

# *United States Lifesaving Association*



## **JUNIOR LIFEGUARD**

## **COMPETITION GUIDELINES**

**JUNIOR LIFEGUARD COMPETITION GUIDELINES**  
for  
**NATIONAL JUNIOR LIFEGUARD CHAMPIONSHIPS**

(Guidelines to now include U-19 Events in red text)

Changes in yellow

Revised April 2023

I. **OVERVIEW** -- These guidelines are established as a format for the Junior Lifeguard National Championships and are approved by the USLA. The purpose is to provide for a fair and equal standard of competition between Junior Lifeguard Chapters.

## II. ELIGIBILITY

- A. All competitors must be currently enrolled and actively participating with the chapter they represent as a Junior Lifeguard and may NOT have received compensation for work as a Junior Lifeguard and/or Lifeguard.
- B. All competitors in the "U19" division must be currently enrolled and actively participating with the chapter they represent as a Junior Lifeguard, (aged 14, 15, 16, or 17), or professional lifeguards (aged 16, 17, or 18).
- C. All competitors at the National Junior Lifeguard Championships must be current members of the United States Lifesaving Association.
- D. Competition classifications: (Changed from "as of July 1 of the current year")  
 "U19" Division – 15, 16, 17, or 18 years of age by December 31 of the year in which they are participating in the National Junior Lifeguard Championships.  
 "A" Division - 14 and 15 years of age on the day of the competition  
 "B" Division - 12 and 13 years of age on the day of the competition  
 "C" Division - 9 to 11 years of age on the day of the competition
- E. In the event a competitor chooses to compete in the next age group division above their specified division, the competitor must remain in that division for the duration of the competition. Any "A" Competitor may participate in the U-19 Division if they will turn 15 by December 31 of the calendar year.

## III. GENERAL COMPETITION FORMAT

### A. Competition Events

1. Shall be held in "U19", "A", "B" and "C" Divisions.
2. Entry is limited in certain events and competitors shall be designated prior to the commencement of the event.
3. Heats, if required, shall be established prior to the commencement of the event, with consideration made to keeping the same Chapter competitors in separate heats.
4. There will be no team or regional scoring. All events will be for individual awards through ten places.
5. All competitors MUST wear a surf cap which represents their chapter when competing in an event. FAILURE TO COMPLY MAY RESULT IN DISQUALIFICATION FROM THE EVENT. Such caps shall be distinctive to the chapter and may not carry advertising slogans or logos except for the manufacturer of the cap itself.
6. All event distances are final, as printed in Section IV - Description and Rules of Events.
7. Alcoholic beverage or tobacco advertising is not permitted on any Junior Guard equipment, uniforms, or competition gear.

8. All competitors will legibly mark their designated entry numbers on both arms, between the shoulder and the elbow, with permanent black marker.
9. If a JG participant is found to have any questionable or offensive temporary body art, they shall be required to remove it at the discretion of officials.

## B. Entry Limit

1. There is no limit to the number of events an individual competitor may enter.
2. A chapter's entries into an event are limited to the rules of that event as outlined in Section IV - Description and Rules of Events.
3. Individual events in all divisions will have both male and female events.
4. Relay teams will be single gendered, with separate male/female heats if needed.
5. A competitor may move up in a division but not down; a competitor must remain in the division in which he/she initially competes. Exception: In the Rescue Race both competitors must remain within their actual age group.

## C. Safety and Judging

1. Within each division, the following personnel should be assigned:
  - a. Starter/Head Judge
  - b. Finish Judge
  - c. Water Judge
  - d. Safety Personnel
2. The Starter/Head Judge for each division will make all rule interpretations. Any coach who has questions regarding a decision or call must contact ONLY the Starter/Head Judge or the Finish Judge. The Head Judge's decision will be final unless an appeal is filed immediately to the Competition Committee. (see # 5).
3. Coaches entering the racecourse area without contacting the Starter/Head Judge may cause disqualification of their competitor(s) for that event.
4. At no time shall parents of competitors be allowed in the competition area. All rule questions, or decision clarifications will be brought to the attention of officials by coaches only. Parent interference will be cause for disqualification of their competitor from that event.
5. The Junior Lifeguard Competition Committee will appoint a 3-person appeals board to make ALL final decisions on formal protests. The board will be made up of 3 persons, all of whom represent a different region.
6. Conduct of coaches and competitors shall be to display the utmost courtesy and high ideals of sportsmanship and fair play at all times.
7. All distances of events are approximations in meters. Course placement is final and will not be altered unless surf, weather, tide and/or safety dictate.

## IV. DESCRIPTION AND RULES OF EVENTS

### A. Individual Distance Run

1. This event is open. Chapters may enter as many competitors as they wish.
2. Distances:
  - "U19" & "A" Division - 2.0 Km (1.2 miles)
  - "B" Division - 1.5 Km (1.0 mile)
  - "C" Division - 1.0 Km ( 0.6 mile)
3. Running shoes are optional.
4. The course will be on the beach with a line-up start and a funnel finish. The race will be an out and back run in the sand. A checkered flag turn marker will be set at 1/2 the total distance of the race, and each competitor will make a clockwise turn around the marker. A competitor finishes when his/her body crosses the finish line at the neck of the funnel finish.

### B. Individual Distance Swim

1. This event is open. Chapters may enter as many competitors as they wish.
2. Distances:
  - "U19" & "A" Division – 400 M course- swim around the #1 white flag to the two black and white buoys returning to shore passing the #10 yellow/blue flag course.
  - "B" Division - 300 M ("B" Course) - swim the two red buoys on the course
  - "C" Division - 250 M ("C" Course) - swim the two red buoys on the course
3. The course shall start on the beach with a lineup start and end on the beach with a funnel finish.
4. The swim course shall be U-shaped with competitors completing the course as defined by Division.
5. The competitor finishes when his/her body crosses the finish line at the neck of the funnel finish.

### C. Rescue Board Race

1. This event is open. Chapters may enter as many competitors as they wish.
2. Distances:
  - "U19" & "A" Division -600 M ("U19Course) – paddle all three buoys on the course
  - "B" Division - 450 M ("B" Course)– paddle all three buoys on the course
  - "C" Division - 400 M ("C" Course)– paddle all three buoys on the course
3. Board Specifications:

"U19" & "A" Boys and Girls - 10'6" or smaller Rescue Boards as defined by USLA competition guidelines

"B" Boys and Girls - 9 feet or smaller SOFT boards

"C" Boys and Girls - 9 feet or smaller SOFT boards

4. The start of the race shall be from the water's edge at a starting line designated by the Starter/Head
5. Judge. The finish will be a line finish on the beach.
6. A competitor finishes when his/her body crosses the finish line, in the funnel, board in hand.

#### D. Rescue Race **A, B, C Divisions**

1. The Rescue Race will be limited to three two-person teams per chapter/**per gender** in each Division. **Teams will be single gendered.**

2. Distances:

"A" Division - 260 ("U19" Course)

"B" Division - 200 ("B" Course)

"C" Division - 150 ("C" Course)

3. Equipment:

- a. Rescue buoy (small Burnside-type buoy).
- b. Swim fins (for rescue swimmers only).

