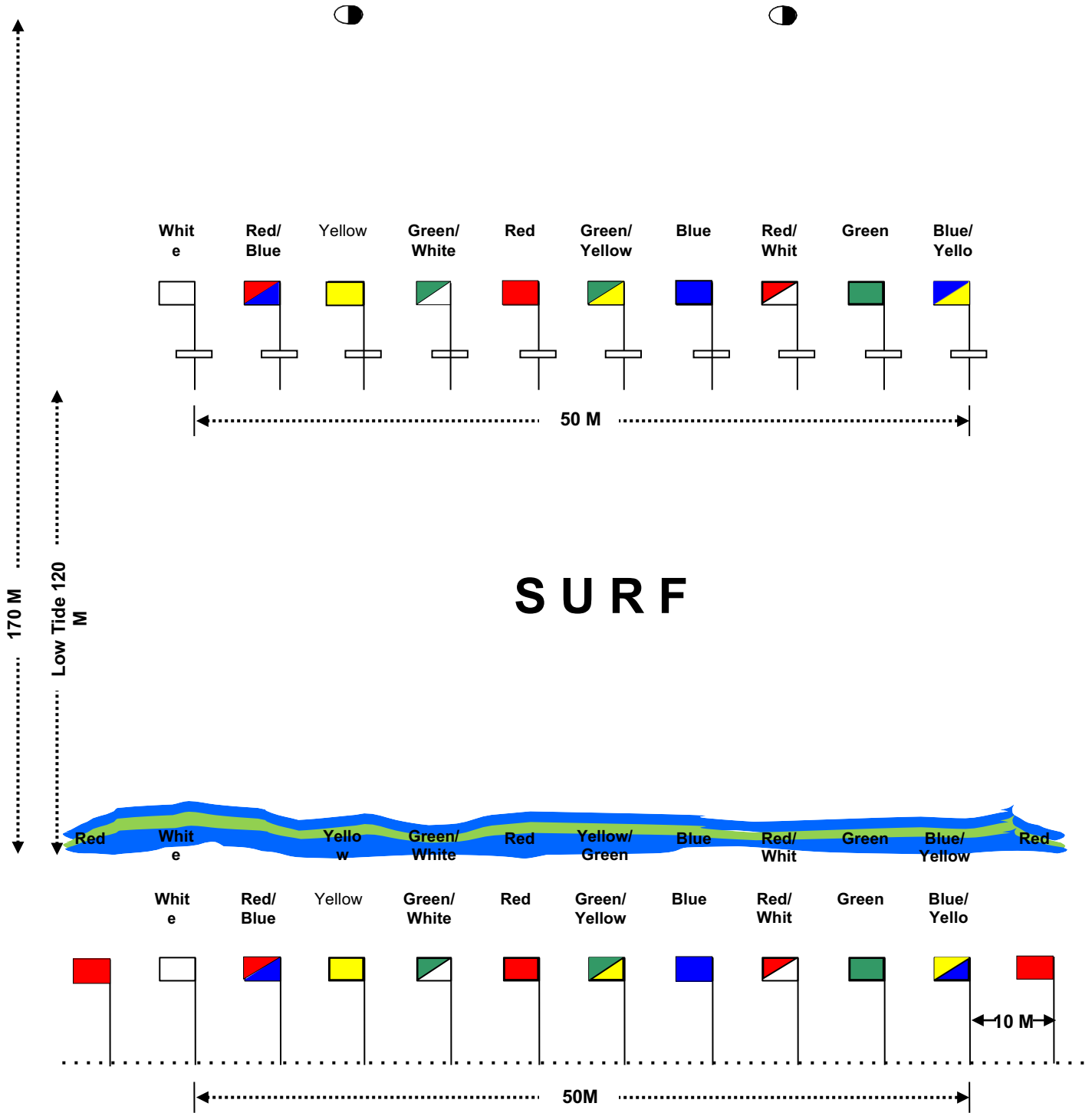
**Each agency must adhere to the designated number of teams allowed per agency per event. No composite teams will be allowed if this causes an agency to exceed the maximum number of teams allowed per agency.**



