



# California Surf Lifesaving Association

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## Southwest Region - United States Lifesaving Association

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World Wide Web: [www.cslsa.org](http://www.cslsa.org)

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**TO: CSLSA Board of Directors**  
**FROM: Jay Butki-CSLSA Competition Chair**  
**SUBJECT: Spring 2009 Competition Committee Report**

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### Discussion on Future Events 2009

**May 22- Lifeguard Relays, Dory Race, Pier to Pier Paddle- Hermosa Pier**

**June 20-Malibu Surf & Sport Festival-The Jake Dory Race & Tom Zahn Paddleboard Race**

**July 18-San Clemente Ocean Festival**

**July 24, 25-JG & CSLSA Regional Championships-Seal Beach**

**July 31, Aug 1-International Surf Festival- LA Co Intracrew Relays, Taplin Relays-Manhattan Beach**

**Aug 6, 7, 8-USLA National Lifeguard Championships- Ft Lauderdale, FL**

**Aug 22, 23-Duke's Oceanfest Waterman Challenge-Waikiki**

**Sept 2009-Sanyo Bussan International Lifesaving Cup,-Japan**

**Oct 10, 11-World Masters Games, Lifesaving Competition-Manly Beach, Sydney, Australia**

### 2010

**Jan 2010- 21<sup>st</sup> Wieland Shield-Victoria, Australia**

The 21<sup>st</sup> Shield Organizing has begun. The 4 Female and 7 male California Lifeguard Athletes will be selected off of results from the 2008/2009 competition seasons. The tour is co-hosted by Life Saving Victoria and Surf Life Saving Australia

**Oct/ Nov 2010 ILSF Rescue 2010- Lifesaving World Championships-Alexandria, Egypt-Venue changed from Cornwall, England this past Feb after LSGB withdrew**

**July 2010 CSLSA Regional Championships-**

Huntington Beach City has volunteered to be the venue for 2010

**Aug 2010 USLA National Lifeguard Championships-**

Southwest Region hosts- HB State to be the primary site, Venice will serve as a backup and/or primary site for 2012

### Southwest Region Rules Proposals for the USLA Spring BoD meeting #1:

Surfboat Rule Clarifications:

1. Boat Markings

Traditional USLA Surfboat Rules have clearly stated:

*1. Boat markings: lettering and numbers on boats are required. Letters and numbers must be placed on the bow of the boat in block style and of a contrasting color.*

*Minimum sizes-16 inches high, 12 inches wide, 3 inches in thickness."*

Rule statement exists but has been largely ignored.

It needs to either be:

- 1.) Enforced, or
- 2.) Edited, or
- 3) Deleted.

## **Southwest Region Rules Proposal #2**

Return the Rescue Race in some format to the Masters Age Groups

The Rescue Race and Board Rescue are the two athletic events that most truly mimic what we do and are the most applicable skills to train for in our profession.

The Rescue race has historically been part of the Regional and National Lifeguard Championships competition for all age groups of competitors from Junior Lifeguards to the Masters age groups. For the past two competition seasons participation in a Masters age group Rescue Race has been denied to the Masters age groups after the USLA adopted the ILS version of the Rescue Race. We don't want to be guilty of age discrimination.

Participation in the current ILS 4 person Rescue race should be extended back to the Masters age groups. This is not a new event as we have been contesting this event for the past two seasons; it is merely returning master's age group participation to the event. Event basic rules will remain unchanged.

### **“5.16 RESCUE RACE**

#### **Event description**

Four competitors from each team participate in this event: a “victim,” one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line at their allotted lane while in contact with the victim.

#### **The Start**

All four competitors assemble at their team's allotted lane position at the start line facing the water. The rescue tube swimmer holds the rescue tube and swim fins in his or her hands or places them on the shoreward side of the start/finish line.

#### **Victim**

On the starting signal, the victim enters the water, swims to touch the allotted buoy, signaling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signaling the victim has touched the buoy, such as dipping the flag. Competitors must start from the correct allotted position. Competitors swimming to and signaling from the wrong buoy shall be disqualified.

#### **Rescue tube swimmer**

On the victim's arrival signal, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims clockwise past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy.

The rescuer secures the rescue tube correctly around the victim's body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube.

With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the beach.

#### **Rescuers**

After the rescue tube swimmer has started to tow the victim to the beach, the two rescuers, at their discretion, may cross the start line to enter the water and assist the rescue tube swimmer to bring the victim to the beach. The victim must be dragged or carried to the finish.