4. **Course and Race Conduct:**

- a. Two competitors from each team participate in this event: one (1) "victim," and one (1) rescue swimmer. The victim swims to the designated buoy line, 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 while in contact with the victim.
- b. The two (2) competitors assemble at their team's allotted lane position at the start line facing the water. Prior to the start signal, the rescuer swimmer and equipment must be on the shoreward side of the start/finish line. The rescue swimmer may hold or don the rescue can and may hold the swim fins in his or her hands. Rescue tubes may be worn either with the loop over or across one or two shoulders, or over the shoulder and across the chest. Fins may be worn prior to crossing the start line.
- c. 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. Competitors must start from the correct allotted position. Competitors swimming to and signaling from the wrong buoy shall be disqualified. The victim must then wait at the buoy line on the seaward side.
- d. Rescue swimmer: On the victim's arrival signal, and from the correct allotted position, the rescue swimmer crosses the start line, dons the equipment at their 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 hands the rescue tube to the victim. Once the victim has both hands on the rescue can, both competitors continue (clockwise) around the buoy and the rescuer will commence towing the victim to the beach.
- e. The victim may assist the rescuer by kicking, but must have both hands on the buoy at all times

and will not take any arm strokes.

- f. The Team finishes when BOTH competitors cross the finish line with all equipment, i.e. both fins and the rescue can.
- g. For safety purposes, when running to the finish, the victim may hold the can with one hand.
- h. The Finish is 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 victim must cross the finish line holding only to buoy with at least one hand.

#### E. Rescue Race- U19 Division

1. The Rescue Race will be limited to two four-person teams per chapter in each Division. Teams will be single gendered.
2. Equipment:
  - a. Rescue tube.
  - b. Swim fins (for rescue swimmers only).
3. Course and race conduct
  - a. 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 while in contact with the victim.
  - b. All four competitors assemble at their team's allotted lane position at the start line facing the water. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start/finish line. The rescue tube swimmer may hold or don the rescue tube and may hold the swim fins in his or her hands. Rescue tubes may be worn either with the loop over or across one or two shoulders, or over the shoulder and across the chest. Fins may not be worn prior to crossing the start line.
  - c. 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.
  - d. Rescue tube swimmer: On the victim's arrival signal, and from the correct allotted position, 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.
  - e. Rescuers: After the rescue tube swimmer has started to tow the victim to the beach, the two rescuers, may cross the start line to enter the water and assist the rescue tube swimmer to bring the victim to the beach once the victim has been clipped in. The victim must be dragged or carried to the finish.
  - f. The Finish is 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).
4. Notes: All team members must start from their allotted positions at the start line. 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, but the victim may assist by lifting the legs during the carry. Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

## F. Surf Teams (SWIM RELAY)

1. Surf teams will be limited to one THREE-person Relay Team per chapter, per gender (separate event for male/female)
2. Course:
  - "U19" & "A" Division – 400 M course- swim around the #1 white flag to the two black and white buoys returning to shore passing the #10 yellow/blue flag course.
  - "B" Division - 300 M ("B" Course) - swim the two outside red buoys on the course
  - "C" Division - 250 M ("C" Course) - swim the two red buoys on the course
3. Event Description:
  - a. Start: The three members of each team shall be marshaled behind each other facing the water's edge in their drawn positions. The next team shall be lined up beside the first team and so on. When all teams are assembled, a direction shall be given to face the competition area. On the direction of an official the line nearest the water's edge shall file onto the competition area, followed by the
  - b. Points: Points are allotted as follows: one for first, two for second, three for third, four for fourth, etc. The team scoring the least number of points will be declared the winner. Should two or more teams be allotted equal points, the team whose full complement of members first completes the course shall be awarded the higher placing. All competitors who finish shall be recorded as they are placed, and the points will be calculated. If any teams are disqualified, places shall be reallocated, and points then calculated. If Surf and Surf Teams races are combined, swimmers not in teams shall be eliminated from the points allotment for the purpose of determining the teams race result.
  - c. Note: Competitors may touch buoys and buoy ropes but are not permitted to use buoy ropes to drag themselves along the course. Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line. Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.
  - d. Disqualification: The following behavior shall result in disqualification: Failure to complete the course as defined and described



## G. Beach Flags

1. This event is open. Chapters may enter as many competitors as they wish.
2. Event Description: From a prone position on the beach, competitors rise, turn and race to obtain a baton (Beach Flag) buried upright in the sand approximately 20 M away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.
3. Starting Position: Competitors take their allotted positions, a minimum of 1.5 M apart at the start line. Competitors lie face down with their toes on the start line, with their heels together, hands, one on top of the other, with their fingertips to their wrist and with the head up. Elbows must be extended forward so that the chest is flat on the sand. The body's midline should be 90 degrees to the start line. No scooping of the sand or digging in of the feet is permitted.
4. The Start: prior to the start, a marshal shall:
  - a. place competitors in the order as drawn for the run-through.
  - b. Accompany competitors to the starting area to ensure they are positioned in the proper order.
5. The referee shall:
  - a. check that all officials, judges and equipment are in position.
  - b. signal the official start of each race with a long whistle indicating that the competitors should take their positions on the Start Line.
  - c. signal the starter that the competitors are under the Starter's control.

Starting infringements: The following behaviors are starting infringements in Beach Flags, and shall result in a starting infringement warning:

- d. Failure to comply with the Starter's commands within a reasonable time.
- e. Lifting any part of the body from the sand or commencing any starting motion after the Starter's "HEADS DOWN" command prior to the start signal.

After 1 starting infringement, any competitor who subsequently commits a starting infringement shall be eliminated, regardless of whether or not the competitor previously infringed the start.

Competitors eliminated from the event shall retain the point score and/or placing as at that time of the event. If a competitor is disqualified or eliminated, the remaining competitors and batons shall be realigned with no redraw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected.

**NOTES:**

- Competitors are not permitted to "deliberately impede" the progress of another competitor (See Deliberate Impedance in the Disqualification section which follows).
  - Competitors are not permitted to pick up more than one baton.
6. Draw for positions: There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals, when contestants have been reduced in number to 8, there shall be a draw for positions after each run-through.
  7. The number of competitors eliminated:
    - a. The Referee shall determine the number of competitors to be eliminated in each run-through of each heat.
    - b. No more than 3 competitors may be eliminated in any 1 run-through.
    - c. In semi-finals and finals, no more than 1 competitor can be eliminated in any run-through.
  8. Run-offs: If two or more competitors hold the same baton and the finish judges are not able to determine which Competitor's hand grasped the baton first, the finish judges shall advise the Starter, who shall decide whether there shall be a run-off between the Competitors involved.
  9. The course – As shown in the following diagram, the course shall be approximately 20 M from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5 M between each of the 16 competitors.

The start line shall be designated at each end by poles, 2 M high.

Batons shall be positioned in a line parallel to the start line, and so that a "perpendicular line" between any two adjacent competitors shall pass approximately through a baton.

## 10. Equipment and apparel

- a. Beach Flags (batons) shall be made of tubular material approximately 250mm to 350mm in length and between 12.5mm and 25mm in diameter. They shall be colored to facilitate sighting and have a contrasting-colored stripe of approximately 40mm width located some 100mm from one end.
- b. Apparel – shorts and shirts and/or swimming apparel which comply with the team uniform requirements, may be worn at the competitor's discretion. Team competition caps shall always be worn during the event.

## 11. Judging

- a. The Referee or Referee's appointee shall be positioned to maintain overall supervision.
- b. The Starter and Start Judges shall be placed at either end of the starting line to observe any starting infringements.
- c. Course judges shall be positioned a few meters behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for each successive run-through.