**JUNIOR LIFEGUARD**  
**COMPETITION GUIDELINES**

**Course Drawings**

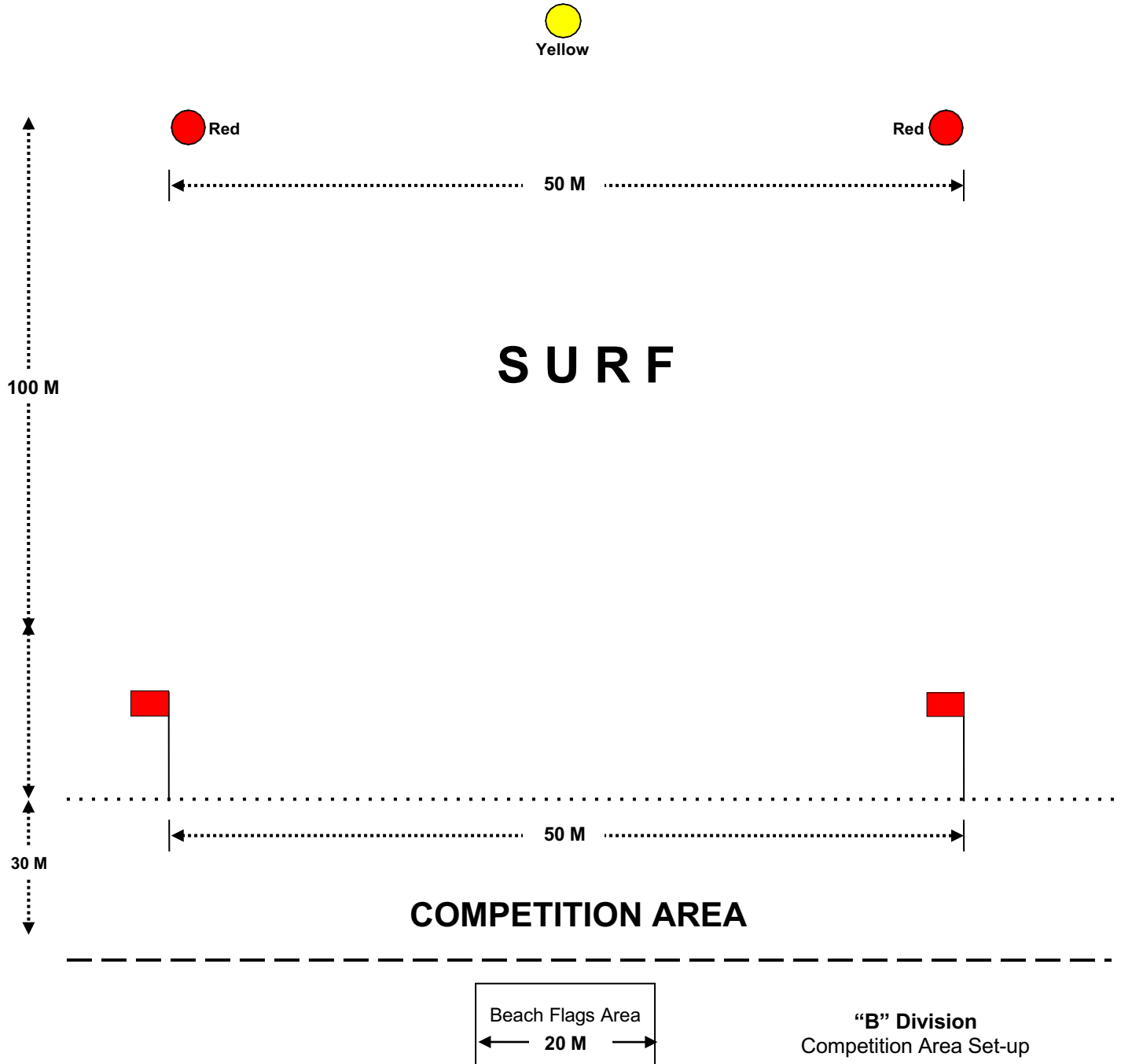
**Per USLA Junior Lifeguard Competition Guidelines  
Adopted August 15, 2015**

