

## **INDOOR TWILIGHT INFORMATION PACK**

### **CONTENT**

- 1 Rules**
- 2 Registration Sheets**
- 3 Lane Order Sheets**
- 4 Recording Sheets**
- 5 Score Sheets**

### **PERSONS REQUIRED TO RUN EVENT**

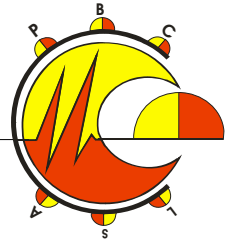
- 1 Co-Ordinator (Organise the evening and arrange registration)**
- 2 Referee**
- 3 Starter**
- 4 Finish Judge (Score Sheets)**
- 5 Recorder (Total Scores)**
- 6 Runner (1) (for transferring race score sheets to Recorder)**
- 7 Runners (2) (for setting up events in advance ready to go)**
- 8 Lifeguard (Safety for Event)**

### **Age Groups**

- 1 12 – 16 years old - Juniors**
- 2 Over 16 years - Open**
- 3 Over 40 years - Masters**

### **TEAM MAKE UP**

- 1 Teams comprise of max of 4 members.**
- 2 Ladies teams must have a max of 4 ladies**
- 3 All other teams can be mixed sex teams**
- 4 Teams must consist of members with in their age group.**



## **P B C L S A**

### **INDOOR TWILIGHTS -RULES**

The following are suggested events for the pool with rules. Categories to be Mens, ladies, Junior (under 16years)

#### **Team Events**

##### **4 x 25m Rescue Tube Relay**

The first competitor swims 25m freestyle (without fins). After having touched the turning edge a second competitor dives into the water and swims 25m freestyle with fins. The third competitor pulls a rescue tube and swims 25m in freestyle. After having touched the turning edge, the competitor passes the harness of the rescue to a fourth competitor who is (with fins) in the water and who is waiting at the pool side with at least one hand on the turning edge. The third competitor plays a role of 'victim' and holding the rescue tube with both hands, is towed by the fourth competitor to the finish edge. Both the fourth competitor and the third competitor (victim) must leave from the turning edge. The third competitor must be in contact with the rescue tube prior to passing the 5m line. The fourth competitor then swims in freestyle to the finish edge. The third competitor (victim) may help but kicking while being towed – no other assistance is allowed. The event is completed when the fourth competitor touches the finish edge of the pool.

Note 1 If after the start, any competitor loses his fin(s), the team may continue in the event. The competitor is permitted to retrieve his fin(s). The team will not be allowed to start again in another heat.

Note 2 If, during the competition, according to the Referee's opinion, the rescue tube, line and/or harness (belt) presents a technical defect, the Referee can allow the team to repeat the race.

Note 3 the grip on the rescue tube by the third competitor (victim) must be affected on the main body of the rescue tube and not on the rope or clip.

##### **4 x 25m MANIKIN RELAY**

Four competitors who, in turn, tow a manikin approximately 25m each.

The 1st competitor is in the water grasping a life saving Manikin in one hand and, with the other hand, holding onto the starting edge of the swimming pool. At the start of the event the Manikin's face must be held out of the water by the competitor using at least one hand. After an acoustic signal, the competitor carries the Manikin 25m and touches the edge, then hands the Manikin to the third competitor. The 2nd competitor, after having carried the Manikin to the turning edge, touches the turning edge and then hands the Manikin to the third competitor. The 3rd competitor carries the Manikin 25m, touches the edge and hands it over to the 4th competitor who ends the event by carrying the Manikin to the finish edge and touching the finish edge with a part of his body.

The competitor who is carrying the Manikin is not allowed to release the manikin until the next competitor has grasped it. The second, third & fourth competitor must be in contact with the turning edge with at least one hand before taking over the Manikin from the previous competitor. One hand must always be in contact with the Manikin.

##### **Equipment**

Manikin: refer to Section 2.4. The Manikin must be sealed and completely filled with water.

Timekeeping and attribution of placings

Refer to General Conditions of Stillwater Competition.

##### **Disqualification**

A false start as described in the General conditions of Stillwater competition.