## 12. Disqualification

- a. Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a competitor in a subsequent segment. A competitor eliminated from the event shall lose all standing from the event.
- b. Deliberate impedance: any competitor who commits deliberate impedance on another competitor shall be disqualified from the event. Deliberate impedance is defined as "the deliberate use of hands, arms, feet or legs to impede another competitor's progress.  

A competitor may otherwise use his or her body to improve his or her position in obtaining a flag. A competitor may negotiate the shoulder and/or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position.
- c. If a competitor legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.
- d. A competitor may cross over in front of a slower competitor.
- e. If 2 or more competitors are guilty of deliberate impedance, the competitor who first uses hands, arms, feet or legs will be disqualified.

## H. Run-Swim-Run

1. This event is open. Chapters may enter as many competitors as they wish.

2. Distances:

"U19" & "A" Division 640 M (200 -240-200) (Swim shall be the flag line)  
 "B" Division 600 M (200-200-200) (Swim shall be the two red buoys in the course)  
 "C" Division 550 M (200-150-200) (Swim shall be the two red buoys in the course)

3. Description

- (i) Start: The first run leg will begin on the beach with a line start. A run turn flag marker will be placed at the opposite end of the course to indicate the turn for the run segment.
- (ii) A swim turn flag will be placed adjacent the Start/Finish line where competitors will enter the swim leg.
- (iii) Each competitor must round the turn flag at the Start/Finish Line after the swim
- (iv) Upon leaving the water and rounding the turn flag each competitor will run to the opposite end of the course, round the run turn marker and run to the funnel finish at the original start line.
- (v) Finish: A competitor finishes when his/her body crosses the funnel FINISH LINE.
- (vi) There will be a Judge stationed at each turn flag to direct competitors around each turn marker. There should be a water Judge at the turn of the swim to monitor for infractions.

## I. Ironguard

1. This event is open. Chapters may enter as many competitors as they wish.

2. Distances: The event consists of a Swim, Run, and Paddle segments

"A" Division 1,040 Total M (240 M Swim, 200 M Run, 600 M Paddle)  
 "B" Division 1,700 Total M (200 M Swim, 200 M Run, 450 M Paddle)  
 "C" Division 1,500 Total M (150 M Swim, 200 M Run, 400 M Paddle)

3. Description:

- a) Start: The swim begins from a start line on the beach at the south end of the competition course. Competitor will swim around the red buoy at the end of the course passing the buoy on their right shoulder.
- b) The run leg will begin on the beach and proceeds to a turn flag 100 M up the beach. A turn marker will be placed where competitors will turn the flag on their right shoulder.
- c) The paddle segment begins behind the start line and adjacent the marker flag. Competitors will paddle a triangular course around the first red buoy and the yellow apex buoy, passing each on their right shoulder. They will then return to the beach to the FINISH LINE.

There will be a Judge stationed the turn flag to direct competitors around the flag. There will be a water Judge at the turns of the swim and paddle to monitor for infractions. A competitor finishes when his/her body crosses the funnel FINISH LINE.

#### J. Ironman/Ironwoman - U-19 ONLY

1. This U-19 event is open. Chapters may enter as many competitors as they wish.
2. Equipment: Surf skis, paddles, boards
3. Distances: Competitors cover a 1.4 km (approx.) course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish. Except for the differences noted in this section, conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines. The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Taplin Relay. If the surf ski leg is first, competitors will start with a typical in-water start.
4. Starting positions: Competitors must commence craft legs from the correct allotted beach positions. Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and ski legs. For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1, but commences the other craft leg from position 16.
  - a. Competitor's 1st craft leg starting position 1 2 3 4 5 6 7 ... 16
  - b. Competitor's 2nd craft leg starting position 16 15 14 13 12 11 10 ... 1
5. Handler: A member of the competitor's team assists the competitor. With the referee's approval, a nonteam member may act as handler provided, he or she is a member of the USLA and is registered to participate at the championships in some capacity. Handlers shall:
  - a. Wear a competition cap identical to that of the competitor.
  - b. Wear a distinctive high-visibility vest as required by competition organizers if entering the water beyond knee depth.
  - c. Hold the surf ski in a floating position as per the diagram or as directed by officials.
  - d. Make every effort to ensure that they and the equipment they are handling do not impede other competitors (otherwise disqualification of the competitor may result).
  - e. Comply with all instructions of the officials.
6. The course
  - a. Buoys shall be laid out for the swim, board, and ski legs as indicated in the following diagram. Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark.
  - b. The board leg buoys, and ski leg buoys shall be positioned approximately 50 m and 100 m respectively behind the swimming buoys. The board leg buoys should be approximately 17 m apart and the ski buoys approximately 50 m apart, with the ski "apex" buoy a further 10 m to sea.
  - c. Flag layout: Two flags located approximately 20 m from the water's edge designate beach turning marks. One shall be positioned in line with swim buoy number 2, the other in line with the swim buoy number 9. Two flags 5 m apart mark the finish line. They are positioned at right angles to the water's edge and approximately 50 m from the first turning flag.
  - d. Start and changeover line: The start and changeover line shall be approximately 30 m in length, centered on the swimming flag buoy number 1 approximately 5 m from the water's edge, and marked by a 2 m high pole at either end. The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg. Competitors are not required to cross the start and changeover line after the race has commenced.
  - e. Board course: The board leg is conducted from the start and changeover line to pass White flag #1 swim buoy on the outside; round the two black and white swim course buoys; return to the beach passing Blue / Yellow #10 swim buoy on the outside; and round the two beach turning flags.
  - f. Ski course: The ski leg is conducted with the skis starting from the ski floating position as per the diagram, around three surf ski buoys, return to the beach and run around the two beach turning flags. Competitors must pass on the outside of all buoys. Competitors shall not cut through swim

course or board course buoys

- g. Swim course: The swim leg is conducted from the start and changeover line, around all the swimming flag buoys # 1 to #10, return to the beach and around the two beach turning flags.
- h. Run leg course and finish: The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags. The finish is judged on the competitor's chest crossing the finish line.

## K. Surf Ski Race – U-19 only

1. This U-19 event is open. Chapters may enter as many competitors as they wish.
2. Equipment: surf skis
3. Event description: Competitors steady their skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start. On the starting signal, competitors paddle their skis around the apex course marked by three red buoys in a clockwise direction and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor. Competitors may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.
4. Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.
5. Dry start and finish: If conditions are such that the starter cannot provide a fair start, a dry start and/or dry finish (where the ski is left at the water's edge as in the board race) shall be used.
6. The course
  - a. The course layout shall be as detailed in the following diagram. 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.
  - b. Buoys: Three buoys equal in size to a 50 liter drum shall be used: two "turning buoys" shall be placed approximately 75 m apart, and a minimum of 300 m paddling distance from knee depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward of the turning buoys thus forming an arc with them.
  - c. The start line: Need not necessarily be identified, but if required it shall be marked by two poles and positioned so that the center of the start line is aligned with the first turning buoy.
  - d. The finish line: Shall be between 2 flags mounted on stands or poles or other suitable established markers in a position where the craft will finish afloat without grounding. The Flags should be 35 meters apart in knee-deep water on the other end of course. The center of the finish line is usually aligned with the third turning buoy (allowing for prevailing surf conditions).

## J. Paddle Board Relay

1. Teams will consist of 3 members of the same gender. Agencies will be limited to TWO teams per agency. There will be separate races for the boys teams and the girls teams.
2. The official will establish a start line and the teams will line up with the first team member on the start line and second and third team members seated in a line behind their first paddler.