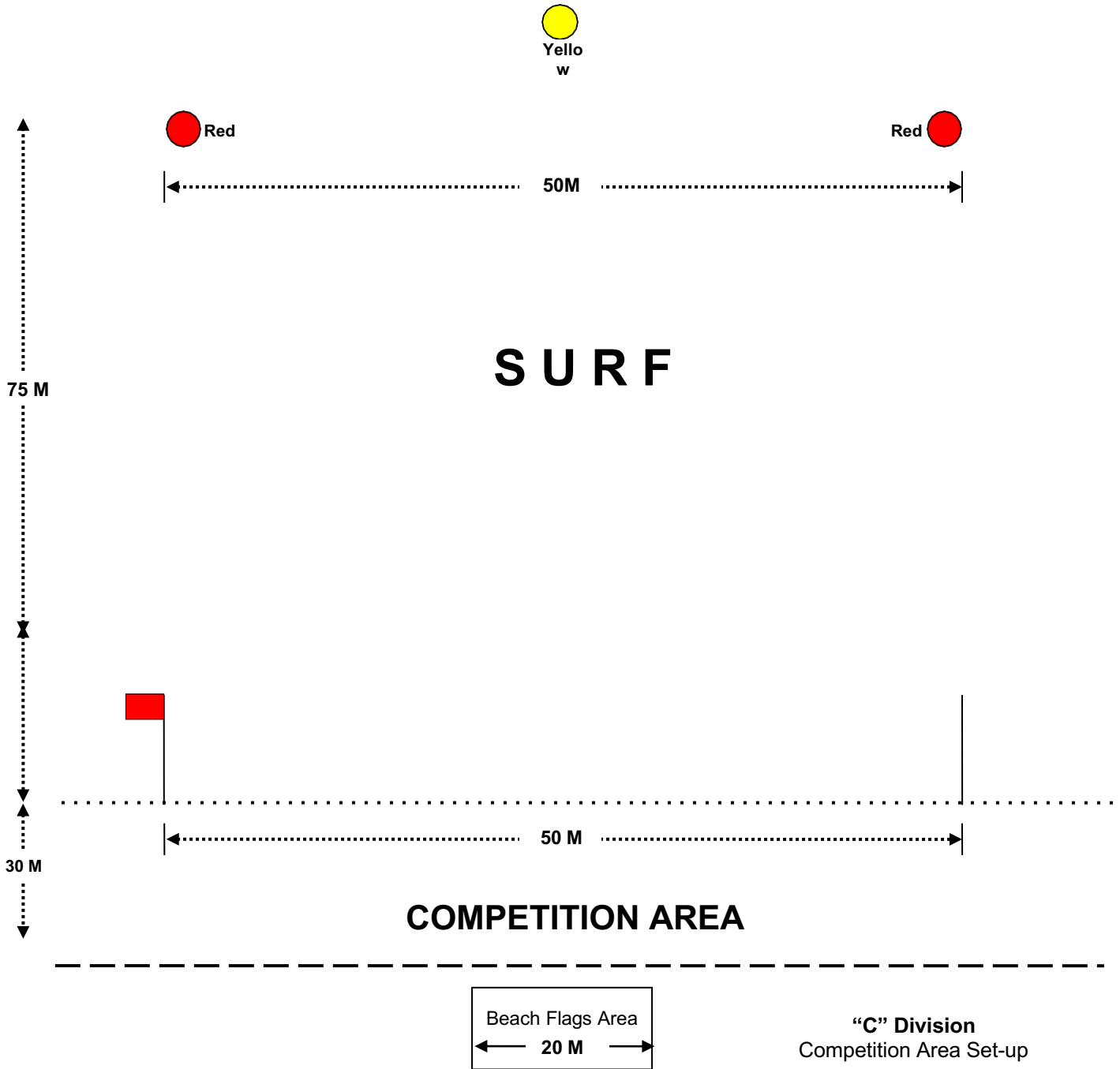


“A” & “AA” Division  
Competition Area Set-up



