
SpeedLifeSaving Competition Manual

Rules, Standards and Procedures for
SpeedLifeSaving Championships



2015 EDITION / 3

SUMMARY

This document summarized the complete rules, standards and procedures for SpeedLifeSaving Championships.

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1 INTRODUCTION

1.1 International SpeedLifeSaving Competition Manual

2015 EDITION

1.2 History

The idea of SpeedLifeSaving arose during the closing party from the German Cup 2011 when Pascal Stöckli told Manuel Zöllig, that he really would like to compete once in a pool competition that is held in a 25 m Pool but the races have to be similar to a race in a 50 m pool. But unfortunately there was no competition like this. So the two World Record holders (Linethrow 9.01 sec, RESCUE 2010) decided together to organize their own competition and they called it "SpeedLifeSaving". Only 4 months later the first SpeedLifeSaving competition was born.

2 GENERAL RULES AND CONCEPT

The concept of Speedlifesaving is easy. The official ILS Pool Lifesaving disciplines, which are designed for a 50 m Olympic pool will be reduced by 50% and held in a 25 meter pool. In addition, certain performance measures have been removed but the disciplines have to be performed generally compared to the ILS Rulebook. SpeedLifeSaving is the fastest and most powerful version of a Pool Lifesaving Event.

3 PREFACE TO THE 2015 EDITION

SpeedLifeSaving.ch tries to publish each edition of the SpeedLifeSaving Competition Manual at least before December 31. Each edition benefits from the learning at the previous championships. This edition has been influenced by the experience of organizers, competitors, coaches and officials from SpeedLifeSaving.ch and SpeedLifeSaving.nl.

In this edition the SpeedLifeSaving Sports Commission made the following significant changes:

Chapter 4 - Pool Event

4.1.3 Line Throw distance to cross bar decreased from 12m to 10m.

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4 POOL EVENT

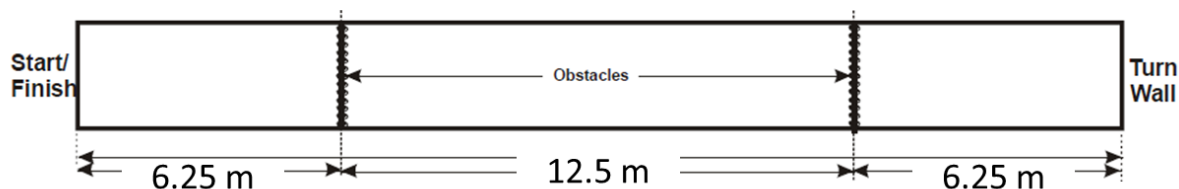
The following pool events are described in this section:

- Obstacle Swim – 100 m
- Manikin Carry – 25 m
- Rescue Medley – 50 m
- Manikin Carry with Fins – 50 m
- Manikin Tow with Fins – 50 m
- Super Lifesaver – 100 m
- Line Throw Relay – 4 x10 m
- Manikin Relay – 4 x 12.5 m
- Obstacle Relay – 4 x 25m
- Medley Relay – 4 x 25 m

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4.1 Disciplines

4.1.1 100 m Obstacle Swim



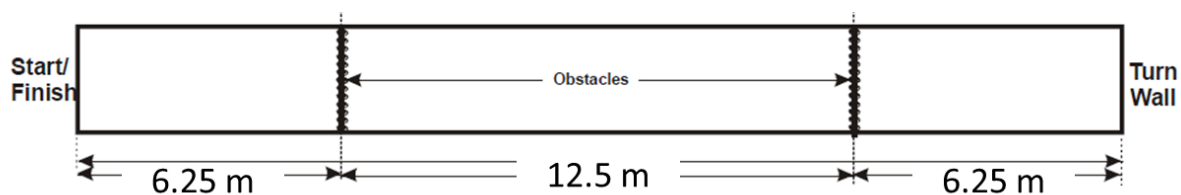
With a dive entry on an acoustic signal, the competitor swims the 100 m course passing eight times under the immersed obstacles to touch the finish wall of the pool.

