

Alberta and Northwest Territories Competition Manual

2022 Edition

Rules, Standards and Procedures for Alberta and Northwest
Territories Sanctioned Competition, Championships and Games.





LIFESAVING SOCIETY®

The Lifeguarding Experts

ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

RULES STANDARDS AND PROCEDURES FOR ALBERTA AND NORTHWEST TERRITORIES
SANCTIONED COMPETITION AND CHAMPIONSHIPS

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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INTRODUCTION

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races, and in emergency response competition.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

In Canada, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970s. The Society organized the first Alberta Lifeguard Championship in 1973, followed by the first Canadian Lifeguard Championships which took place in Winnipeg in 1977.

Today, residents of Alberta and the Northwest Territories compete internationally in world and commonwealth championships, nationally in separate pool, surf and emergency response championships, and provincially in the following Alberta and Northwest Territories championships:

- Alberta and Northwest Territories Pool Lifesaving Junior Games
- Alberta and Northwest Territories Pool Lifesaving Championships

Details for Alberta and Northwest Territories Championships are posted at sport.lifesaving.org.

PREFACE TO THE 2022 EDITION

The Lifesaving Society Alberta and Northwest Territories is the Provincial Sport Organization and governing body for lifesaving sport in Alberta and Northwest Territories. As the Provincial Sport Organization, the Lifesaving Society is the standard setter and certifying body for all Lifesaving Sport programs and competitive lifesaving activities. The Alberta and Northwest Territories Competition Manual is used to identify rules, standards and procedures for lifesaving competition in Alberta and Northwest Territories.

It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Rule Book – Current Edition
- ILS Technical Bulletins – Applicable to current edition of the ILS Competition Manual

Officials, coaches and athletes should refer to the appropriate reference materials.

NEW IN THIS EDITION

In addition to minor editorial changes, highlights of the revisions in this edition of the Alberta and Northwest Territories Competition Manual include:

Section 2

- Additional clarification notes under Program of Events

Section 3

- Events updated to reflect ILS Competition Rule Book, 2019 edition.

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Section 1 - Alberta and Northwest Territories Competition Manual

Lifesaving Sport

ALBERTA & NORTHWEST TERRITORIES

**LIFESAVING
SPORT**



Section 1 - Lifesaving Sport

1.1 LIFESAVING SPORT HISTORY IN ALBERTA AND NORTHWEST TERRITORIES

Lifesaving often comes down to a race in the water to rescue a person in distress before the victim drowns. Being prepared (with fitness, skill, knowledge and judgment) to win that race means being prepared to save lives. So, it should be no surprise that the promotion of competition was part of the aims of the Royal Life Saving Society at its formation in 1891.

In the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

In 1973, the Society hosted the first Alberta and Northwest Territories Lifeguard Championships which featured emergency response and physical events.

In 2000, the Alberta and Northwest Territories Branch sent its first Interclub team to the Interclub World Life Saving Championships, Rescue 2000 in Sydney, Australia.

In 2001 the Alberta and Northwest Territories Branch hosted the first Canadian Pool Lifesaving Championships to include ILS pool lifesaving events.

In June 2009, the Lifesaving Society Alberta and Northwest Territories Branch hosted the RLSS Commonwealth Pool Lifesaving Championships in Edmonton, Alberta.

The Alberta and Northwest Territories Branch has had representatives participate on national teams at Life Saving World Championships and Commonwealth Championships since 2000.

In 2015 athletes from Alberta participated in the German Cup in Warendorf, Germany and the Orange Cup in Eindhoven, Netherlands.

Since 2000, Alberta and Northwest Territories Branch has supported officials at Lifesaving World Championships, Commonwealth Championships, and World Games.

The 2016 Canadian Pool Lifesaving Championships were hosted by the Kinsmen Sports Centre in Edmonton. The 2022 Canadian Pool Lifesaving Championships were held in Fort McMurray.

1.2 THE LIFESAVING SOCIETY

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management services, and lifesaving sport.

Alberta and Northwest Territories Lifesaving Sport Authority

As the governing body for lifesaving sport in Alberta and Northwest Territories, the Lifesaving Society establishes rules for the purpose of having a safe and fair system, within which sanctioned lifesaving competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Alberta and Northwest Territories lifesaving or lifeguard championships in age-group, open or Masters age groups.

