

British Universities Life Saving Clubs' Association

Competition Manual
2018-19 Season



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**The rules within supersede those in all previous editions of the
BULSCA Competition Manual.**



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Preamble

The British Universities Life Saving Clubs' Association (hereafter BULSCA) Competition Manual contains the Rules, Standards and Procedures for BULSCA Sanctioned Competitions.

The BULSCA Competition Manual was originally issued in October 2004 after detailed consultation of:

- the International Lifesaving Federation (ILSF) World Championship Rules;
- the International Lifesaving Federation (ILSF) World Games Rules;
- the International Lifesaving Federation (ILSF) European Championship Rules;
- the Royal Lifesaving Society United Kingdom (RLSS UK) National Speed Championship Rules;
- the Royal Lifesaving Society United Kingdom (RLSS UK) National Lifesaving Championship Rules and Regulations;
- the Surf Lifesaving Association of Great Britain (SLSA (GB)) Competition Rulebook, version 4;
- the United States Lifeguard Association (USLA) Competition Rules;
- the Royal Lifesaving Society Australia (RLSSA) National Lifesaving Championship Rules and Regulations;
- minutes from the British Universities Lifesaving Clubs Association meetings;
- the Federation Internationale de Natation (FINA) rules and regulations;
- the Amateur Swimming Association (ASA) rules and regulations;
- the British Universities and Colleges Sport (BUCS) Regulations; and
- the Convenor of RLSS UK College of Referees (Janet Castro).

The rules are designed to comply with the latest revision of the ILSF World rules as far as practicable. The rules are reviewed at the end of each University Lifesaving "season" and issued to cover the duration of the forthcoming season.

The BULSCA Annual General Meeting feels that this continual review and update is important in order to aid the progress of University Lifesaving, and Lifesaving as a sport.

The nature of University Lifesaving competitions, in particular their regularity, has allowed the authors to extensively review the rules on a frequent basis and hope that they now provide guidelines as clearly as possible for competing teams, whilst encouraging openness, fairness, and clarity during competitions.

1. Management of Competitions

1.0.1 All British University Life Saving Clubs' Association (hereafter referred to as BULSCA) competitions will take place under the auspices of BULSCA.

1.0.2 Affiliated club or University shall mean the following

1.0.2.1. Is a member of the club or has been a member in the last 4 years

1.0.2.2. Graduated from that institution less than 4 years ago

1.0.2.3. Has regularly attended training at the club in the last 4 years

1.1. The Management Committee

1.1.1 All BULSCA competitions will be organised by a committee comprised of members from the host university, hereafter referred to as the "Management Committee".

1.1.2 The Management Committee are responsible for;

1.1.2.1. the appointment of all officials;

1.1.2.1.1. email league@bulsca.co.uk with the name of the proposed Referee and SERC setters no later than forty-two (42) days prior to the date of closure for entries;

1.1.2.1.2. BULSCA will review the proposal in conjunction with the Selection of Officials for BULSCA League Competitions document.

1.1.2.2. the provision of all equipment used during the competition;

1.1.2.3. ensuring the suitability of the venue for the number of people anticipated and the planned activities, including provisions for people with mobility difficulties;

1.1.2.4. ensuring that the competition and any events associated with the competition comply with all applicable legislation, including but not limited to all applicable Health and Safety regulations;

1.1.2.5. ensuring that all appropriate operating procedures for the venues used are followed;

1.1.2.6. ensuring a safety and emergency plan is in place for all venues;

1.1.2.7. ensuring that the competition and all associated events take place in accordance with all published BULSCA policies;

1.1.2.8. ensuring that there is the most recent copy of this rulebook available in paper format for consultation for the entire duration of the competition;

1.1.2.9. ensuring that all officials have read and understood the most recent copy of the BULSCA Competition Manual;

1.1.2.10. notifying BULSCA of the date, time, and venue of the competition no later than twenty-eight (28) days prior to the date of closure for entries;

1.1.2.11. submitting the names of the two SERC setters to the BULSCA Judges Panel no later than twenty-eight (28) days prior to the start of their competition.

1.1.2.12. ensuring that both the aquatic-based SERC and land-based SERC are sent (via email) to the Judges Panel (JUDGESPANEL@BULSCA.CO.UK) and an accompanying notification being sent (via email) to the BULSCA Committee (NOT containing details

of the SERCs) no less than twenty-eight (28) days prior to the start of the competition, as per the SERC setters guidelines.

1.1.2.13. Notify all teams of the Referee, Deputy Referee(s), SERC setters and officials in writing, by email using the BULSCA Mailing Lists and anywhere else the Management Committee decide, no later than seven (7) days before the first day of the competition;

1.1.2.14. Ensuring that the Referee has emailed the Judges Panel the intended Judge Allocation no less than seven (7) days prior to the start of the competition.

1.1.2.14.1. A Judges Panel member will check the allocation is in accordance with the guidance contained within the following documents:

- Selection of Officials for BULSCA League Competitions;
- Officiating Pathway.

1.1.2.15. notifying all competing teams whether they are required to bring first aid kits, and the constraints on their contents (see BULSCA Competition Events Manual Section **2.10.1**), with them no later than forty-eight (48) hours prior to the start of the competition.

1.1.3 Any hosting university who does not comply with the rules as laid out in the following sections:

- **1.1.2.1.1**;
- **1.1.2.10**;
- **1.1.2.11**;
- **1.1.2.12**;
- **1.1.2.13**;
- **1.1.2.14** (not including **1.1.2.14.1**);
- **1.1.2.15**;
- **3.1.2.2.1**;
- **3.3.3**;
- **3.3.1.2**
- **4.4.1.2**
- **5.1.2**; and
- **5.1.7**;

shall receive a £5 fine payable to 'BULSCA' and a further £1 fine per day thereafter.

1.2. Code of Conduct

1.2.1 BULSCA expects the highest standard of conduct of its competitors, officials, and members.

1.2.2 It is expected that violations of this code will result in individual and/or team disqualification from the competition.

1.2.2.1. For the purpose of applying the code of conduct, the definition of an 'individual' includes participants, spectators, officials and helpers that are part of a lifesaving club, old boys and/or those working directly on behalf of BULSCA.

1.2.2.2. For the purpose of applying the code of conduct, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the team.

1.2.3 Any action by an individual or team, which attempts to disrupt or interfere with another team, is a serious offence and will be dealt with as such.