Incorrect relay/ too early take over of the Manikin (ie changing the Manikin before having touched the pool edge or too early start by the following competitor)

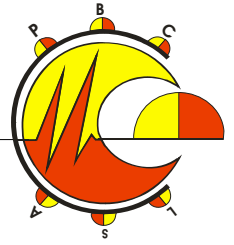
Effecting an incorrect carrying technique of the Manikin as described in the General Conditions of Still Water competition.

Taking assistance from any pool fitting ie. lane ropes, steps etc..

Any competitor releasing the Manikin before effecting a changeover.

The final competitor releasing the Manikin before touching the finish wall.

Not starting the event with the Manikin's face out of the water with at least one hand.



## **P B C L S A**

### **4 x 12m rope throw relay**

Competitor stands on poolside holding end of rope, 3 casualties are in the water at a cross rope 12m away one in front of the rope one hand on the cross rope and one hand on the throw rope which is extended beyond the cross rope. On the starting signal competitor one coils the rope and throws to first casualty who holds the rope with both hands and is pulled through the water keeping their head above the water. On reaching the side the casualty must touch the hand of the competitor. The first competitor then enters the water behind the cross line to become the 4<sup>th</sup> casualty. The next competitor, coils the rope and throws it to number two casualty. The event finishes when casualty 4 touches the end of the pool.

### **6 x 25m Relay with obstacles (2 men, 2 ladies, 2 under 16)**

After an acoustic signal, the first competitor dives into the water and swims 25m in freestyle, passing under one obstacle. The competitor must surface after the dive entry and after passing under each obstacle. The competitor may push off the bottom of the pool when surfacing from under each of the obstacles. After the first competitor touches the turning edge the second, third, fourth, fifth and sixth competitors in turn repeat the procedure. Each competitor must surface after the dive entry and after each obstacle. The event is completed when the competitor touches the finish edge of the pool.

Note: "Surfacing/Surface" means breaking the plane of the surface of the water so that the face of the competitor becomes visible.

### **Equipment**

Obstacles are to be positioned in a straight line across the water as follows:

The obstacles are fixed onto lane ropes;

1st obstacle: 12.50m from the starting edge;

### **Disqualification**

A false start as described in the General conditions of Stillwater competition.

If the competitor passes over an obstacle and does not immediately return over that obstacle and subsequently passes underneath the obstacle.

Failure to surface after the dive entry.

Failure to resurface between obstacles.

Failure to touch the wall during the turn

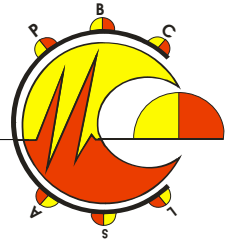
Failure to touch the finish edge.

## **Individual Events**

Bournemouth Lifeguard Corps  
Branksome Surf Life Saving Club  
Christchurch Life Saving Club  
RLSS Boscombe Lifeguards  
RLSS Poole Lifeguard  
Southbourne Surf Life Saving Unit

Bournemouth Council Seafront  
Christchurch Council Lifeguards  
Poole Borough Council-Beaches  
  
Weymouth Canoe Lifeguard  
Boscawen Lifesaving & Rescue Club

Dorset Ambulance NHS Trust  
Dorset Police  
HM Coastguard  
RNLI Mudeford Boat House  
RNLI Poole Boat House  
RNLI Beach Lifeguards



## **P B C L S A**

### **50m COMBINED RESCUE MEDLEY**

After an acoustic signal, the competitor dives in the water and swims 25m in freestyle. During and after the turn the competitor must dive and swim under the water to a Manikin which is located:

At 15m distance for men; and at 10m distance for women.

It is not permitted for the competitor to take a breath after touching the turning edge. After having lifted the Manikin within the five (5) meter pick up line, the competitor tows the Manikin the remaining distance to the finish edge. The event is completed when the competitor touches the finish edge of the pool.

Note: The competitor may push off the bottom of the pool when surfacing with the Manikin.

#### **Equipment**

The Manikin is to be completely filled with water and sealed for the event.

#### **Positioning of the Manikin**

Direction: The transverse line in the middle of the Manikin's thorax is located on the 15m line for men and 10m line for women. The Manikin lies on its back with the head in the direction of the finish.