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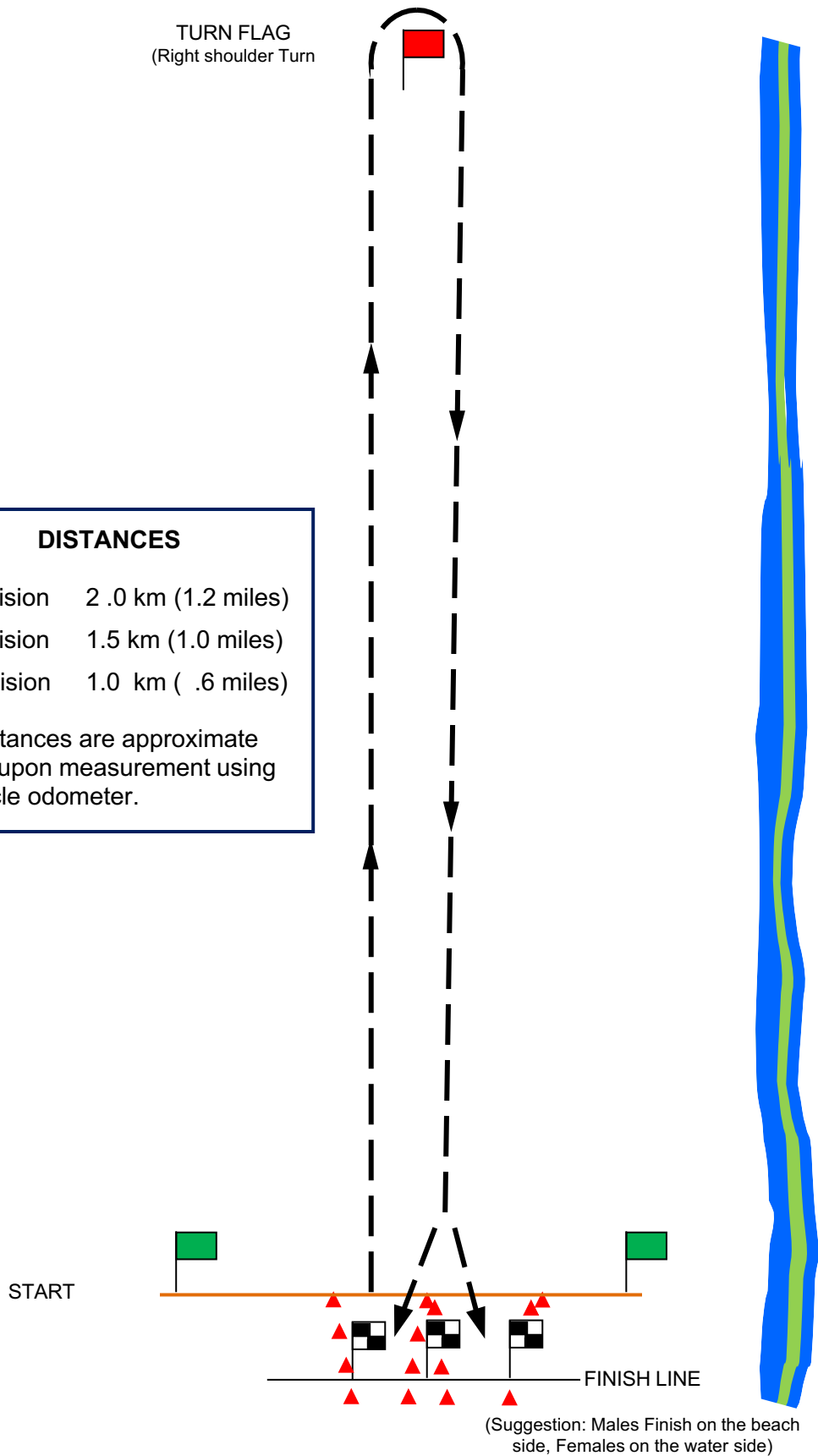