1.2.4 Any breaches to this code of conduct, or that detailed in the BULSCA Disciplinary Policy shall be reported in accordance with that policy.

1.2.5 The general conduct of all participants will be measured by the following *code of fair play*:

1.2.5.1. BULSCA will:

- promote and encourage fair play through its members;
- ensure that the rules are fair, clearly understood, and properly enforced by all competitors, coaches, officials and administrators;
- make every effort to ensure that its rules are applied consistently and with absolute impartiality;
- treat all competitors equally, irrespective of gender, race or physical characteristics; and
- impress upon competitors, coaches, officials and administrators the need to maintain the highest standards of sportsmanship in running and participating in competitive lifesaving.

1.2.5.2. BULSCA Officials will:

- abide by the rules and the spirit of the competition;
- be fair, ethical and honest with others;
- be professional in their actions, language, presentation, manner, and punctuality;
- resolve conflicts fairly and promptly through established procedures;
- maintain strict impartiality;
- maintain a safe environment for others;
- show caution and concern toward others;
- be a positive role model to others; and
- show respect to competitors.

1.2.5.3. BULSCA Competitors will:

- abide by the rules and the spirit of the competition;
- accept the decisions of referees and officials without question or complaint;
- never consider cheating and in particular, must not attempt to improve their individual performance by the use of drugs;
- exercise reasonable self-control at all times;
- learn to accept success and failure, victory and defeat, with good grace and magnanimity; and
- treat their fellow competitors and team-mates with respect, both in and out of the competition area.

1.2.5.4. BULSCA Team Managers and Coaches will:

- insist that competitors understand and abide by the principles of fair play;
- never countenance the use of drugs by competitors;
- never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors;
- not attempt to manipulate the rules in order to take advantage of their competitors or their opponents;

- respect the regulations and authority of BULSCA and not attempt to avoid or circumvent these regulations;
- recognise the special role that they have to play in the establishment of standards by setting a good example of sportsmanship at all times;
- respect the rights of other teams and not deliberately act in a manner intended to be to the detriment of any other team;
- respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner intended to be detrimental to them; and
- not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

1.3. Misconduct

1.3.1 General conduct and discipline

1.3.1.1. It is expected that competitors, teams or member institutions who are deemed to have competed unfairly will be disqualified from any event or expelled from any competition (including the BULSCA championships) (DQ002). The Referee may report the offence to the BULSCA Secretary in accordance with the BULSCA Disciplinary Policy. Examples of competing unfairly include:

- Committing a doping or doping-related infraction;
- Impersonating another competitor;
- Competing twice in the same individual event;
- Competing twice in the same event in different teams;
- Purposely interfering with a course to gain an advantage;
- Jostling or obstructing other competitors or handlers so as to impede their progress; and
- Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).

1.3.1.1.1. The Referee and/or the relevant official(s) shall have absolute discretion in determining whether a competitor, team or handler has competed unfairly.

1.3.1.2. The BULSCA committee may, in its absolute discretion, investigate and take action on any matter of “competing unfairly” prior to, during or following competition. This includes, but is not limited to, referral to the BULSCA Secretary for investigation (in accordance with the BULSCA Disciplinary Policy).

1.3.2 Serious Discipline Offence

1.3.2.1. A serious discipline offence will include, but is not limited to, any breach of the of the BULSCA code of conduct (as detailed in this Competition Manual and/or the BULSCA Disciplinary Policy), any behaviour or activity that the BULSCA committee feels amounts to a serious disciplinary offence.

1.3.2.2. If a competitor or team commits what could be a serious discipline offence, they should immediately contact the BULSCA Secretary (in accordance with the BULSCA Disciplinary Policy) and detail the circumstances. Failure to report a possible violation is itself an offence against BULSCA rules.

1.3.2.3. Allegations of a serious discipline offence shall be reported BULSCA Secretary (in accordance with the BULSCA Disciplinary Policy).

- 1.3.2.4.** The BULSCA committee either by pre-determined publicised penalties or by adopting the decision of a disciplinary investigation, may, at its discretion, issue sanctions to individual competitors, teams, or member institutions.
- 1.3.2.5.** A disciplinary committee may be appointed to inquire in to any written complaint of misconduct, serious offence or any matter referred to it by the appeals committee or Referee during the competition. Subsequent complaints should be reported to the BULSCA Secretary (in accordance with the BULSCA Disciplinary Policy).
- 1.3.2.5.1.** The Referee may also call a disciplinary committee and initiate an inquiry to determine if an offence has been committed and make a complaint if appropriate. The committee may then proceed as if another person had made the complaint.
- 1.3.2.5.2.** A disciplinary committee shall consist of no less than five members.
- 1.3.2.5.3.** The disciplinary committee may recommend penalties such as disqualification from any event (including forfeiture of competition points awarded) and disqualification from the competition (including forfeiture of any titles or trophies), which shall be applied by the Referee.
- 1.3.2.6.** The result of any inquiry undertaken by a disciplinary committee, shall be reported to the BULSCA Secretary who may choose to investigate further (under the auspices of the BULSCA Disciplinary Policy) and apply additional penalties, which include (but are not limited to):
- informal verbal warnings;
 - formal written warnings;
 - disqualification from any event at a BULSCA Competition (including the BULSCA Championships – with appropriate forfeiture of competition points awarded);
 - disqualification from any BULSCA Competition (including the BULSCA Championships – with forfeiture of any titles/trophies and league points); and
 - suspension from any future BULSCA Competition (including the BULSCA Championships).
- Additional sanctions that may be applied can be found in the BULSCA Disciplinary Policy.
- 1.3.2.6.1.** Any such penalty will be delivered in writing to the Club/member institution. The BULSCA Committee may also report the details of the disciplinary investigation to the Athletic Union/University to whom the individual/team/club represent.
- 1.3.2.7.** Complaints must be received in writing or the complainant must be prepared to attend a meeting or inquiry of the committee as and when required.
- 1.3.2.8.** The member or members against whom the complaint is made shall be entitled to be present at every hearing accompanied by the team manager.
- 1.3.2.9.** All persons involved in a disciplinary hearing or enquiry or an appeals committee hearing, must abide by and strictly observe the BULSCA Code of Conduct set out in Section 1.2. In particular, but without limitation, all persons involved in such hearings or enquires must:
- Be honest, fair and ethical;
 - Be respectful and considerate of others;
 - Exercise reasonable self-control at all times; and
 - Be truthful and treat all persons involved in good faith and with courtesy and respect.

