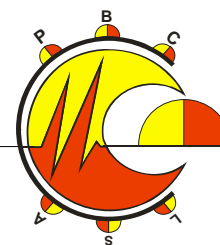




INDOOR TWILIGHT SERIES

Host Club, Officials and Teams





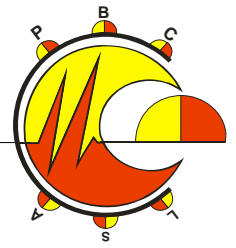
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RULES AND EVENT GUIDE

Document Revision History

Rev	Revised by	Description	Approved by	Date
5.1	Mark Shakles	New Document explaining Event rules and overall event guide	PBCLSA Exec	n/a.
5.2	Mark Shakles	Additions (16/17) as suggested by PBCLSA members	PBCLSA Exec	n/a.
5.3	Mark Shakles	Amended following comments from MY of Bmth	PBCLSA Exec	Dec 2015

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RULES AND EVENT GUIDE

1. PURPOSE OF THIS DOCUMENT

This document has been developed to ensure that the PBCLSA, The Host Club, Officials, Competing clubs and their competitors have a guide as to how the Indoor Twilight should be run. It also highlights the events and the rules as well as pointing out the responsibilities of each of the official roles and that of the individual competitor.

2. AIMS OF THE TWILIGHT SERIES

The purpose of this series is to have a fun competition based on International Life Saving (ILS) events, where clubs can encourage their members, who would not normally take part in competitions, to have a go and see how they get on. The series also allows the more experienced competitors to do battle against each other, gaining invaluable race condition style training and enabling them to learn race/event tactics etc.

The events are organised in the spirit of enjoyment with an edge of competitiveness built in to encourage individuals to take part and better themselves as well as building Club Spirits / Team Morale and creating inter club relationships.

3. CLUB RESPONSIBILITIES

It is the responsibility of each club to ensure that any of its members wishing to participate in any event in any of the Indoor Twilight Series are:

- Proficient in the use of the equipment that they will use in their chosen events.
- Are suitably fit enough to enable them to complete an event without injury or risk of harm.
- Are suitably well enough to participate in their chosen events.
- That they fully understand and adhere to the rules mentioned within this document.

4. DIVING

There will be no Diving from the pool side or from racing blocks, all start will be from within the water.

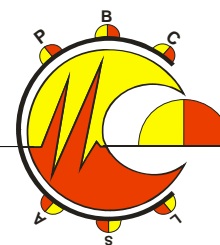
5. CLUB COLOURS

PBCLSA would ask that clubs encourage their members to wear club coloured swim caps and coloured clothing where possible. The wearing of these items will better identify club competitors taking part and also make a more colourful event for members and spectators.

6. TEAM MAKE UP

1. All teams to comprise of max of 4 members.
2. All teams to comprise of at least 1 member of the opposite sex. (i.e. mixed teams.)
3. A competitor can only participate in one category per Indoor Twilight
4. Junior and Master Teams must consist of members within their age group.

A Master and/or a Junior competitor may compete in the Open Category, however note rule 6.3 about participating in only one category per twilight



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7. CATEGORIES

Age groups are defined by the age of the competitor on the 1st of September of the current year of competition.

- Junior Category (12 – 15 years old) min age 12 years before 1st Sept, max age 16 after 1st Sept
- Open Category (16 years and Over) min age 16 years before 1st Sept, max age 40 after 1st Sept
- Masters Category (40 years and Over) min age 40 years before 1st Sept, No upper age limit

In terms of school years:

Year 7 or over can compete in Juniors and

Year 10 or above can compete in the Open

Eg:- a competitor who is 16 years old before the 1st September will compete in the Open section.

8. SCORING

For each of the Indoor Twilight Events, all teams completing an event shall have points awarded as follows:

1st Place	15 points	5th Place	11 points
2nd Place	14 points	6th Place	10 points
3rd Place	13 points	7th Place	09 points
4th Place	12 points	and so on	

Unless there is cause for disqualification, upon which no points shall be awarded.