The words “Provincial”, “Alberta and Northwest Territories”, “AB/NWT” and “Lifesaving Society” shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

1.3 SANCTIONING

The Lifesaving Society alone may sanction lifesaving or lifeguard competitions in Alberta and Northwest Territories. The Lifesaving Society may authorize other event-specific championships as appropriate.

To receive sanctioning, the following terms must be met:

All competitors must be eligible to compete as defined in Eligibility and the Right to Participate (refer to Section 2.1).

Sanctioned competitions will be conducted using the Alberta and Northwest Territories Competition Manual for rules, standards and procedures.

Sanctioned competitions are setup and run at the discretion of the Meet Manager and should address the items in Section 2 of this manual.

The competition management committee must have an appropriate safety plan, safety equipment, and a Safety Officer in place.

Using the website, affiliated sport clubs may request a sanction number for a competition. All the information identified on the website must be completed and submitted before a sanction number will be issued.

The Lifesaving Society does not recognize records set in or results of competitions which have not been issued a sanction number.

The host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the competition.

A Lifesaving Society representative will be appointed for sanctioned competitions.

Affiliated sport clubs should contact the Lifesaving Society office for rules, standards and supports for open water and lifeguard emergency response competitions.

Section 2 - Alberta and Northwest
Territories Competition Manual

**Alberta & Northwest Territories
Championships**



Section 2 - Lifesaving Sport Policies and Procedures

2.1 ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS

The Lifesaving Society shall authorize the following Alberta and Northwest Territories Championships:

- Alberta and Northwest Territories Pool Lifesaving Junior Games
- Alberta and Northwest Territories Pool Lifesaving Championships

Management Committee

The Lifesaving Society shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate Club Representative
- Facility Liaison (if applicable)
- Meet Manager
- Chief Referee
- Safety Officer

The Lifesaving Society shall inspect championships venues or may waive this requirement.

The Lifesaving Society in cooperation with the host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the championships.

Eligibility and Right to Participate

Alberta and Northwest Territories Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving.

To be eligible to compete in Alberta and Northwest Territories Championships athletes must:

- Be an individual member in good standing with the Lifesaving Society;
- Be an Alberta Registered Athlete
- For certain competitions a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or National Lifeguard certification may be required

Athletes wishing to transfer to another affiliate club may do so by contacting the Lifesaving Society.

Competitors from other provinces and countries may compete in Alberta and Northwest Territories sanctioned competitions, if endorsed (in writing) by their provincial or national sport organization. These competitors represent their club.

Club Composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Registered athletes must be a member of an affiliate club and may not be registered as an unattached competitor. Unattached athletes should contact the Society for support to find a club.

Athletes may compete for only one affiliate club at a time.

A member of an affiliate club, who is competing as part of an affiliate club, must not have competed for another club in the past ninety (90) days prior to the first day of competition.

It is recommended that clubs each have a certified Lifesaving Sport Coach on deck at sanctioned competitions.

Divisions

The following age divisions are established for Alberta and Northwest Territories sanctioned competitions:

Division	Age (as of the first day of competition)
Age Group	9 years and under
Age Group	10 - 11 years old
Age Group	12 - 13 years old
Age Group	14 - 15 years old
Youth	16 - 19 years old
Senior	20 - 29 years old
Masters	30 years and over

2.2 PROGRAM OF EVENTS

The program of events for Alberta and Northwest Territories Championships shall be established by the Lifesaving Society.

Events will be conducted according to the information in Section 3 of this manual.

Individual Events	Divisions						
	9 years and under	10 - 11 years	12 - 13 years	14 - 15 years	Youth 16 - 19	Senior 20 - 29	Masters 30 years and older
Obstacle Swim	50 m (35 cm obstacle)	50 m (35 cm obstacle)	100m (35 cm obstacle)	100 m (35 cm obstacle)	200 m (70 cm obstacle)	200 m (70 cm obstacle)	200 m (70 cm obstacle)
Manikin Carry	50 m (empty manikin)	50 m (empty manikin)	50 m (half-full manikin)	50 m (half-full manikin)	50 m (full manikin)	50 m (full manikin)	50 m (full manikin)
Manikin Carry with Fins	50 m (empty manikin)	50 m (empty manikin)	100 m (half-full manikin)	100 m (half-full manikin)	100 m (full manikin)	100 m (full manikin)	100 m (full manikin)
Manikin Tow with Fins	50 m (empty manikin)	50 m (empty manikin)	100 m (half-full manikin)	100 m (half-full manikin)	100 m (half-full manikin)	100 m (half-full manikin)	100 m (half-full manikin)

Individual Events	Divisions						
	9 years and under	10 - 11 years	12 - 13 years	14 - 15 years	Youth 16 - 19	Senior 20 - 29	Masters 30 years and older
Rescue Medley	NOT ELIGIBLE			100 m (manikin at 12.5 m)	100 m (manikin at 12.5 m)	100 m (manikin at 12.5 m)	100 m (manikin at 12.5 m)
Super Lifesaver				100 m	200 m	200 m	200 m

Note: Competitors may register in only one division for individual events and must remain in the selected division throughout the championships.