1.3.2.10. Disciplinary committee inquiry guidelines:

- 1.3.2.10.1.** Formal rules of evidence will not apply to the hearing or enquiry, but all persons involved must be truthful and act in good faith.
- 1.3.2.10.2.** The complaint or reference to the competition disciplinary committee shall be read to the competitor(s) or to the team(s) representative(s).
- 1.3.2.10.3.** The evidence of the complainant shall be presented.
- 1.3.2.10.4.** The evidence of the team member(s) against whom the complaint has been made shall be presented.
- 1.3.2.10.5.** Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the committee.
- 1.3.2.10.6.** Hearsay and irrelevant evidence shall not be admitted.
- 1.3.2.10.7.** Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

1.3.2.11. Notification of findings:

- 1.3.2.11.1.** The committee shall make its decisions *in-camera*. If the complaint is proved, the committee may impose a penalty. Notice of the finding and the penalty shall be given forthwith in writing by the chair of the committee to the team member concerned, to his or her team or member institution to which the team is affiliated.
- 1.3.2.11.2.** The finding and penalty (if any) shall be effective forthwith.
- 1.3.2.12.** If the Referee disqualifies a competitor or team for a serious offence in competition, the Referee may also choose to make a report to the BULSCA Secretary who may decide to initiate an investigation (in accordance with the BULSCA Disciplinary Policy) and subsequently apply a further penalty against the competitor or team and its members. See Sections **1.3.2.5** and **1.3.2.6**.

1.4. Disqualifications

1.4.1 Competitors or teams may be disqualified from an event or from the entire competition.

1.4.2 Disqualifications from the competition:

- 1.4.2.1.** Examples of behaviour which may result in disqualification of individuals or teams from the competition, include:
 - Refusing to fulfil the conditions of entry;
 - Breach of the BULSCA code of conduct;
 - The impersonation or use of unauthorised competitors;
 - Activities resulting in wilful damage to the venue sites, accommodation sites or the property of others;
 - Abuse of officials.
- 1.4.2.2.** Prior to individuals or teams being disqualified from the entire competition, the Referee may choose to consult other officials.

1.4.3 Disqualifications from an event:

1.4.3.1. Accidental infractions to event rules shall result in time penalties and/or disqualification as per the Competition Events Manual.

1.4.3.2. Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:

- Being absent at the start of an event.
- Infraction of the “General conditions” for events or infraction of event rules.

Note: A full list of Disqualification codes can be found in BULSCA Summary of Disqualification and Penalty Codes.

1.4.4 The reason for any penalties or disqualification will be recorded on the Disqualification / Penalty Form (contained within the BULSCA Competition Forms document) by the relevant Official(s) and will be entered by the Head Scorer onto the results sheet.

1.5. Officials

1.5.1 The Management Committee is responsible for the appointment of all officials. It is possible for one person to occupy more than one official post, as long as it is clear that no conflict of interest will arise. The official positions are:

- Referee;
- Deputy Referees and Event Directors (as required);
- Starter;
- Head Marshall;
- Head Scorer;
- Head Timekeeper;
- Official(s);
- Equipment Scrutineer; and
- Appeals Committee Convenor.

1.5.1.1. The competition management committee may also appoint other officials, such as Competition Liaison Officers or Announcers, as deemed appropriate.

1.5.1.1.1. Example role descriptions for these appointments should be sorted from in recent RLSS/ILS rules and regulations.

1.5.1.2. Unless otherwise stipulated the Referee will automatically occupy the additional roles of the Equipment Scrutineer and the Appeals Committee Convenor, provided that they do not detract from his/her ability to perform the role of Referee.

1.5.2 At least two (2) officials shall be independent from the host university **and** host branch. At least one (1) independent official shall be allocated to the aquatic-based SERC, **and** at least one (1) independent official shall be allocated to the land-based SERC.

1.5.2.1. Mandatory Guidelines for the appointment of SERC setters and officials can be found on www.bulzca.co.uk.

1.5.3 The Management Committee will ensure that a complete list of all the officials is available for the duration of the competition.

1.5.3.1. If there are any changes to officiating personnel or their assigned roles, the competitors/team managers shall be informed prior to the commencement of the competition.

1.5.4 Officials Code of Conduct:

- 1.5.4.1.** The Referee, the Equipment Scrutineer and all Officials must be approved as Competition Officials by the Royal Lifesaving Society United Kingdom, or the Surf Lifesaving Association (GB).
 - 1.5.4.1.1.** The Management Committee may derogate from this rule if they consider that the individual concerned is a person in good standing within BULSCA and is capable of performing the required tasks and responsibilities to an equal standard as an approved Competition Official.
- 1.5.4.2.** Individuals may not coach, train, or similarly assist a competing team in the Simulated Emergency Response Competition whilst they are in possession of advantageous information (e.g. being assigned as a SERC Setter for a future competition).
 - 1.5.4.2.1.** An Official found to be in violation of this rule shall be declared ineligible to act further as an Official.
 - 1.5.4.2.2.** Officials who hold seminars or clinics for groups that include competitors are not deemed to be violating this rule.
- 1.5.4.3.** All Officials must make their decisions autonomously and independently of each other, unless otherwise stipulated in these rules.

1.5.5 Meetings:

- 1.5.5.1.** Referees and Officials are required to attend the appropriate briefings to review judging sheets and event procedures, etc.
- 1.5.5.2.** Failure to comply with Section **1.5.5.1** may result in the suspension of the Official.
- 1.5.5.3.** All Officials shall receive a printed copy of a "Officials Briefing" for the relevant SERC to which they are officiating. This document shall contain all necessary details of the SERC, including a SERC Schematic, Incident overview, casualty's briefings and mark scheme, amongst other necessary details.

1.5.6 Dress:

- 1.5.6.1.** Officials shall wear a white top and where possible white or navy blue shorts, trousers, or skirt. Protective clothing (such as a raincoat) may be worn as appropriate.
 - 1.5.6.1.1.** Any derogation from this rule will be decided upon by the Management Committee and all competitors shall be notified before the start of the competition.
- 1.5.6.2.** The Referee and Deputy Referee(s) may wear a blue top instead of a white top which is required by Section **1.5.6.1**.