- i) Competitors may not surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.

Disqualification

- Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.
- All competitors who start (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified.
- If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race.

4.1.2 4 x 25 m Obstacle Relay



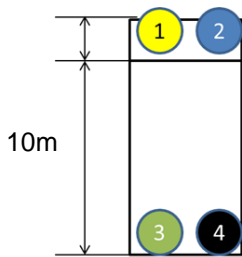
With a dive entry on an acoustic signal, the first competitor swims 25 m freestyle passing under two obstacles. After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.

Competitors may not surface after the dive entry before the first obstacle and after passing under each obstacle.

Disqualification

- Same as 100 Obstacle Swim
- One competitor repeating two or more legs of the event.
- Leaving the start before the previous competitor has touched the wall
- A competitor re-entering the water after completing his or her leg of the relay
- The second and third competitor starting before the first and second competitor respectively touch the turn wall

4.1.3 4 x 10 m Line Throw Relay



Swimmer 1 stands on the poolside holding the end of the line, swimmer 2 beside swimmer 1. Swimmer 3 and 4 are in the water at the crossbar 10m away. Swimmer 3 is in front of the line with one hand on the crossbar and one hand on the line which is extended over and beyond the crossbar. On the starting signal, Swimmer 1 coils the line and throws it to swimmer 3 who takes hold of the line with both hands and is pulled through the water. On reaching the side, the swimmer 3 must touch the end of the pool. Swimmer 1 then enters the water to become the catcher for swimmer 3. Swimmer 2 then coils the line and throws it to the Swimmer 4 who takes hold of the line with both hands and is pulled through the water until he touches the end of the pool. The event continues in the same manner as above all swimmers. The event finishes when the catcher for swimmer 4 touches the finish edge.

Starting position: Swimmer 1 stands facing the victim, motionless with legs together and arms beside the body. The end of the line is held in one hand.

Swimmer 3 treads water in the center of the lane on the near side of the crossbar holding the line with one hand and the designated spot on the crossbar with the other. The surplus line trails in the water over and beyond the crossbar.

On an acoustic starting signal: Swimmer 3 release the throw lines, enabling swimmer 1 to retrieve and throw the line back to the victims and pull them through the water to the edge of the pool. The event is finished when the catcher for swimmer 4 touches the finish edge.

Fair throw: Swimmers may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the crossbar. Swimmers may submerge to retrieve the line.

There is no penalty for pulling on the rigid crossbar while attempting to reach the line.

Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands. Swimmers may not “climb” the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

Time Limit: The Team of swimmers must make fair throws and complete the event within 3min 30 seconds. If a throw falls short or outside the allocated lane, Swimmers may recover the line and throw again as often as necessary up to the 3min 30-second limit. Teams which fail to complete the event, will be disqualified.

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The Throw Zone has the same wide like the lane and a minimum length of 2m. The Throw Zone has to be clearly marked by the organizers.

Swimmers standing on the poolside may leave the Throwing Zone, but must not interfere other teams.

The swimmer throwing or pulling has to be in the Throwing Zone with at least one part of his body.

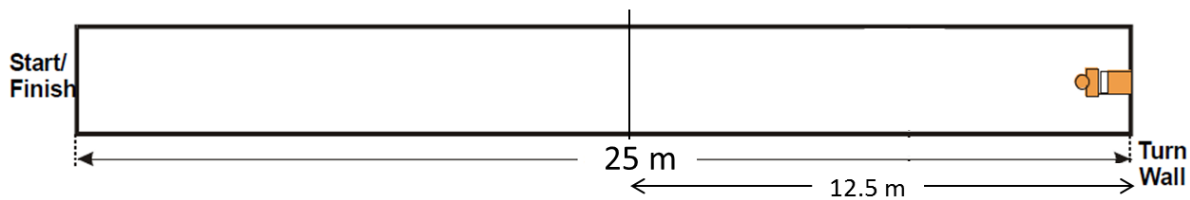
If the line falls into the water, only the swimmer which throwed just before is allowed to bring the line to the swimmer which is throwing. If the line of swimmer 1 falls into the water, only swimmer 4 can bring the line back to swimmer 1.