Note: Athletes 14 years and older may compete in their division or in one division above (Masters would swim down in the senior division). Seniors are not eligible to swim in the Masters division.

Note: Events for athletes 14 years and older may be held as short course or long course events.

Team Events	Divisions						
	9 years and under	10 - 11 years	12 - 13 years	14 - 15 years	Youth 16 - 19	Senior 20 - 29	Masters 30 years and older
Line Throw	6 m	8 m	8 m	12.5 m	12.5 m	12.5 m	12.5 m
4 X 25 m Manikin Relay	4x25 m (empty manikin)	4x25 m (empty manikin)	4x25 m (half-full manikin)	4x25 m (half-full manikin)	4x25 m (full manikin)	4x25 m (full manikin)	4x25 m (full manikin)
4 X 50 m Obstacle Relay	4x50 m (35 cm obstacle)	4x50 m (35 cm obstacle)	4x50 m (35 cm obstacle)	4x50 m (35 cm obstacle)	4x50 m (70 cm obstacle)	4x50 m (70 cm obstacle)	4x50 m (70 cm obstacle)
4 X 50 m Medley Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
SERC	Not Eligible			Eligible			

Team Events: Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.

Note: Relay teams with master athletes and athletes under the age of 30 are not eligible to swim in the Masters division and the team would swim in the senior division.

Note: For Line Throw the thrower and catcher must be from the same club and of the same gender and age division.

Note: Events for athletes 14 years and older may be held as short course or long course events.

2.3 ENTRIES

Entry deadlines will be established by the Championship Management Committee. Affiliated clubs and coaches will refer to the registration package for meet entries requirements.

2.4 AWARDS

Alberta and Northwest Territories Pool Lifesaving Junior Games

The Alberta and Northwest Territories club with the highest overall point score shall be declared the Alberta and Northwest Territories Pool Lifesaving Junior Games Champions and presented with an award.

Event Winners: Medals shall be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons shall be awarded to those in 4th through 16th place, male and female in each age group.

Alberta and Northwest Territories Pool Lifesaving Championships

The Alberta and Northwest Territories club with the highest overall point score shall be declared the Alberta and Northwest Territories Pool Lifesaving Champions and presented with an award.

Event Winners: Medals shall be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group.

2.5 OFFICIALS

The Lifesaving Society shall have full control and authority over all aspects of competition for Alberta and Northwest Territories Championships.

The Lifesaving Society shall appoint the following Key Officials for Alberta and Northwest Territories Championships:

- Meet Manager
- Chief Referee
- Safety Officer

The Meet Manager shall appoint all other officials for Alberta and Northwest Territories Championships.

2.6 LANGUAGE INTERPRETATION

Language interpreters shall not be provided at Alberta and Northwest Territories Championships.

2.7 SEEDING

Competitors shall be seeded for each event based on entry times.

2.8 SCORING

Finals

Finals may not be conducted in the Alberta and Northwest Territories Championships. Events will be scored as time-finals if there are no finals.

Point allocation

Competitors in each division in the Alberta and Northwest Territories Championships shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Scoring disqualifications or DNFs

Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

2.9 RESULTS AND RECORDS

The Lifesaving Society publishes the official results electronically on the Lifesaving Society website sport.lifesaving.org following the conclusion of sanctioned competitions and championships.

The Lifesaving Society recognizes and publishes men's and women's individual and team Alberta and Northwest Territories records for long and short course events listed in Section 3.

As the Provincial Sport Organization, the Lifesaving Society has authority over all Lifesaving Sport Provincial Sport Records and data. All records are considered unofficial until approved by the Lifesaving Society.

Line Throw will not have separate records maintained for long and short course.

Simulated Emergency Response Competition (SERC) will not have a record maintained.