1.5.7 Referee:

- 1.5.7.1.** The Referee shall have the authority to enforce all BULSCA rules and decisions for the duration of the competition and may intervene at any stage to ensure that BULSCA rules are observed.
- 1.5.7.2.** The Referee shall consult with the Management Committee on all questions not covered by the rules.

1.5.7.3. The Referee shall consult with the Management Committee on any question of participant safety that may lead to the cancellation, rescheduling, or relocation of the competition or events.

1.5.7.4. The Referee shall ensure that teams are duly informed of any changes.

1.5.8 Deputy Referee:

1.5.8.1. The Deputy Referee shall assist in the conduct and organisation of the competition, as required by the Referee.

1.5.8.2. The Deputy Referee shall take control of a particular area of the competition with the Referee's authority or be assigned to a specific role.

1.5.9 Event Director:

1.5.9.1. The Event Director shall be responsible to the Referee for the control and organisation of the events of the competition as follows (note that if no Event Director is appointed, the following shall be conducted by the Referee or Deputy Referee):

1.5.9.1.1. The Event Director shall signal the beginning of each event (as per BULSCA Competition Events Manual Section **3.3**) and have full control of the competitors until they are turned over to the Starter;

1.5.9.1.2. The Event Director shall signal to the Starter that the competitors and officials are ready to commence the event;

1.5.9.1.3. The Event Director shall determine if the Officials' order-of-finish decisions are consistent with the recorded times (see BULSCA Competition Events Manual Section **4.2.5**).

1.5.10 Starter:

1.5.10.1. The Starter shall have full control of the competitors from the time the Referee (or Deputy Referee or Event Director) turns them over to the Starter, until the race has commenced with a fair start.

1.5.10.2. The Starter shall have the power to decide whether the start is fair and to disqualify competitors for false starts under the rules of individual events.

1.5.10.3. The Starter shall report a competitor to the Referee, or Deputy Referee, for delaying the start, for wilfully disobeying an order, or for any other misconduct taking place at the start, but only the Referee, or Deputy Referee, may disqualify a competitor for such delay, wilful disobedience, or misconduct.

1.5.11 Head Marshall:

1.5.11.1. The Head Marshall shall be responsible for assembling the competitors in the appropriate order prior to each event, and for maintaining discipline among competitors before the start.

1.5.12 Head Scorer:

1.5.12.1. The Head Scorer shall be responsible for the overall record keeping, calculation of results, and release of official results for all competition events.

1.5.13 Head Timekeeper:

- 1.5.13.1.** The Head Timekeeper shall be responsible for briefing and then assigning timekeepers to their respective lanes.
- 1.5.13.2.** The Head Timekeeper shall be responsible for checking the accuracy of the times and watches.
- 1.5.13.3.** The Head Timekeeper shall be the sole person to collect the official times from each of the timekeepers.
- 1.5.13.4.** The Head Timekeeper shall be the sole person who directs the timekeepers to reset their watches.

1.5.14 Official(s):

- 1.5.14.1.** While the Officials play many roles, their principle responsibility shall be to ensure competition events operate fairly and within BULSCA rules and regulations. Officials' order-of-finish decisions are not subject to protest or appeal.
- 1.5.14.2.** From the group of Officials judging each SERC, one shall be nominated to be Head SERC Official. This shall ideally be the most experienced official, but should NOT be the SERC Setter, or the reviewing member from the BULSCA Judges Panel.

1.5.15 Equipment Scrutineer:

- 1.5.15.1.** The Equipment Scrutineer shall be responsible for ensuring that all equipment used by competitors complies with BULSCA standards and requirements.
- 1.5.15.2.** The Equipment Scrutineer shall arrange a program and timetable for the inspection of competition equipment prior to its use in events, and, if necessary during and/or after an event.
- 1.5.15.3.** The Equipment Scrutineer shall liaise with the Referee, or Deputy Referee, on infringements and any concerns raised by competitors, team managers or coaches.

1.5.16 Appeals Committee Convenor:

- 1.5.16.1.** The Appeals Committee Convenor shall be responsible for appointing an Appeals Committee to adjudicate all matters referred to it by the Referee. They may also be asked to convene a Disciplinary Committee, if required.

1.5.17 SERC Setter/Manager:

The SERC setter should always aim to be present when their SERC is being used, to ensure that it is carried out to the agreed specification, following its review by the BULSCA Judges Panel.

The SERC setter should always aim to SERC manage their SERC. If the SERC setter is not available, then someone with good knowledge of the SERC should be approached to act as the SERC Manager, for example: the reviewing member of the BULSCA Judges Panel.

- 1.5.17.1.** The SERC Managers responsibilities are to oversee each of the SERCs in the competition.

- 1.5.17.2.** One SERC Manager shall be totally responsible for the smooth running of each SERC. The same manager shall be responsible for the entire duration of the SERC.
- 1.5.17.3.** Their responsibilities shall include (but are not limited to):
 - 1.5.17.3.1.** ensuring that all actors are correctly positioned;
 - 1.5.17.3.2.** ensuring that all props are correctly positioned;
 - 1.5.17.3.3.** ensuring that all manikins are correctly sterilised;
 - 1.5.17.3.4.** ensuring that any planned developments during the SERC happen at the same time for each competitive team; and
 - 1.5.17.3.5.** ensuring that all manikins are in full working order.
- 1.5.17.4.** The SERC Manager may also be an official, however this is **not** preferred.
- 1.5.17.5.** The SERC Manager (in conjunction with the Head SERC Official) shall record any issues arising during the SERC and shall pass these to the Management Committee for immediate publication.

2. General Rules and Procedures

2.1. Eligibility and Right to Participate

- 2.1.1 All competitors must be eligible to compete in accordance with the requirements of the BULSCA Constitution.
- 2.1.2 All competitions run under the auspices of BULSCA are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving; that is to say, people who are lifesavers first, competitors second. BULSCA considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.
- 2.1.3 Team management personnel and coaches are the key to preventing such unethical practices and must emphasize “play within the rules” behaviour. The personal conduct of team managers and coaches is measured by the Code of Conduct in Section 1.2 of this Competition Manual.