#### **Method of lifting the Manikin**

The Manikin shall be lifted with at least one hand and must be in the correct carrying position prior to the Manikin's head passing the 5m line after the pick up.

#### **Disqualification**

A false start as described in the General conditions of Stillwater competition.

If the competitor surfaces after turning and emerges before lifting the Manikin.

Taking assistance from any pool fitting ie. lane ropes, steps etc. when surfacing with the Manikin.

Lifting the Manikin head (judged at top of head) beyond 5m line.

Effecting an incorrect carrying technique as described in the General Conditions of Stillwater Competition.

The competitor releasing the Manikin before the finish edge has been touched.

### **50m SAVING A MANIKIN WITH RESCUE TUBE AND FINS**

After an acoustic signal, the competitor dives into the water and swims 25 meters in freestyle with fins and rescue tube. After touching the turning edge the competitor fixes the rescue tube around the Manikin within 5m of the turning edge and tows it to the finish edge. The event is completed when the competitor touches the finish edge of the pool. The competitor must tow the Manikin with the line of the Rescue Tube fully extended i.e. the competitor must tow the Manikin using the Rescue Tube, not carry the Manikin by the competitor supporting the Manikin.

Note 1: If, after putting on the fins(s), the competitor loses his fin(s), the competitor may continue in the event. The competitor is permitted to retrieve his fin(s). The competitor will not be permitted to start again in another heat.

Note 2: If, after securing the Manikin, the competitor loses the Manikin, the competitor is permitted to retrieve the Manikin and continue without penalty. The competitor shall not be permitted to start again in another heat.

Note 3: If, during the competition, according to the Referee's opinion, the rescue tube, line and/or harness (belt) presents a technical defect, the Referee can allow the team to repeat the race.

#### **Equipment**

##### **Positioning of the Manikin**

Preparation: The Manikin shall be filled with water so that it floats with the water surface at a level equal with the top of the transverse line of the Manikin.

Placement: Prior to commencement of the event the Manikin shall be positioned by the Manikin handler in the right hand corner of the lane (looking towards the turning edge from the swimmers approach). The Manikin must be positioned vertically and faced to the turn wall

Note: The Manikin handler shall be a member of the same team and shall be wearing team dress ie. team costume and cap. The Manikin Handler must let go of the Manikin immediately after the competitor touches the turning edge. The Manikin Handler is not permitted to push the Manikin towards the competitor or the finish edge.

##### **Method of securing and rescuing the Manikin.**

After touching the pool edge the competitor must then attach the rescue tube around and under the arms of the Manikin within 5m of the pool wall. The competitor then tows the Manikin back to the finish edge of the pool.



**REGISTRATION SHEETS**

**MENS**

**LADIES**

**JUNIORS**

No	Team Name	Club
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



**REGISTRATION SHEETS**

**MENS**

**LADIES**

**JUNIORS**

No	Team Name	Club
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



**LANE ORDER FOR REGISTERED TEAMS**

No                      **MEN**                                      **LADIES**                                      **JUNIORS**

1			
2			
3			
4			
5			
6			
1			
2			
3			
4			
5			
6			



**Juniors**

**Ladies**

**Men**

Event / Race \_\_\_\_\_

Heat No / Final \_\_\_\_\_

Lane

No

**Club / Team Name**

**Finish Order**

1

2

3

4

5

6


**Penalties**

**Lane No**

**Points**

**Points**

**Total Score**

1st			<b>8</b>	
2nd			<b>6</b>	
3rd			<b>5</b>	
4th			<b>4</b>	
5th			<b>3</b>	
6th			<b>2</b>	



**Juniors**

**Ladies**

**Men**

Event / Race \_\_\_\_\_

Heat No / Final \_\_\_\_\_

Lane

No

**Club / Team Name**

**Finish Order**

1

2

3

4

5

6


**Penalties**

**Lane No**

**Points**

**Points**

**Total Score**

1st			<b>8</b>	
2nd			<b>6</b>	
3rd			<b>5</b>	
4th			<b>4</b>	
5th			<b>3</b>	
6th			<b>2</b>	