Obstacle swim and obstacle relay events must use appropriate sized gates based on pool depth for safety. Separate records will not be maintained for 35 cm depth and 70 cm depth obstacles.

In the event that an event description is changed the Lifesaving Society reserves the right to review and retire records.

Eligibility for Records

- Must be an Alberta and Northwest Territories registered athlete.
- Records can be set at Alberta and Northwest Territories sanctioned competition or championships. Records set at Canadian championships or ILS sanctioned competitions would require documentation submitted to the branch for review.
- For individual events, eligibility for records is determined by athlete age on the first day of competition. Competitors are only eligible for individual event records in their current age division.
- For individual events, eligibility for records requires using the event distance and equipment rules for the age division as per Section 3 of this manual.

- For team events, eligibility for records is determined by the age division the relay team competed in.
- The Lifesaving Society will accept Alberta and Northwest Territories records only when times are reported by automatic officiating equipment or by a minimum of two certified timekeepers.
- Event must be run with uniform equipment meeting all criteria outlined in the event description and Section 2.10 of the Alberta and Northwest Territories Competition Manual.

Alberta and Northwest Territories Record Approval Process

1. Current Alberta and Northwest Territories records will be updated in Hytek prior to each competition.
2. Once an event is scored results should be reviewed for potential records. If any potential records are identified print a Hytek Record Form Report for the potential record. The Record Report must be reviewed and signed by the Meet Manager and Referee. The signed Record Report will be attached to the final results.
3. Upon receipt of competition results the Lifesaving Society will review Record Reports and determine approval of pending records on the Lifesaving Society website.
4. Records achieved at sanctioned competitions outside of Alberta and Northwest Territories will be reviewed on a case by case basis.

2.10 UNIFORMS AND EQUIPMENT

Swim Fins

Competitors must provide their own fins. Fins are measured while not worn.

Swim fins used by competitors 13 years of age and under shall comply with the following specifications:

Length: maximum overall length 60 cm, including 'shoe' or ankle strap (ankle strap extended).

Width: 25 cm maximum at the widest point of the blade

Construction: The fin blade shall be constructed of flexible rubber or plastic (no fibreglass or carbon)

Swim fins used by competitors 14 years of age and older shall comply with the following specifications:

Length: maximum overall length 65 cm, including 'shoe' or ankle strap (ankle strap extended).

Width: 30 cm maximum at the widest point of the blade

Construction: The fin blade shall be constructed of flexible rubber, plastic, fibreglass, or carbon

Obstacles:

Obstacles used by competitors 15 years of age and under shall be 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes. Obstacles used at Alberta and Northwest Territories Pool Lifesaving Junior Games shall be 35 cm high.

Obstacles used by competitors 16 years of age and over shall be 70 cm high and fixed at right angles onto lane ropes in a straight line across all lanes. Obstacles used at Alberta and Northwest Territories Pool Lifesaving Championships shall be 70 cm high.

The 35 cm high obstacles may be used for all divisions if necessary due to pool depth.

Manikins Half Full:

The manikin is filled with water so that it floats with the top of its transverse line at the surface. The manikin may be positioned horizontally or vertically, depending upon the event.

Manikin Collar:

Collars shall be secured around the neck of the manikin with roughly one finger width between the collar and the neck of the manikin.

Section 3 - Alberta and Northwest
Territories Competition Manual

**ALBERTA AND NORTHWEST
TERRITORIES
POOL EVENTS**

ALBERTA & NORTHWEST TERRITORIES

**LIFESAVING
SPORT**



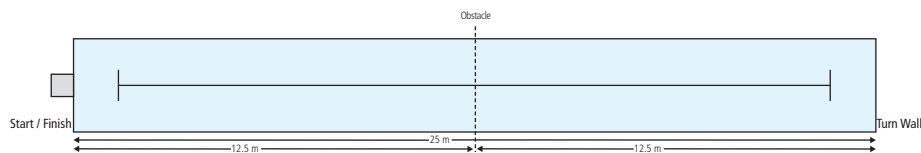
Section 3 - ALBERTA AND NORTHWEST TERRITORIES - POOL EVENTS

3.1 ALBERTA AND NORTHWEST TERRITORIES POOL EVENTS

With the exceptions specified below, sanctioned competitions, lifesaving pool championships and lifesaving games are conducted according to the latest published edition of the *ILS Competition Rule Book* and the *Canadian Competition Manual*. View or download the manuals at lifesaving.org.