2.2. Teams

- 2.2.1 All teams shall be made up of four individuals, comprising of at least one male and at least one female. (DQ102)
- 2.2.1.1. All individuals must comply with the criteria specified within the BULSCA Constitution.
- 2.2.1.2. Should any individual be under the age of eighteen (18) years, or be considered a vulnerable adult, on the date of the competition the Management Committee **must** be informed no later than seven (21) days before the start of the competition, in order to allow them time to fully implement the most recent RLSS (UK) Safeguarding Policy.
- 2.2.2 The Management Committee may decide to vary the size of the teams, with authorisation from the BULSCA Committee, however they may not change the requirement of having at least one male team member and at least one female team member.
- 2.2.2.1. If a non-league team is unable to fulfil these requirements they may apply to the Management Committee for exemption from this condition.
- 2.2.3 **League Teams:**
- 2.2.3.1. Every BULSCA member in accordance with Section 3 of the BULSCA Constitution is entitled to present league teams at every BULSCA sanctioned competition.
- 2.2.3.2. The limit on the number of teams shall be decided by the Management Committee of the competition, but shall not be less than one team per BULSCA member.
- 2.2.3.3. Multiple teams from a university shall be differentiated with a letter after the BULSCA approved team name, following the sequence:
- University Lifesaving Club A;
 - University Lifesaving Club B;
 - University Lifesaving Club C; and so on.
- 2.2.3.4. Multiple teams from a university shall only be allowed to enter the competition after every university that wishes to compete at the competition has entered a team.

- 2.2.3.4.1.** Extra teams shall be accepted evenly across all Universities. So that all C teams are accepted, followed by all D Teams and shall continue until there are no more teams or the competition is full.

2.2.4 Non-League Teams:

- 2.2.4.1.** The term “non-league team” covers any lifesaving team competing at a BULSCA sanctioned competition that does not fulfil the criteria for official and legal BULSCA affiliation, this may include:
- teams made up from former university students;
 - local non-university lifesaving club teams; and
 - university teams not eligible for BULSCA membership.
- 2.2.4.2.** If the Management Committee of the competition has not been able to fill all available places with league teams, they may allow non-league teams to enter.
- 2.2.4.3.** The participation of non-league teams shall not prevent any league teams (One A and 1 B from each member club) from participating in a competition.
- 2.2.4.4.** Non-league teams **shall** appear in the official published results, and **shall** receive any medals and any other prizes due to them.
- 2.2.4.5.** Non-league teams’ final positions are **not** taken into account when calculating the league placings. See Section **3.2** of this Competition Manual.

2.3. Swimwear

- 2.3.1** Swimwear must conform to FINA standards. The Referee has the authority to exclude any competitor whose swimwear does not comply with the following standards (DQ101):
- 2.3.1.1.** the swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive;
- 2.3.1.2.** all swimwear shall be non-transparent;
- 2.3.1.3.** competitors shall not wear or use anything that may aid buoyancy;
- 2.3.1.4.** only textile woven fabric(s) shall be permitted and non-woven and/or non-permeable (e.g. wetsuit) materials shall not be permitted;
- 2.3.1.5.** the swimsuit material used shall have a maximum thickness of 0.8 mm.
- 2.3.2** At the discretion of the Referee, competitors may wear (non-body shaping) textile swimwear that covers a greater part of the body. The swimwear cannot provide a competitive advantage.
- 2.3.2.1.** This decision may be appealed in accordance with Section 4 of this Competition Manual.

2.3.3 Corrective Eyewear:

- 2.3.3.1.** Subject to risk assessment of the venue, glasses may be worn in the pool (see BULSCA Competition Events Manual Section **2.3.1**) for both the aquatic-based SERC and the 4 x 12 m Line Throw Relay.
- 2.3.3.1.1.** Corrective goggles or masks are not permitted in either SERC (DQ302).
- 2.3.3.2.** The use of contact lens is, at any time, a matter for the wearer.

2.3.3.3. Loss of any corrective eyewear shall not be grounds for protest/appeal.

2.3.4 Swimming Hats:

2.3.4.1. All competitors shall wear their matching team swimming hats for every event, with the exception as laid out in Section **2.3.4.1.2**. Failure of a competitor to wear an appropriate swimming hat may result in disqualification; the Referee's decision is final and not subject to appeal (DQ103).

2.3.4.1.1. Competitors that fail to comply with Section **2.3.4.1** may be prevented from participating in the event, at the Referee's discretion.

2.3.4.1.2. The team captain shall wear a swimming hat that is distinctly different from the rest of the team for the duration of the Simulated Emergency Response Competitions. A contrasting colour is the preferred method.

2.3.4.1.3. A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.

2.3.5 Footwear:

2.3.5.1. Competitors must wear appropriate footwear during the land-based SERC and whilst being escorted from lock-up to both the land- and aquatic-based SERCs.

2.3.5.2. Footwear is not permitted in the aquatic-based SERC (unless specifically requested by the SERC Setter and Management Committee).

2.3.6 Jewellery:

2.3.6.1. Any jewellery that may pose a risk to any competitors, spectators, actors, or officials must be removed. Failure of a competitor to remove such jewellery may result in disqualification; the Referee's decision is final and not subject to appeal (DQ104).

2.3.6.1.1. Jewellery that cannot be removed may be allowed to remain in place and be covered with a suitable waterproof plaster at the discretion of the Referee.

2.3.7 Hygiene:

2.3.7.1. Finger and toenails should be cut short.

3. Scoring

3.1. Competition Scoring

- 3.1.1 The competition will be scored on a points based system.
- 3.1.2 For each event, **every** team will be awarded points according to their final event score, or final event time, whichever is applicable. The BULSCA system for allocating points is outlined in the current BULSCA Calculation of Results Document.
 - 3.1.2.1. A **double** weighting will be placed upon both of the four-person aquatic-based and land-based Simulated Emergency Response Competitions (hereafter referred to as SERC).
 - 3.1.2.2. Each of the three relay events, which are to count towards the BULSCA League Competition (as stipulated in Section 5.1.1), shall be given a **single** weighting. Any additional events added in accordance with Section 5.1.2, shall be given a single or zero weighting towards the competition but shall be weighted zero for the league results.
 - 3.1.2.2.1. The Management Committee must notify all competing teams of the weightings of any additional events no later than 28 days prior to the competition.
 - 3.1.2.3. In the situation where an event is cancelled, the weighting for the event are detailed in Section 5.1.3.
- 3.1.3 At the end of the competition, the points will be added together, to give the final competition score. The team with the highest overall competition score, will be declared the overall competition winner.