Distances:

- |                 |                    |                                        |
|-----------------|--------------------|----------------------------------------|
| a. "A" Division | 600 M ("A" Course) | – paddle all three buoys on the course |
| b. "B" Division | 450 M ("B" Course) | – paddle all three buoys on the course |
| c. "C" Division | 400 M ("C" Course) | – paddle all three buoys on the course |

### 3. A DIVISION:

- a. First competitor will start and complete the course marked by the buoy. Competitors may then leave their board (anywhere after rounding the buoys), round a designated flag turning flag (on the north end of the racecourse), and then proceed to the start line and tag the second

competitor on their relay.

- b. The second competitor completes the same course, rounds the turning flag, and tags the third competitor.
- c. The third competitor will complete the course, round the turning flag, and finish between the finishing flags (does not need to finish with the board)

#### **4. B and C Division**

- d. First competitor will complete the course marked by the buoys. A designating turning flag will be placed on the northern end of the course and the competitor exiting the water (WITH BOARD) will round the turning flag and complete a board exchange with the second team member.
- e. Second competitor will complete course, exit water and round turning flag (with board), tag and complete board exchange with third member of their team.
- f. Third competitor will paddle course, exit water, finish (WITH BOARD) between finishing flags.

#### **L. AWARDS**

1. Individual medals will be awarded first through fifth place in each individual and relay event.
2. Individual ribbons will be awarded sixth through tenth place in each individual and relay event.