3.2 OBSTACLE SWIM

Reference: *ILS Competition Rule Book*, 3.7 except:



Event description – 50 m short course

With a dive start on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacle to touch the finish wall of the pool.

Event description – 100 m short course

With a dive start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacle to touch the finish wall of the pool.

Event description – 200 m short course

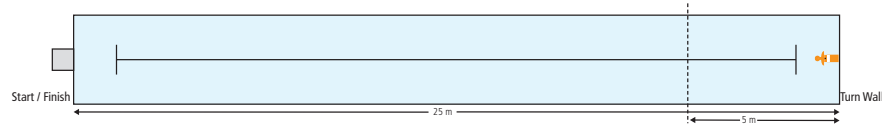
With a dive start on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacle to touch the finish wall of the pool.

Equipment

Obstacles: See *ILS Competition Rule Book*, Section 8 – Facility and Equipment Standards and Scrutineering Procedures. See 2.10 for details.

3.3 MANIKIN CARRY

Reference: *ILS Competition Rule Book, 3.8* except:



Event description – 50 m short course

15 years and under: with a dive start on an acoustic signal, the competitor swims 25 m freestyle and within 5 m of the turn wall recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures. See 2.10* for details.

Manikin (Empty) (11 years and under): The manikin is empty and sealed for the event.

Manikin (Half-full) (12-15 years): The manikin is half-full with water and sealed for the event.

Manikin Positioning

Positioning the manikin (15 years and under): Before the start and during the race, the manikin handler positions the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

Positioning the manikin (16 years and over) (second paragraph): The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 300 mm from the wall as measured at the water surface.

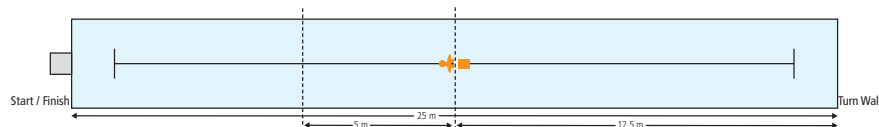
Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- a. Not surfacing before recovering the manikin.
- g. Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.
- h. Manikin handler pushing the manikin towards the competitor or the finish wall/edge.
- i. Manikin handler positioning the manikin incorrectly or touching the manikin after it has been released.
- j. Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

3.4 RESCUE MEDLEY

Reference: *ILS Competition Rule Book, 3.9* except:



Event description – 100 m short course

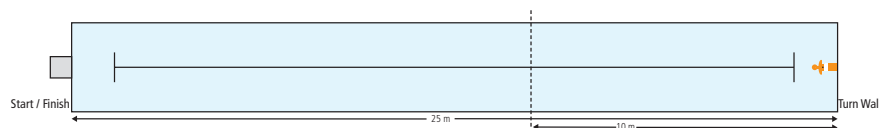
With a dive start on an acoustic signal, the competitor swims 75 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 12.5 m from the wall.

Manikin Positioning

The manikin is positioned on its back, head in the direction of the finish, with the top of the transverse line on the 12.5 m line.

3.5 MANIKIN CARRY WITH FINNS

Reference: *ILS Competition Rule Book, 3.10* except:



Event description – 50 m short course

11 years and under: With a dive start on an acoustic signal, the competitor swims 25 m freestyle wearing fins and within 10 m of the turn wall recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

Event description – 100 m short course

15 years and under: With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and within 10 m of the turn wall recovers a floating manikin positioned on the surface at the turn wall. The competitor then carries the manikin to touch the finish wall of the pool.

Event description – 100 m short course

16 years and over: With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall.

Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures. See 2.10* for details.

Manikin (Empty) (11 years and under): The manikin is empty and sealed for the event.

Manikin (Half-full) (12-15 years): The manikin is half-filled with water and sealed for the event.

Manikin Positioning

Positioning the manikin (15 years and under): Before the start and during the race, the manikin handler positions the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

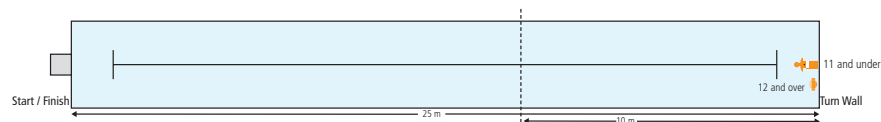
Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- f. Manikin handler not releasing the manikin immediately after the competitor has intentionally touched the manikin.
- g. Manikin handler pushing the manikin towards the competitor or the finish wall/edge.
- h. Manikin handler positioning the manikin incorrectly or touching the manikin after it has been released.
- i. Manikin handler intentionally entering the water during the event or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

3.6 MANIKIN TOW WITH FINS

Reference: *ILS Competition Rule Book, 3.11* except:



Event description – 50 m short course

11 years and under: With a dive start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turning wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly to a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.