Disqualification

- One competitor repeating two or more legs of the event.
- Touching the rope before the previous victim has touched the wall

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4.1.4 50 m Manikin Tow with Fins

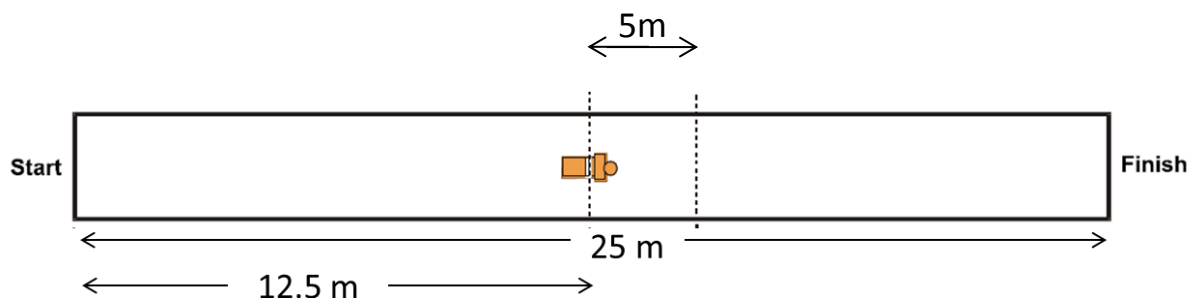


With a dive start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turn wall, and within the 12.5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

Disqualification

- At 25 m, not touching the pool wall before touching the manikin.
- Pushing or carrying, instead of towing, the manikin.
- The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin. -> Swim back and fix it!
- Touching the finish wall without the rescue tube and manikin in place, the line has to be fully extended.

4.1.5 25 m Manikin Carry



With a dive start on an acoustic signal, the competitor swims 12.5 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

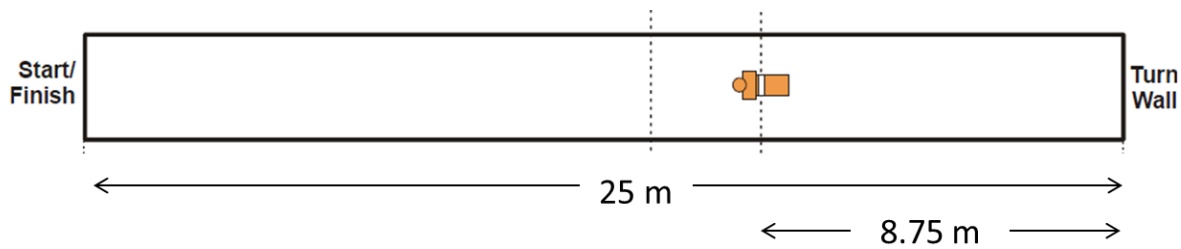
Competitors may push off the pool bottom when surfacing with the manikin.

Surfacing the manikin: Competitors may not have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Disqualification

- Swimmer is not surfacing within the 5 m pick-up line
- Releasing the manikin before touching the finish wall
- Pushing the manikin instead of carrying. The head of the manikin may be submerged.