# *United States Lifesaving Association*

## **JUNIOR LIFEGUARD**

## **COMPETITION GUIDELINES**

## **Course Drawings**

**JUNIOR LIFEGUARD COMPETITION GUIDELINES**

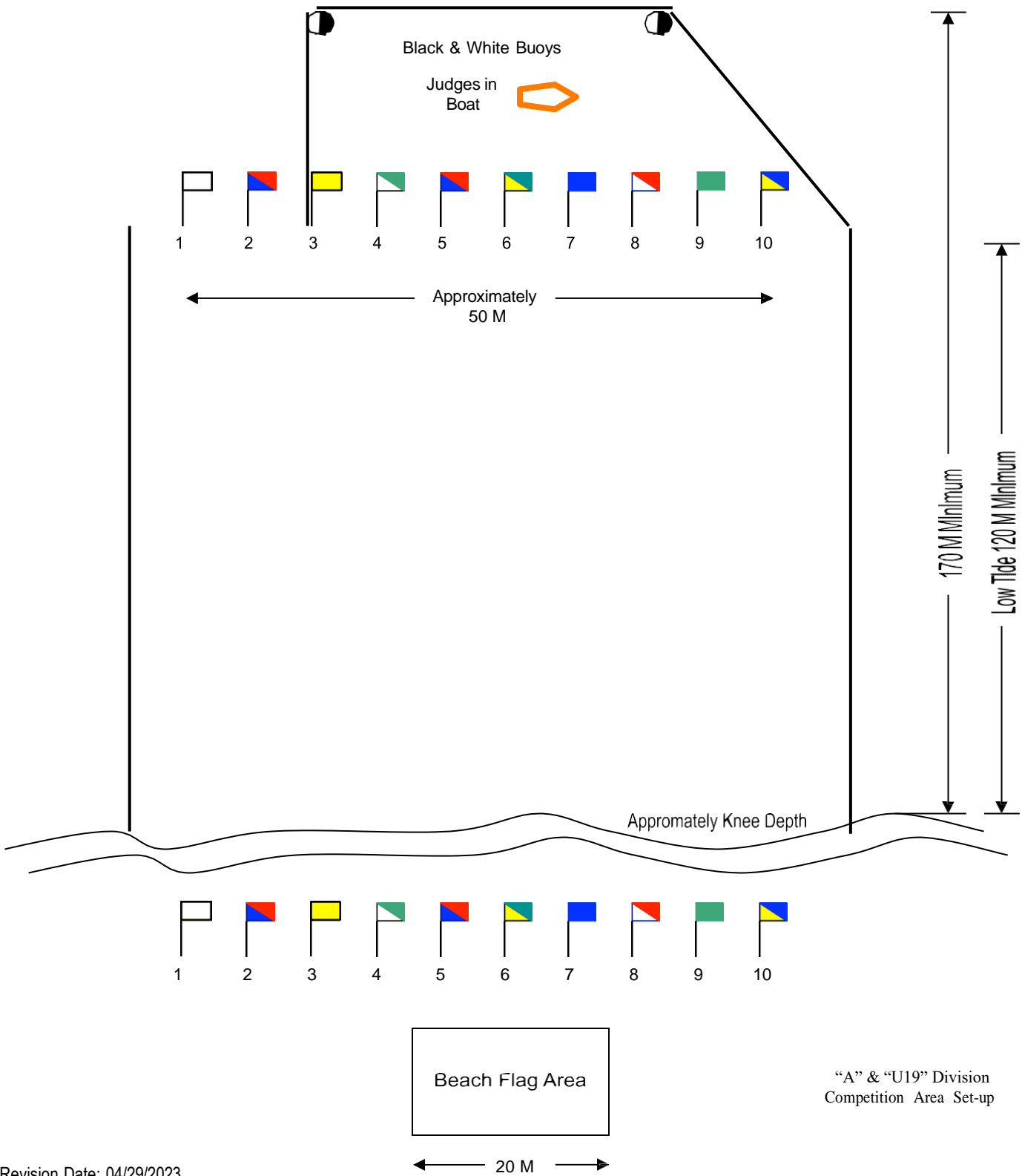
**for the**

**NATIONAL JUNIOR LIFEGUARD CHAMPIONSHIPS**