Event description – 100 m short course

12 years and over: With a dive start on an acoustic signal, the competitor swims 75m freestyle with fins and rescue tube. After touching the turning wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.

Equipment

See *ILS Competition Rule Book*, Section 8 – Facility and Equipment Standards and Scrutineering Procedures. See 2.10 for details.

Manikin (Empty) (11 years and under): The manikin is empty and sealed for the event.

Manikin Positioning

Positioning the manikin (11 years and under): Before the start and during the race, the manikin handler positions the collar and the manikin anywhere within the allotted lane. The manikin is positioned floating on its back and its base touching the pool wall, with its head in the direction of the finish.

Securing the Manikin

11 years and under: After first touching the turn wall/edge, the competitor then secures the manikin correctly by clipping the rescue tube to the collar around the manikin's neck within the 10 m pick -up zone.

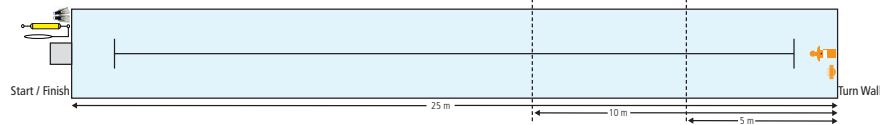
Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- a. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when fixing the rescue tube to the collar around the manikin's neck/ around the manikin – not including the bottom of the pool.
- g. At 25m (for 50 m event)/75m (for 100 m event), not touching the pool wall/edge before intentionally recovering the manikin.
- h. Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring). For competitors 11 years and under, incorrect securing of the rescue tube to the collar around the manikin's neck.
- i. Not securing the rescue tube around the manikin within the 10 m pick-up zone, judged at the top of the manikin's head. For competitors 11 years and under, not securing the rescue tube to the collar around the manikin's neck within the 10 m pick-up zone, judged at the top of the manikin's head.
- n. The rescue tube and manikin become separated after the rescue tube has been secured correctly to/around the manikin.

3.7 SUPER LIFESAVER - Short Course

Reference: *ILS Competition Rule Book*, 3.12 except:



Event description –100m short course

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor puts on fins and rescue tube and swims 25 m freestyle. After touching the wall/edge, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

The event is complete when the competitor touches the finish wall/edge of the pool.

Event description – 200 m short course

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it 25 m to the turn wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor puts on fins and rescue tube and swims 75 m freestyle. After touching the wall/edge, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

The event is complete when the competitor touches the finish wall/edge of the pool.

Equipment

Positioning the manikin for the carry (second paragraph): The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 300mm from the wall as measured at the water surface.

Donning rescue tube and fins

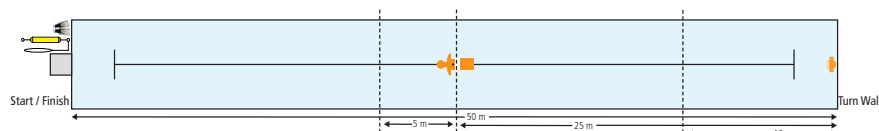
(second sentence): In the water, the competitor dons fins and rescue tube and swims 25 m (for 100 m event) or 75 m (for 200 m event).

Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- e. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when fixing the rescue tube around the manikin.
- k. At 75 m (for 100 m event)/175 m (for 200 m event), not touching the pool wall/edge before intentionally touching the manikin.

3.8 SUPER LIFESAVER - Long Course

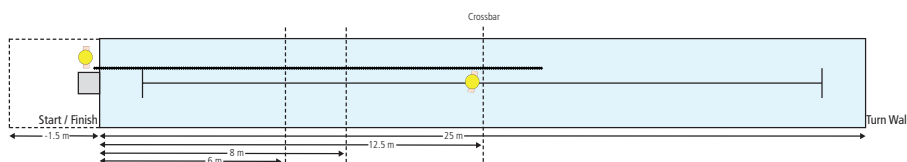


Event description –100m long course

Refer to *Canadian Competition Manual*, 3.7

3.9 LINE THROW

Reference: *ILS Competition Rule Book*, 3.13 except:



Event description

In this 45-second event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located either 6 m, 8 m, or 12.5 m distant. The competitor pulls this "victim" back to the finish wall/edge of the pool.