4.1.6 50 m Rescue Medley

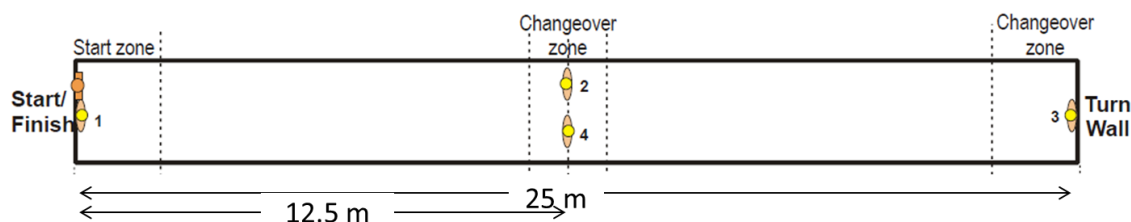


With a dive start on an acoustic signal, the competitor swims 25 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 8.75 m from the turn wall. The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin's thorax located on the 8.75 m line. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to touch the finish wall. Competitors may breathe during the turn, but not after their feet leave the turn wall until they surface with the manikin. Competitors may push off the bottom when surfacing with the manikin.

Disqualification

- Surfacing after turning and before lifting the manikin.
- Breathing after the feet leave the turn wall and before surfacing with the manikin.
- Taking assistance from any pool fitting (e.g., lane line, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Using an incorrect carrying technique. The head of the manikin may be submerged.
- Carrying the manikin face down.
- Releasing the manikin before touching the finish wall.
- Failure to touch the finish wall.

4.1.7 4 x 12.5 m Manikin Relay



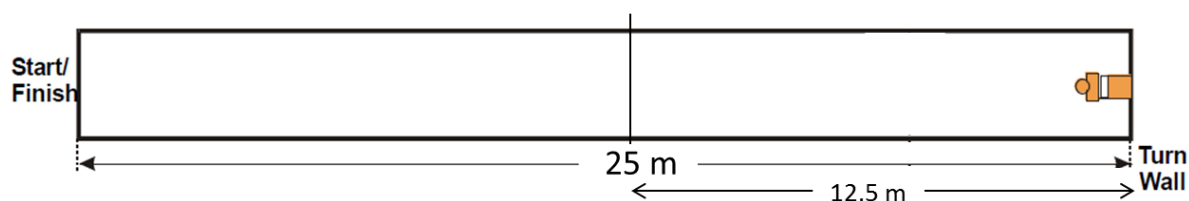
Four competitors in turn carry a manikin approximately 12,5 m each. The first competitor starts in the water holding a manikin at the surface with one hand and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4 m changeover zone situated between the 10.5 m and 14.5 m mark. The second competitor carries the manikin to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall 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. The third competitor carries the manikin and passes it to the fourth competitor in the changeover zone. The fourth competitor completes the event by carrying the manikin to touch the finish wall with any part of the competitor's body.

Disqualification

- Using incorrect manikin carry technique. The head of the manikin may be submerged.
- Carrying the manikin face down.
- Taking assistance from any pool fitting (e.g., lane line, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- The manikin changing hands
 - before or beyond the designated changeover zone
 - before the second competitor touches the pool wall
- Assistance from a third competitor during the exchange between the incoming and outgoing competitors.
- Releasing the manikin before touching the turn wall or finish wall.
- Failure to touch the finish wall.
- One competitor completing two or more legs of the event.
- Leaving the start before the previous competitor has touched the wall.

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4.1.8 50 m Manikin Carry with Fins



With a dive start on acoustic signal, the competitor swims 25 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

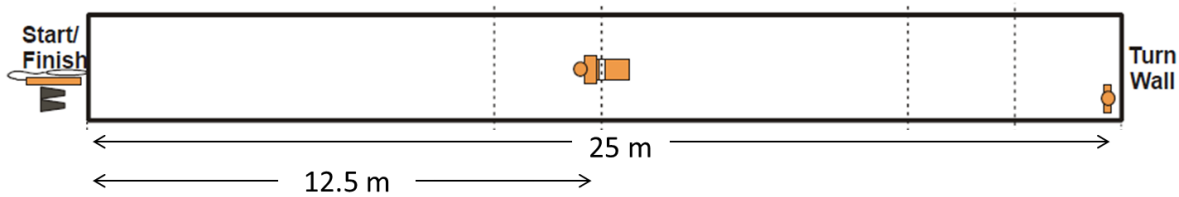
Competitors need not touch the turn wall of the pool.

