

## POLICY AND PROCEDURE CHANGE

**Number:** V-B  
**Adopted:** Date  
**Authority:** Board Resolution  
**SUBJECT:** REGIONAL LIFEGUARD & JUNIOR LIFEGUARD  
COMPETITION RULES

### A. LIFEGUARD COMPETITION RULES

The official rules of the California Surf Lifesaving Association's sanctioned competition are found in the USLA NATIONAL LIFEGUARD CHAMPIONSHIPS RULES OF CONDUCT published by the USLA. The USLA rules are used as a guideline for such competitions. The rules of the regional competition and tournaments are the final authority governing all aspects of competition for the California Surf Lifesaving Association.

The CSLSA Competition Committee reviews and makes all recommendations for changes in these rules through established USLA procedures.

In any rules of competition promulgated by the USLA or CSLSA, an appeals process shall at all times be in place which shall include a review board composed of no less than 20% Athlete Representatives chosen exclusively by athletes who have competed at the national or regional level within the last 10 years. At no time shall an individual who is the subject of the review be allowed to participate in such review.

A copy of the UNITED STATES LIFESAVING ASSOCIATION COMPETITION RULES is available at: [http://www.usla.org/events/2005\\_USLA\\_Rules.pdf](http://www.usla.org/events/2005_USLA_Rules.pdf)