Fair throw: Victims may grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the crossbar before grasping the throw line with the other hand.

As long as victims remain entirely within their designated lane and do not release their grasp on the crossbar, they may use their foot or other part of the body to maneuver the throw line within their lane to a position where they can grasp the line with their hand.

Equipment

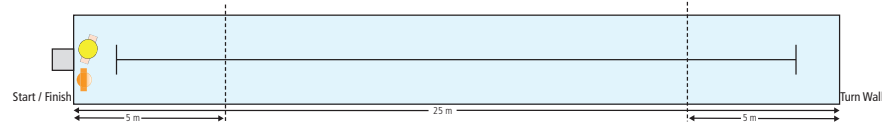
Throw Lines

The throw line must be the following length:

Division	Obstacle Distance	Rope Length
9 years and under	6 m	minimum 7 m; maximum 8 m
10 - 13 years	8 m	minimum 10 m; maximum 11 m
14 years and older	12.5 m	minimum 16.5 m; maximum 17.5 m

3.10 MANIKIN RELAY

Reference: *ILS Competition Rule Book, 3.14* except:



Event description – 4 x 25 m short course

Four competitors in turn carry a manikin approximately 25 m each.

The first competitor: starts in the water holding a manikin with one hand and the start wall/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the second competitor who is in contact with the turn wall/edge or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall/edge.

The second competitor: carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the third competitor who is in contact with the turn wall/edge or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall/edge.

The third competitor: carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the fourth competitor who is in contact with the turn wall/edge or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall/edge.

The fourth competitor: completes the event by carrying the manikin 25 m to touch the finish wall/edge with any part of the competitor's body.

Equipment

See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

Manikin (Empty) (11 years and under): The manikin is empty and sealed for the event.

Manikin (Half-full) (12-15 years): The manikin is half-filled with water and sealed for the event.

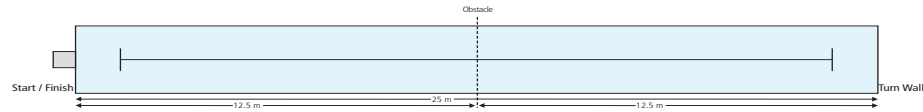
Disqualification

In addition to the General Rules in Section 2 and those outlined in 3.1 through 3.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- d. The manikin changing hands:
- Before the first, second, or third competitor touches the pool wall/edge

3.11 OBSTACLE RELAY

Reference: *ILS Competition Rule Book, 3.15* except:



Event description – 4 x 50 m short course

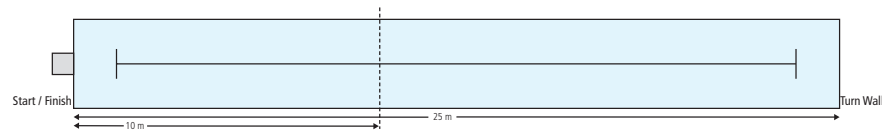
With a dive start on an acoustic signal, the first competitor swims 50 m freestyle passing twice under the obstacle located at 12.5 m.

Equipment

Obstacles: See *ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures*. See 2.10 for details.

3.12 MEDLEY RELAY

Reference: *ILS Competition Rule Book, 3.16* except:



Event description – 4 x 50 m short course

Note: The third competitor (victim) need not touch the 175 m turn wall/edge.

3.13 Simulated Emergency Response Competition (SERC)

Event description – 4 x 50 m short course

Refer to *ILS Competition Rule Book, Section 5*.

Judging and Marking

- Use Alberta and Northwest Territories Score sheets.

Appendix A - Alberta and Northwest Territories Competition Manual

Oath Scripts



Appendix A - Oath Scripts

Appendix A contains the scripts for the Competitor, Officials, and Parents Oaths to be used in Alberta and Northwest Territories Sanctioned Competitions.

A.1 COMPETITORS OATH

"In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play."

A.2 OFFICIALS OATH

"In the name of all officials, I promise that we shall officiate in this competition with impartiality, honoring the rules which govern this competition and the spirit of fair play which inspires them."

A.3 PARENTS OATH

"In the name of all parents, I promise that we shall participate in this competition as a spectator and supporter with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them."



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