Competitors may push off the bottom when surfacing with the manikin.

Disqualification

- Taking assistance from any pool fitting (e.g., lane line, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- Using an incorrect carrying technique. The head of the manikin may be submerged.
- Releasing the manikin before touching the finish edge.
- Failure to touch the finish edge.

4.1.9 100 m Super Lifesaver



With a dive start on an acoustic signal, the competitor swims 37.5 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. After touching the wall the competitor releases the manikin.

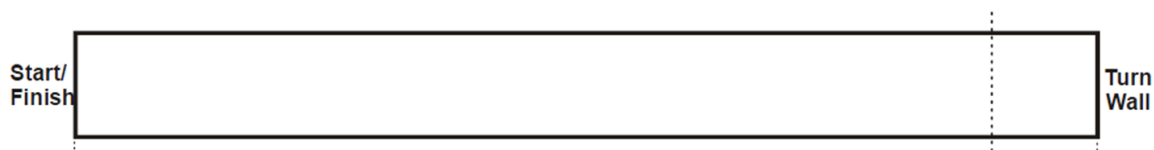
In the water, the competitor dons fins and rescue tube and swims 25 m freestyle. After touching the wall, and within the 12.5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

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

Disqualification

- Same as: 25 m Manikin Carry and 50 m Lifesaver

4.1.10 4 x 25 m Medley Relay



With a dive start on an acoustic signal, the first competitor swims 25 m freestyle *without* fins. With a dive start after the first competitor touches the wall, the second competitor swims 25 m freestyle *with* fins. With a dive start after the second competitor touches the wall, the third competitor swims 25 m freestyle towing a rescue tube. The third competitor touches the turn wall. The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness. The third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 25 m by the fourth competitor to the finish.

- Both the fourth and the third competitor (victim) must leave from the turn wall. The victim must be in contact with the rescue tube before passing the 12.5 m line. The line of the rescue tube must be fully extended beyond the 12.5 m line.
- The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the tube.
- The victim may kick while being towed, but no other assistance is permitted.
- The victim must grip the main body of the rescue tube – not the line or clip.
- The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.
- While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth competitor may push off the wall with hand, arm, or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.
- The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

Disqualification

- The second and third competitors starting before first and second competitors respectively touch the turn wall.
- The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall.
- The fourth competitor leaving the turn wall before the third competitor touches the wall.
- The victim holding the rescue tube by the line or clip.
- The victim helping with arm movements, or not holding the rescue tube with both hands.
- The victim losing the rescue tube after passing the 12.5 m line (DQ48).
- The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 12.5 m line.
- One competitor completing two or more legs of the event (excludes third competitor acting as victim).

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- Failure to touch the finish wall.
- A competitor re-entering the water after completing his or her leg of the relay.
- Leaving the start before the previous competitor has touched the wall.

4.2 Ranking

SpeedChamp Team → CUP

SpeedChamp Women → Medal (1st – 3rd)

SpeedChamp Men → Medal (1st – 3rd)

4.3 Specifications

Each athlete must bring his manikin back after the race

For the Super Lifesaver, an additional person has to return the 2nd manikin

REVISION HISTORY

Rev.	Page / chapt.	Description	Date / name
-	All	First issue	28.03.13 / MS, MZ, PS

No.	Date	Chapt. / Pg.	Auth.	Action	Who	Due	Done
1	15.12.14	4.1.3 / 7		Change Distance form 12 m to 10 m	PS	Speed	Dec 14
2	16.12.14	4 / 7		Changed the remaining 12m into 10 m	MZ	Correction	Dec 14
3	19.01.15	4.1.9 / 14		Change 5 m to 12.5 m pick-up zone	PS	Correction	Jan 15

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