### **The Finish**

The finish placings are judged on the chest of the first team member crossing the finish line on their feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

### **Notes:**

- At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start/finish line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be worn.
- Rescue tubes must be worn with the loop across or over one shoulder. The tube must be towed behind the competitor with the line fully extended.
- The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.
- Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring, and with the line fully extended.
- The victim must not be towed on the stomach.
- During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.
- At no time, may the victim assist by walking or running.
- Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

### **The course**

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

### **The start/finish line**

A brightly colored cord stretched between the ten poles carrying flags, approximately 50 m apart – shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. The start line will also be the finish line. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

***The swimming buoys*** shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

### **Equipment**

***Rescue tube, swim fins:*** See Section 6 – *Equipment Standards*.

Competitors must use rescue tubes provided by organizers.

### **Judging**

Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole.

An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned.

An in-boat judge observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

### **Disqualification**

In addition to the *General Rules* the following behavior shall result in disqualification: Failure to complete the course as defined and described.”

The Masters Rescue Tube Rescue Races teams shall consist of four competitors of the same gender separated into Masters age groups either:

Option 1 )4 Masters age groups for each gender- Teams Consist of 4 competitors whose combined whose aggregate ages total over : 120 years, 160 years, 200 years, and 240 years.

Option 2) Utilize the existing 5 year grouping of Masters age group divisions and mimic the surfboat rules by allowing Rescue Race Masters age group teams to compete in only one Masters age division of the youngest member of their 4 person team. This option could potentially have more heats as there are multiple 5 year age groups for both genders

### **Southwest Region Rules Proposal #3**

Formally adopt the ILS rules for the Beach Relay –a running baton exchange to the 2<sup>nd</sup>, 3<sup>rd</sup> & final runner of the relay within a defined 5 meter long (5.46 yards) changeover area.

Proposed ILS rules for the changeover will read identical to the current ILS rules:

(e) Baton changeovers shall be affected in the following manner:

(i) The competitors taking the baton on the 1st, 2nd and 3rd changes may be moving whilst taking the baton but will be disqualified if any part of the body or hands cross the changeover line before the runner takes the baton.

(ii) The competitor coming in to change the baton must carry the baton to the line. The baton cannot be thrown forward for the receiving competitor to catch or pick up to run.

(f) Should a baton be dropped during the changeover the Receiver can recover the baton (whilst ensuring that there is no interference to other Competitors) and continue with his leg of the relay.

(g) Should a baton be dropped at any other stage, the Competitor can recover the baton (providing that there is no interference to other Competitors) and continue to run.

(h) Competitors are required to finish the event on their feet carrying their baton. The finish is judged on the chest of the Competitor when crossing the finish line.

**Note:** Falling across the line is not deemed to have finished the event.”

USLA International Teams have experienced multiple DQ's in International competition due to unfamiliarity with the ILS rules and technique thereby costing the USLA team invaluable losses in points, I have polled the top US male and female beach sprinters that are familiar with both the current US version and the ILS exchange-they unanimously vote that the USLA should vote to adopt the ILS exchange rules for the Beach Relay.

Judging and officiating this version is possibly easier than judging the current USLA version of the baton exchange as in the ILS version the entire baton exchange must take place after returning runner crosses the changeover line. This gives the official a clear line of view down the line to ensure that all changeovers are clear and legal and occur completely and clearly within the defined 5 meter long (5.46 yards) changeover area and not outside.

#### **Southwest Region Committee Proposal #4**

Establish some high performance goals in line with the annual US LA National Team selection and bi-annual World Champs preparation on the Sunday immediately after the USLA National Lifeguard Championships when all the top competitors and officials are in the same town.

\*\*In World Champs years host a Pool events clinic/camp,

\*\* in off years hold a three team surf rescue challenge style competition.

Teams comprised of 6 Men & 6 women and comprised of members from 9 Regions combined into three representative teams:

**1) Pacific team- Southwest, Pacific Islands, Northwest regions**

**2) Middle East team - Mid-Atlantic, Northeast, Great Lakes regions**

**3) South Atlantic team- Southeast, South Atlantic, Gulf Coast regions**

Contest would contest the International Surf Rescue Challenge 23 surf racing events and should take 4-5 hours maximum to hold the entire event. This event would allow for increased athletic selection, competition, and development to occur while the officials and selectors are all in the same area.

\*\*consider sending a 10-20 person USLA Team to the annual Canadian lifesaving Pool Championships, or the Commonwealth lifesaving Pool Championships.

#### **Southwest Region Committee Proposal Number 5**

Re-evaluate the voting and representation of the USLA member athletes on the USLA competition committee.

Rather than just one vote per region, perhaps modeling the numbers based on the delegate numbers for the USLA NBOD. This would give a numbers appropriate representation based on the sheer volume of competitors with each of the 9 USLA regions.

26-100 competitors = 2 votes

101-200 competitors = 3 votes

201-300 competitors = 4 votes

Option 1) Numbers could be based on an annual accounting of Regions numbers of Nationals competitors, or

Option 2) a combination of all the Regions competitors at both a Nationals and their respective Regionals.

Respectfully submitted,

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