3.2. League Scoring

- 3.2.1 A-team and B-team leagues are separate.
- 3.2.2 In order to assign league positions; the finishing positions of the competition shall be calculated as follows:
 - 3.2.2.1. For the A-league, the teams shall be list with all but university A-teams which meet the eligibility criteria at this competition shall be compiled
 - 3.2.2.1.1. All the results shall be recalculated as if only these teams had competed, and this shall make the results and placings for the A-League
 - 3.2.2.2. For the B-league, the teams shall be list that has all teams removed from it, except for all the non-A-teams from each university (regardless of the designating letter allocated in accordance with Section 2.2.3.3) which meet eligibility criteria.
 - 3.2.2.2.1. All the results shall be recalculated as if only these teams had competed, and this shall make the results for the B-League
 - 3.2.2.2.2. All but the highest placed team from each university, within this list, shall be removed. The remaining teams shall be the B-League counting teams for this competition only
- 3.2.3 See the Scoring Amendment for the First BULSCA League Competition of the Year document for details of the alterations to the B-League for this competition. The resulting

positions following the recalculation convert to a points score for the league, defined in Sections 3.2.4 and 3.2.5.

3.2.4 A-Team league:

- 3.2.4.1. Points are earned from the results from the league places (as in the BULSCA score sheet) after applying Section 3.2.2.1.
- 3.2.4.2. A-teams earn ten (10) points for first place, nine (9) points for second place, down to two (2) points for ninth place.
- 3.2.4.3. All teams that do not make the points scoring positions in either league receive one (1) point for participation.

3.2.5 B-Team league:

- 3.2.5.1. Points are earned from the results from the league places (as in the BULSCA score sheet) after applying Section 3.2.2.2.
- 3.2.5.2. All non-A-League teams count towards the B-league and gain ten (10) points for first place, nine (9) points for second place, down to two (2) points for ninth place.
- 3.2.5.3. All teams that do not make the points scoring positions in either league receive one (1) point for participation.

3.2.6 A-Team or B-Team league tie:

- 3.2.6.1. Following calculation of the league results as defined in Sections 3.2.4 and 3.2.5 result in a tie, the following methodology shall be used to place the teams:
 - 3.2.6.1.1. The team with the most first-place (1st) competition finishes shall be ranked higher;
 - 3.2.6.1.2. If the team remains tied, the team with the most second place (2nd) finishes will be ranked higher.
 - 3.2.6.1.3. The comparison shall continue until 9th Place. If the teams remain tied when comparing the most 9th place finishes, the league shall be declared a tie.

3.3. Results

- 3.3.1 The **provisional** results of the competition will be published in writing immediately after the completion of the competition. A copy of the full provisional mark sheet will be sent to league@bulzca.co.uk no later than forty-eight (48) hours after the final day of the competition.
 - 3.3.1.1. The provisional results will have casualty descriptions filled in for the competitions SERCs.
 - 3.3.1.2. On publication of the results immediately after the competition, the Management Committee shall award the following:
 - 3.3.1.2.1. A trophy may be awarded to the:
 - Winning team
 - Top finishing fresher team (at the first competition of the year only)

3.3.1.2.2. The following shall be awarded:

- At the first competition of the BULSCA League (also known as Fresher's Competition):
 - Medals for the top three finishing teams;
 - Medals for the top three finishing fresher teams, when considering the fresher teams only.
- At all other competitions (i.e. not including the first competition of the BULSCA League):
 - Medals for the top three finishing teams;
 - Medals or certificates for the top three finishing teams when considering only teams eligible for the B-League.

See the Scoring Amendment for the First BULSCA League Competition of the Year document for the definition of a fresher team.

3.3.1.3. Should the Official Results differ from the Provisional Results, or from the results announced immediately following the completion, it is the responsibility of the Management Committee to redistribute any medals/trophies/rewards

3.3.2 Every team must receive a written copy of the provisional results at the time of the publication where possible.

3.3.3 The official results will be sent, via email, to the league@bulsca.co.uk for publication no later than eight (8) days after the final day of the competition via email after they have been checked and verified by the Management Committee of the competition.

3.3.3.1. The review and verification process will include, but is not limited to;

- verifying the team names on the score sheets and time sheets;
- reviewing all the score sheets to ensure that the correct scores have been transferred to the results sheet;
- checking the weighting of the SERC scores;
- checking the addition on the results sheet;
- reviewing all of the timekeeper's sheets to ensure the correct times and penalties have been transferred to the results sheet.

3.3.3.2. The official results must not be published until:

3.3.3.2.1. the results of any protests or appeals have been officially announced in accordance with Section 4, including any decisions referred in accordance with Section 4 of this Competition Manual;

3.3.3.2.2. a copy of the SERC diagram is attached within the results;

3.3.3.2.3. the official's mark descriptors have been filled in, as per the guidelines provided;

3.3.3.2.4. the results contain digital copies of all judges SERC mark sheets and DQ forms.

3.3.3.2.5. A digital copy of any appeal/protest forms

3.3.3.2.5.1. The appeal/protest form shall not be published

3.3.3.2.5.2. Any changes to results due to an appeal or protest shall be recorded on the official results.

- 3.3.3.3. If the requirements of Section 3.3.3.2 are not met in full, the results will not be published and the Management Committee of the competition may be fined in accordance with Section 1.1.3.
- 3.3.4 Competing teams have fourteen (14) days from the publication of the results to raise any queries with the Management Committee of the competition and the BULSCA Chair.
- 3.3.5 If any error is identified within the results, the BULSCA committee reserve the right to return the results to the competition Management Committee at any time in order to be corrected.