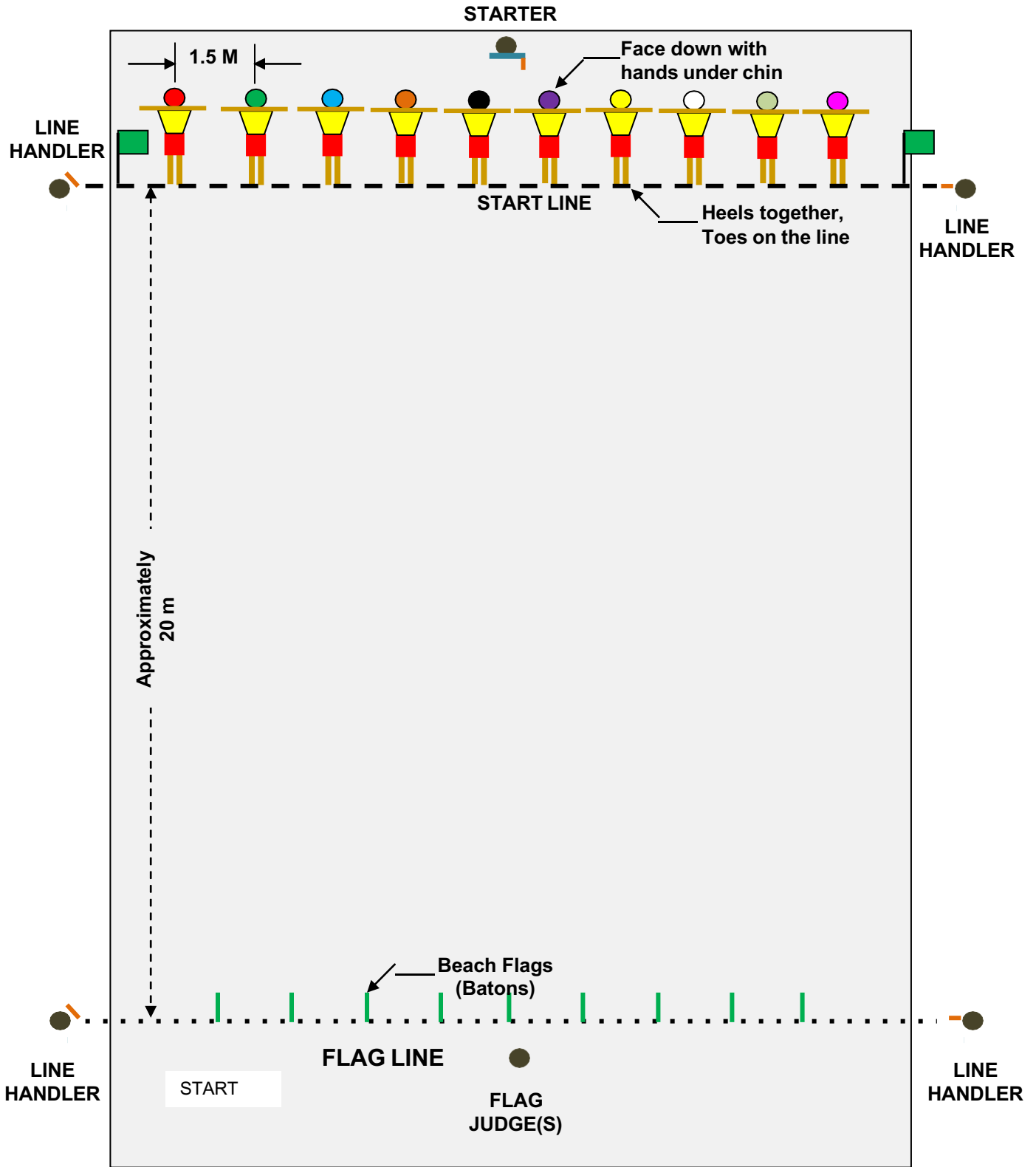
TURN FLAG  
(Right shoulder Turn)

DISTANCES	
"A" Division	2.0 km (1.2 miles)
"B" Division	1.5 km (1.0 miles)
"C" Division	1.0 km (.6 miles)

\*All distances are approximate based upon measurement using a vehicle odometer.



**BEACH RUN**



**BEACH FLAGS**