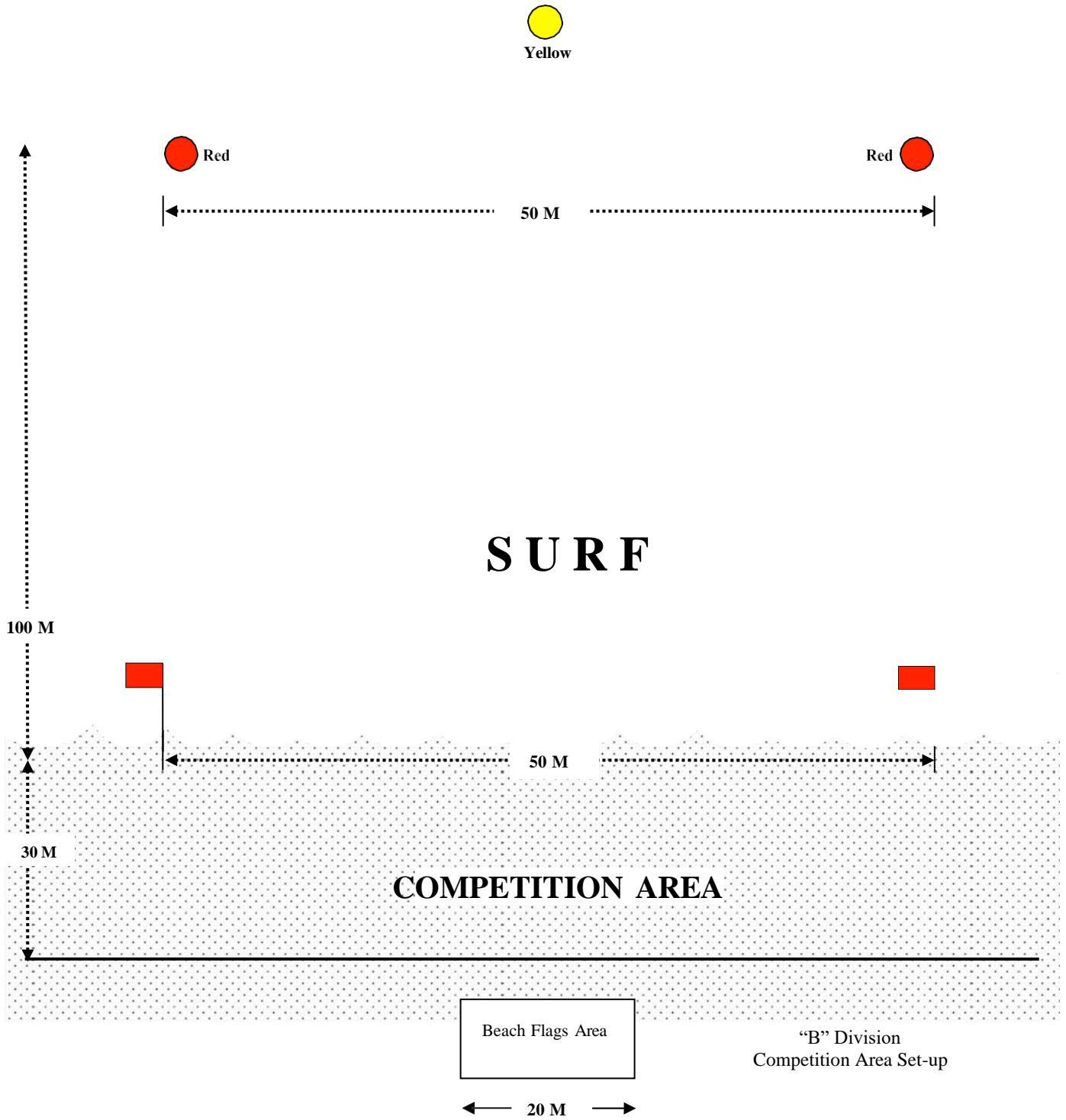


# United States Lifesaving Association Jr. Guard Competition Guidelines



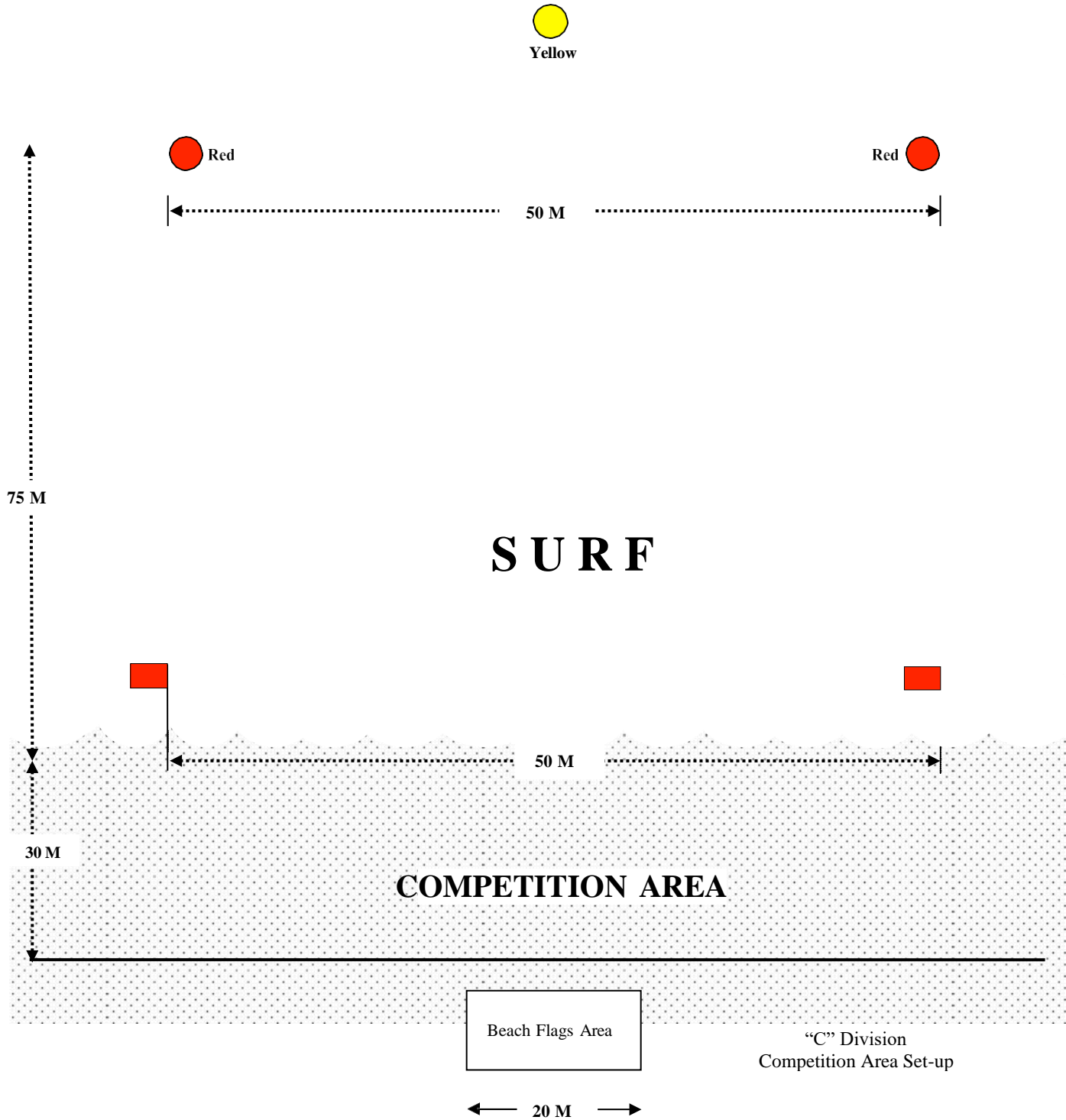


# United States Lifesaving Association Jr. Guard Competition Guidelines



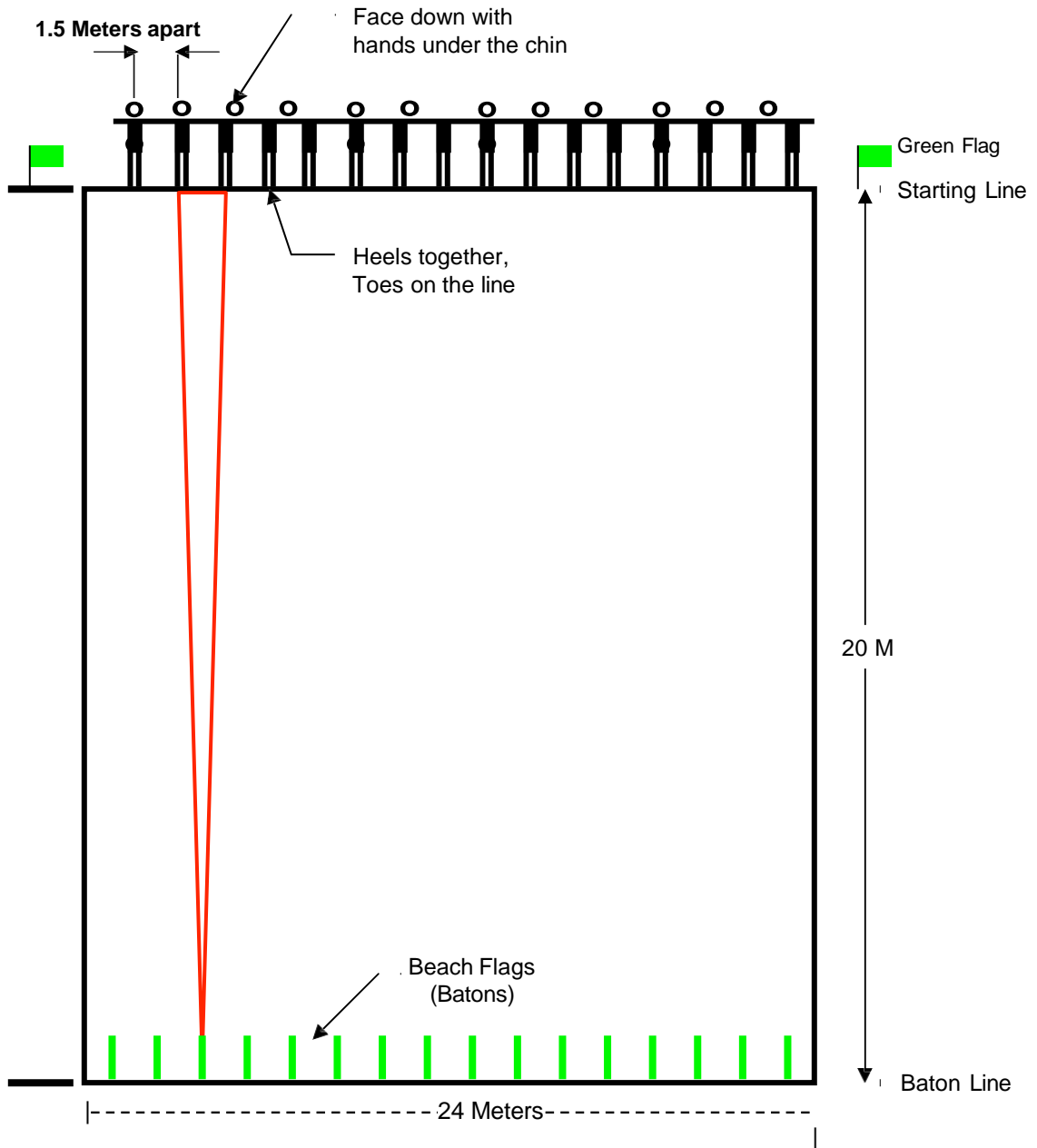