3.4. University Records

- 3.4.1 BULSCA shall recognise university records set by individuals who are competing in any RLSS, SLSA, ILSF or BULSCA sanctioned competition under the name of their member institution.
- 3.4.2 BULSCA shall **only** recognise university records set by individuals who fulfil the eligibility criteria in Section 5.2 of the BULSCA Constitution.
- 3.4.3 For the purposes of university records, times recorded in accordance with BULSCA Competition Events Manual Section 4.2.4 shall stand.
- 3.4.4 It is the responsibility of the individual or club breaking the record to notify the designated BULSCA record keeper by emailing records@bulzca.co.uk.
 - 3.4.4.1. The notifying party shall send a complete copy of the official results and include the individual's name, club, location, date and time achieved.
 - 3.4.4.2. The notifying party shall also include contact details of the event organiser, should further verification or clarification be required.

4. Protests and Appeals

- 4.0.1** The BULSCA Committee reserves the right to delete, alter, or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary.
- 4.0.2** Every effort will be made to ensure that each team manager receives notice.
- 4.0.3** Protests resulting from such BULSCA Committee decisions will not be entertained. In addition, event courses and the competition area may change from the descriptions in this manual if the Referee deems it necessary and all teams have been advised of the change before the start of that event.
- 4.0.4** Any competitor, team manager, or official may protest to the Referee, and subsequently dispute the Referee's decision in the manner prescribed below.

4.1. Lodging a Protest

- 4.1.1** The conditions relating to the lodging of protests shall be as follows:
 - 4.1.1.1.** No protest shall be accepted which is a direct challenge to officials' order-of-finish decisions.
 - 4.1.1.2.** A protest against the conditions under which an event is to be conducted must be made verbally to the Referee (or an appointed Deputy Referee) prior to the event. Before the start of the event, the Referee or appointed official shall inform all competitors in that event of such a protest.
 - 4.1.1.3.** A protest against a competitor/team or against a decision of an official must be lodged verbally with the Referee (or an appointed Deputy Referee) within fifteen (15) minutes of being notified of the decision, except in the case of a protest against a time penalty relating to BULSCA Competition Events Manual Section **7.3.2**.
 - 4.1.1.3.1.** Within fifteen (15) minutes of the submission of the verbal protest, a protest written in English shall be lodged with the Referee. The written protest shall be in accordance with the BULSCA Disqualification/Protest Form.
 - 4.1.1.3.2.** The official result of an event shall be withheld until any protest is decided. This shall be no later than twenty-eight (28) days after the day of the competition. This decision shall be announced publicly via the BULSCA email lists.
 - 4.1.1.3.3.** In the case of a protest against a time penalty relating to BULSCA Competition Events Manual Section **7.3.2**, the protest must be lodged verbally with the Referee within fifteen (15) minutes of the Scorer informing the team of their penalty.
 - 4.1.1.4.** A protest fee of ten pounds sterling (£10.00) is payable by the appellant in cash or by cheque made payable to 'BULSCA' for each protest.
 - 4.1.1.4.1.** If the protest is upheld the protest fee shall be refunded in full.
 - 4.1.1.5.** If the protest is referred to the Appeals Committee by the Referee, or by a team appealing a Referee's decision, an appeal fee of fifteen pounds sterling (£15.00) is payable by the appellant in cash or by a cheque made payable to 'BULSCA', in addition to the protest fee.
 - 4.1.1.5.1.** If the appeal is upheld the protest and appeal fee shall be refunded in full.

4.2. Adjudication of Protests

4.2.1 The conditions relating to the adjudication of protests shall be:

- 4.2.1.1.** Immediately after the correct lodging of a protest, the Referee may adjudicate on the matter as provided for herein or refer the matter direct to the Appeals Committee Convenor.
- 4.2.1.2.** If the Referee adjudicates the matter forthwith, the decision may be appealed to the Appeals Committee. Such dispute must be lodged with the Appeals Committee Convenor within fifteen (15) minutes of the decision of the protest being advised to the competitor, accompanied by the appeal fee (see Section **4.1.1.5**).
- 4.2.1.3.** The assistance of video or other electronic equipment may be used to consider protests or appeals. However, the onus is on the protester to provide a viewing within fifteen (15) minutes of the verbal protest being lodged with the Referee, and to provide proof of its authenticity.

4.3. Appeals Committee

4.3.1 The Management Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor. This role is normally fulfilled by the Referee.

4.3.2 Appointment of an Appeals Committee

- 4.3.2.1.** The Appeals Committee Convenor shall select member of the Appeals Committee based on their backgrounds and experience.
 - 4.3.2.1.1.** Where possible, the Appeals Committee members shall not be affiliated to the university/club of the appellant.
 - 4.3.2.1.2.** Where possible, the Appeals Committee members shall be from different universities/clubs i.e. the members shall not be affiliated to the same university/club.
 - 4.3.2.1.3.** Members of the Appeals Committee do not need to be a recognised BULSCA or RLSS UK official.
- 4.3.2.2.** The Referee, Head Scorer, Recorders, Competitor Liaison and the BULSCA Chair shall not be a member of the Appeals Committee.
- 4.3.2.3.** The Appeals Committee shall not include any person who has previously participated in the making of the decision that is the subject of dispute.
- 4.3.2.4.** The Appeals Committee Convenor shall appoint an Appeals Committee panel of three (3) persons.

4.3.3 Authority of the Appeals Committee

- 4.3.3.1.** The Appeals Committee shall deal with all protests referred to it by the Referee or Appeals Committee Convenor.
- 4.3.3.2.** The Appeals Committee shall rule on the protest and advise the competitor and relevant officials of its decision and any penalty imposed.
- 4.3.3.3.** The decision of the Appeals Committee shall be final, without the right of appeal.

4.3.3.4. The Appeals Committee may refer serious breaches of the BULSCA Competition Manual, BULSCA Competition Events Manual or the BULSCA Constitution to the BULSCA Secretary in-line with the current BULSCA Disciplinary Policy.

4.3.4 Appeals Committee Procedure

4.3.4.1. The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case. The appellant shall state their case first.

4.3.4.2. The Appeals Committee and the appellant may call witnesses as deemed relevant to the appeal. Hearsay and irrelevant evidence shall not be admitted.

4.3.4.3. The assistance of video or other electronic equipment may be used to consider protests or appeals. However, the onus is on the appellant to provide a viewing within fifteen (15) minutes of the appeal being lodged with the Appeals Committee Convenor, and to provide proof of its authenticity.

4.3.4.4. The Appeals Committee shall not consider how the result of their decision may affect the results of the event. The Appeals Committee shall not be provided with any information concerning the competition scoring.