# United States Lifesaving Association Jr. Guard Competition Guidelines

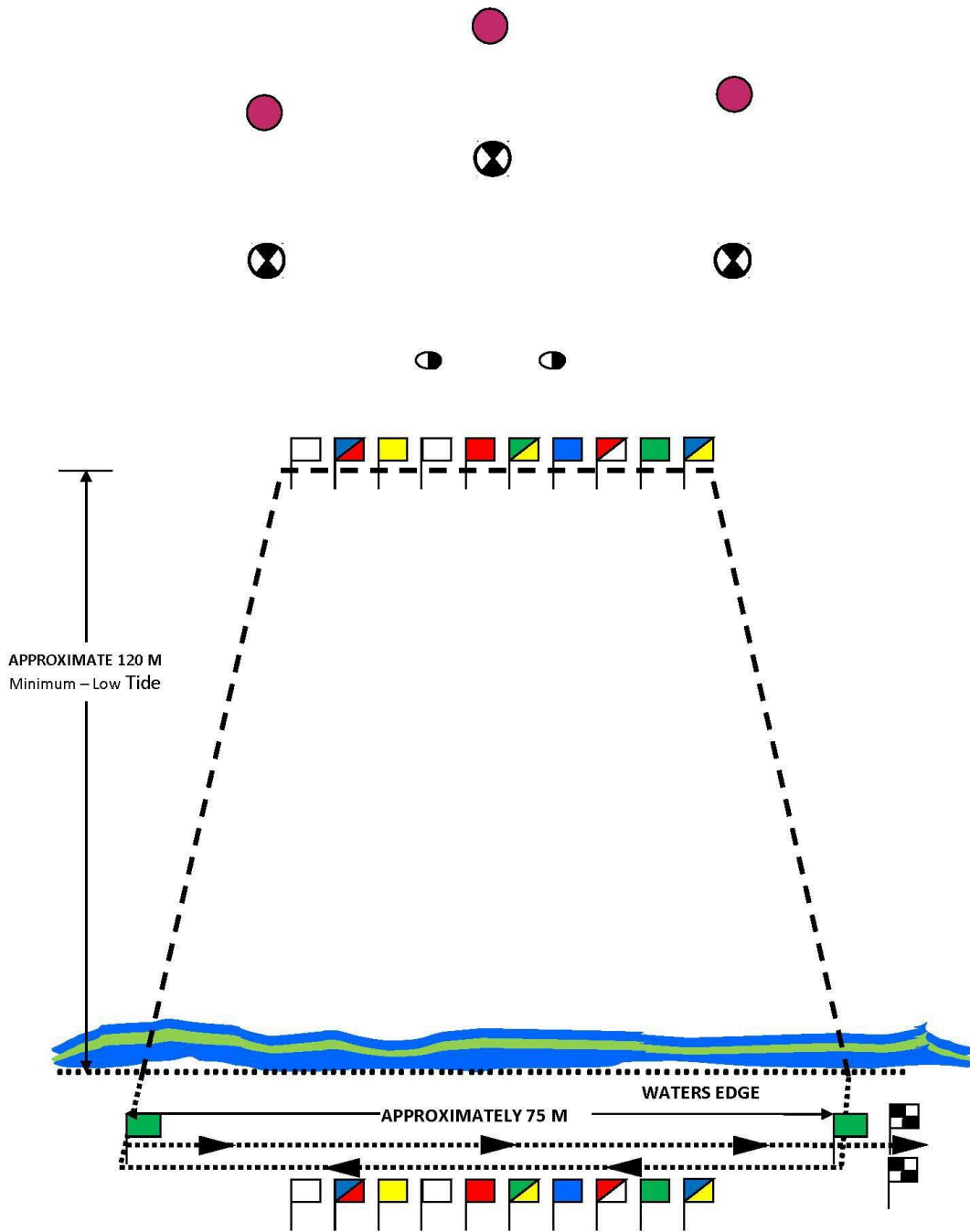




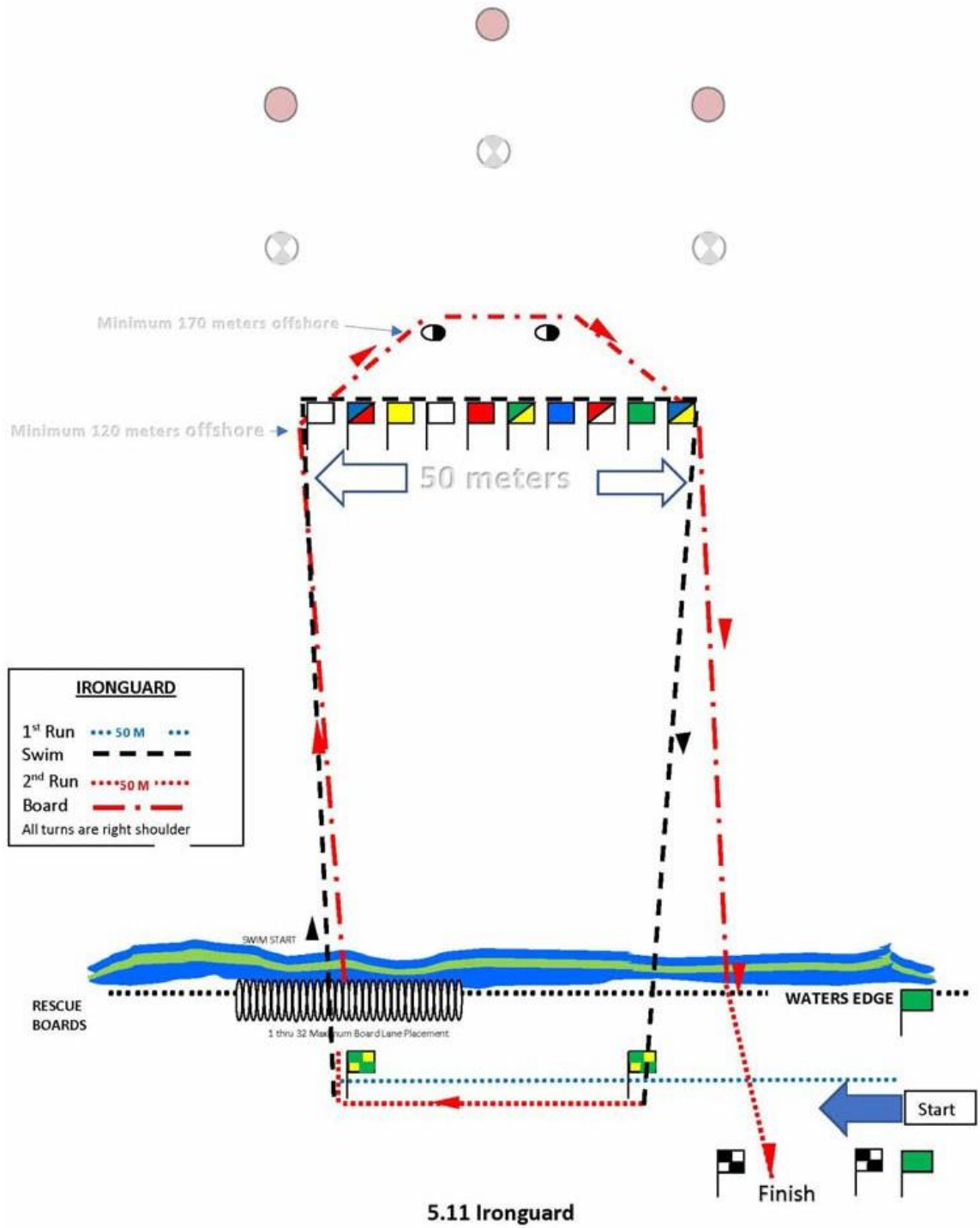
# United States Lifesaving Association Jr. Guard Competition Guidelines

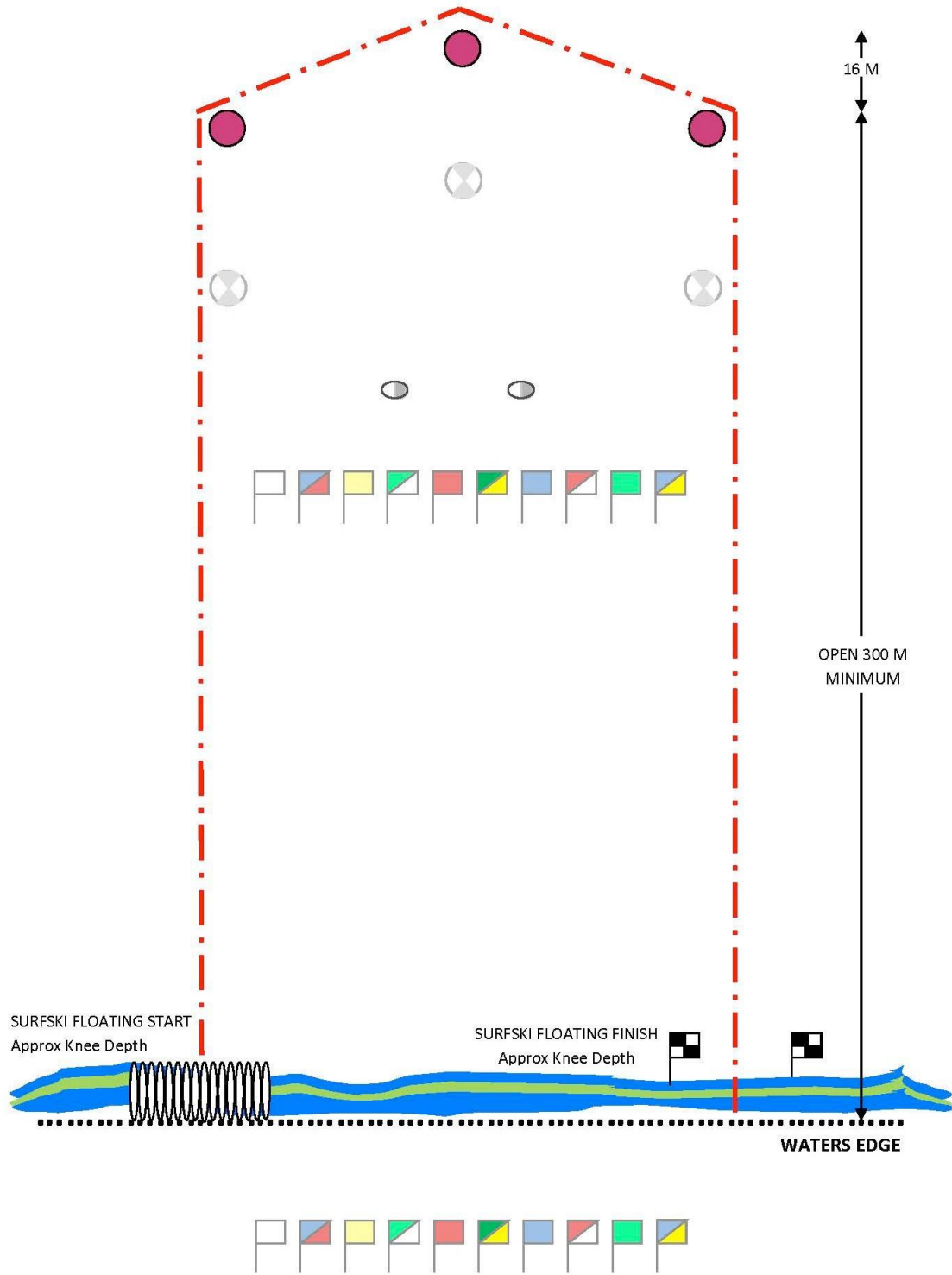


## BEACH FLAGS

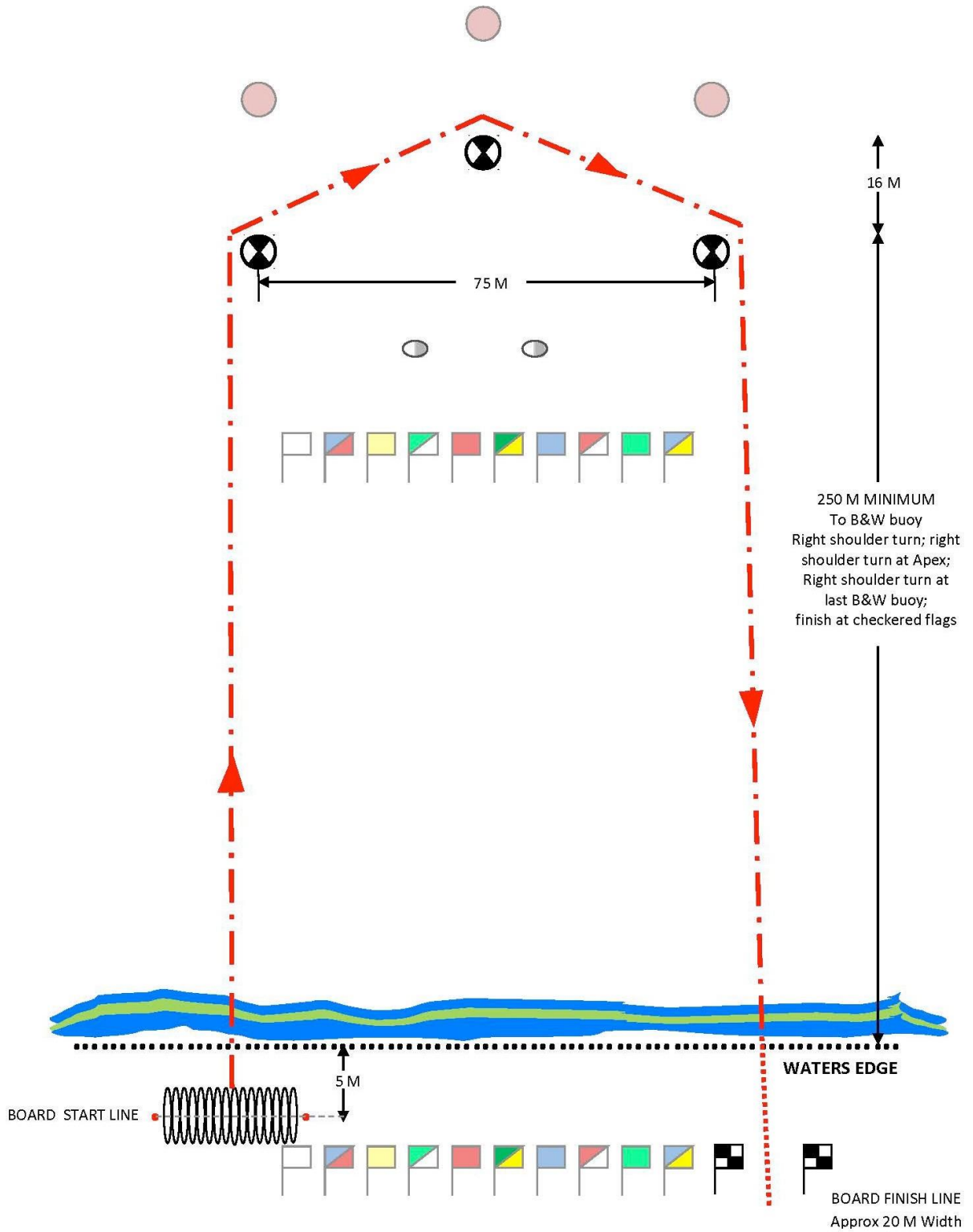


5.6 RUN-SWIM-RUN



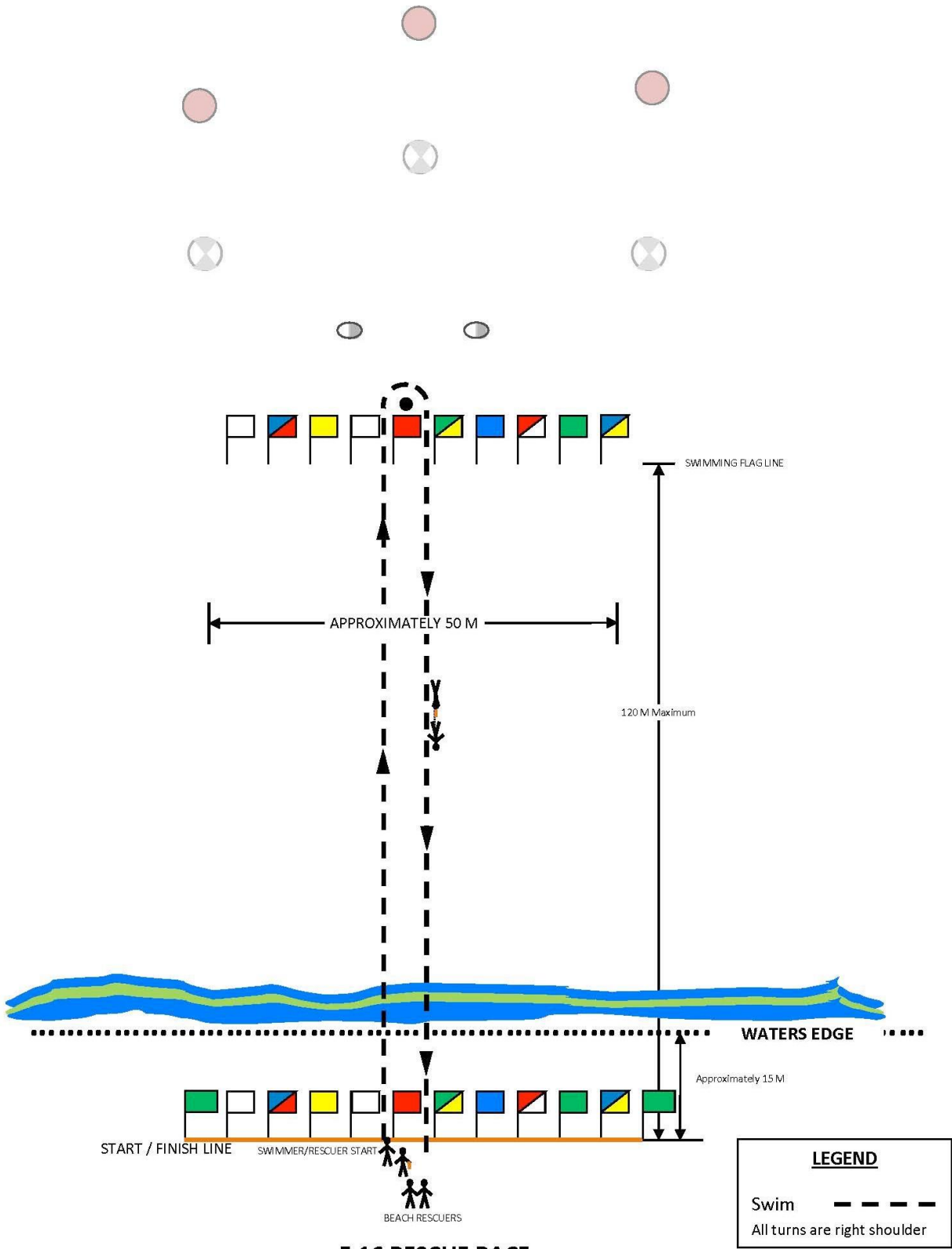


### 5.8 SURFSKI RACE



**5.7 RESCUE BOARD RACE**





**5.16 RESCUE RACE**