4.3.4.5. After hearing all available and relevant evidence, the Appeals Committee shall make its decision *in camera*.

4.3.4.5.1. The Appeals Committee shall make their decision by majority vote.

4.3.4.5.2. The Appeals Committee shall decide the form that the vote will take. For example, show of hands, secret ballot, etc.

4.3.4.5.2.1. In the event of a disagreement about the voting method, the vote shall be taken by a secret ballot.

4.3.4.6. The decision to uphold (i.e. to agree with) the protest or to dismiss (i.e. rule against) the protest, shall be delivered verbally to the competitor and/or team member concerned, to the Referee and to the Appeals Committee Convenor.

4.4. Recording of Protests and Appeals

4.4.1 The decision of all protests and appeals, including any penalties applied, shall be recorded on the Protest/Appeals Form and given to the Head Scorer.

4.4.1.1. The Protest/Appeals Form shall be kept within the competition records.

4.4.1.2. A copy of the Protest/Appeals Form shall also be emailed to league@bulsca.co.uk and judgespanel@bulsca.co.uk within 48 hours of the end of the competition.

4.4.2 If the protest/appeal is upheld, the protest/appeal fee shall be returned to the appealing party.

4.4.3 If the protest/appeal is dismissed, the protest/appeal fee shall be given to the BULSCA Treasurer, or other delegated person.

5. Competition Events

5.1. BULSCA League Competitions

5.1.1 Any competition run under the auspices of BULSCA must comprise of the following core events in order for it to be included as a 'BULSCA League Competition':

- 5.1.1.1. Simulated Emergency Response Competition in an aquatic setting;
- 5.1.1.2. Simulated Emergency Response Competition in a non-aquatic setting;
- 5.1.1.3. 4 x 12 m Line Throw Relay;
- 5.1.1.4. 4 x 50 m Swim and 50 m Tow Relay; and
- 5.1.1.5. One other relay event, chosen by the Management Committee, from BULSCA Competition Events Manual Section 8.
- 5.1.1.6. Rules for these core events are found in BULSCA Competition Events Manual.

5.1.2 This list is a **minimum** requirement for a competition to count towards the BULSCA League. The Management Committee are free to add as many supplementary events as they wish to this list as long as the list in Section 5.1.1 has been fulfilled. Additional events shall not count towards the BULSCA League.

- 5.1.2.1. Any supplementary events which are not covered by the BULSCA Competition Events Manual will be notified to the BULSCA Committee at the same time as the notification of the competition.
- 5.1.2.2. It is the responsibility of the Management Committee to provide any rules necessary for the event, and to ensure that those rules are circulated no later than twenty-eight (28) days prior to the date of the competition.

5.1.3 If the Referee of a competition that meets the criteria in Section 5.1.1 is forced to cancel, cut short, or annul one of the events, the competition will no longer be a 'BULSCA League Competition'.

5.1.3.1. All A- and B-teams in attendance, and defined as a 'League Team' under Section 2.2.3 will receive one (1) point in the appropriate league for participation

5.1.3.2. The Competition can be re-instated as a League Competition:

- 5.1.3.2.1 If not more than one event listed in Section 5.1.1 has been cancelled, and
- 5.1.3.2.2 By a majority vote of Club Representatives:
 - 5.1.3.2.2.1. This vote shall take place before the competition results are announced.
 - 5.1.3.2.2.2. Every BULSCA member club in accordance with the BULSCA Constitution that is competing is allowed one (1) vote per club.
- 5.1.3.2.3 If 'League Competition' status is restored, then eligible teams will score BULSCA League points in accordance with Section 3.2 and the competition shall be scored as detailed in Section 5.1.4.

5.1.4 The re-allocation of weightings for a re-instated competition shall be as follows:

5.1.4.1. If the event is listed in Section 5.1.1.3, 5.1.1.4 or 5.1.1.5:

- 5.1.4.1.1 If one or more heats of the event being cancelled has already run, then the results of those heats will be removed from the competition results.

- 5.1.4.1.2** The event listed in Section **5.1.1.2** shall be re-weighted at 1.
- 5.1.4.2.** If the event is listed in Section **5.1.1.1** or **5.1.1.2**:
- 5.1.4.2.1** If one or more teams has already participated in the event, then their scores will be removed from the competition results.
- 5.1.4.2.2** Whichever of the events listed in Sections **5.1.1.1** and **5.1.1.2** that remains will be re-weighted at 3.
- 5.1.5** Where rules for an event are not included in this BULSCA Competition Events Manual, the event shall be run in accordance with the latest edition of the RLSS UK National Speed Championships Rules, or should this not be possible the latest edition of the International Lifesaving Federation (ILSF) Competition Handbook should such rules exist for that event.
- 5.1.6** Should no rules for an event exist in either the BULSCA Competition Events Manual, in any of the latest rules published by the RLSS UK or the ILSF Competition Handbook, the Management Committee may use rules published by any other organisation or write rules in accordance with Sections **5.1.2.2** and **5.1.2.2**.
- 5.1.7** The Management Committee will clearly advertise the length of their pool on any promotional literature for the competition no later than twenty-eight (28) days before to the start of the competition.
- 5.1.7.1.** Should the competition be held in a swimming pool which is NOT either twenty-five (25) or fifty (50) metres in length, the Management Committee shall select the length for each relay event which is closest to the official competitive distance.
- 5.1.7.2.** Distances other than this must be approved by the BULSCA Committee.
- 5.1.7.3.** If necessary, the Management Committee may modify the rules for relay events to take into account the length of the pool. Any amendments must be circulated no later than twenty-eight (28) days before to the start of the competition.

5.2. The BULSCA Championships

- 5.2.1** The BULSCA Championships (hereafter the Championships) take place over two days, and will consist of two separate competitions.
- 5.2.1.1.** The Student Speed Lifesaving Nationals (hereafter the Speeds).
- 5.2.1.2.** The Student Nationals (hereafter the Nationals).
- 5.2.2** The Championships is governed by a dedicated set of rules in addition to this Competition Manual. The Championships rules shall include (but is not limited to) the following:
- Club Entry Requirements;
 - Squad and Team Alterations;
 - Events for the Speeds;
 - Events for the Nationals;
 - Additional standalone competitions (such as the RNLI competition);
 - Seeding; and
 - Scoring.

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