For the Overall Indoor Twilight Series - the top two scoring teams for each club, in each category, at each Indoor Twilight Event will have their scores taken forward towards the overall category and overall club scores. Thus a max of 6 team scores per club:

Again the points will be awarded as above and placings given accordingly.

9. COMPETITOR FEE £2.00 EACH

Each competitor is required to pay a fee of £2.00 on the night of the Indoor Twilight

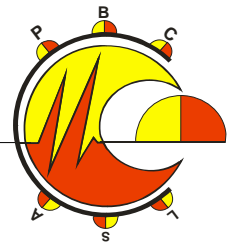
It is the responsibility of each competing club to collect the fees from their own club competing members.

Each competing club is required to hand in the fees collected to the Host Club on the evening of the event. This fee goes someway to the cover the cost of the hiring of the facilities

10. REGISTRATION

Participating Clubs will be required to manage their teams and ensure that they are in the correct lane and correct end of the pool for each event at the correct time.

Each club will be responsible for writing a Team code on the hand of their competitors. This will help ensure that they only compete in one team at each indoor twilight event.



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11. LIST OF OFFICIALS

An Indoor Twilight requires that the Host Club supply a minimum of 10 people for the roles indicated in below, plus adequate safety cover. Note this is the minimum required, experience has shown that more makes life easier.

- Co-Ordinator Organise the evening and arrange registration
- Referee
- Starter
- Time Keepers enough to cope with number of lanes used
- Finish Judge Collating Score Sheets and checking
- Recorder Compiling Total Scores
- Runner (x1) for transferring race score sheets to Recorder
- Runners (x2) for setting up events in advance ready to go
- Lifeguard Safety for Event (most probably provided by the facility management)

12. REFEREE

The referee must be someone who is familiar with the rules of each event such that we can maintain a consistent approach regarding rules at each of the Indoor Twilights. If the Host Club are not able to provide such a person then they must request assistance from other PBCLSA clubs to provide a referee.

13. HOST CLUB

Hosting clubs need to make sure that they have the correct equipment for the event.
i.e. Gate / Obstacles. Stop watches / Recording Sheets / Whistles / Lifeguards / Ropes
If they need extra equipment then it is their responsibility to ask other clubs within the PBCLSA.

14. TEAM SHEETS

Each Club will be required to submit an entry form to the host club prior to the event indicating how many teams will be taking part.

15. PARTICIPATING CLUBS

Each club attending needs to:

- Provide Team Sheets (to Host Club) at Event Registration indicating No. of teams in each category.
- Provide a Team Manager or to nominate someone who will be the ONLY point of contact with the judges/referees.
- Provide 1 helper to assist with the team(s). If more than 1 team then more helpers are preferable.
- Provide at least 1 x rescue manikin complete with bungs.
- Provide at least 2 x yellow rescue tubes
- Provide their own Fins for their members.
- Provide at least 2 x competition throwing ropes.



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16. EVENTS ORDER

The events that are listed in this guide are as follows

- Juniors
 1. MEDLEY RELAY
 2. MANIKIN RELAY
 3. ROPE THROW RELAY
 4. OBSTACLE RELAY
- Seniors and Master
 1. OBSTACLE RELAY
 2. ROPE THROW RELAY
 3. MANIKIN RELAY
 4. MEDLEY RELAY
- Bonus
 5. BODY BOARD RELAY – If time

It is down to the discretion of each Host Club to decide the running order, but whatever it is, it needs to be announced on poolside at the start of the event.

Whilst it makes sense to leave the obstacle event to the last of the Juniors and the 1st of the Seniors / Masters and to have the Rope Throw for the seniors and Master follow the Obstacle Relay so as to use the Obstacles as the cross line and to only install them and remove them the once, it does not always follow that it is the best way to work it on the day of the event. Thus the reason for the Host Club's discretion as to the event order.

17. EVENTS TIMINGS

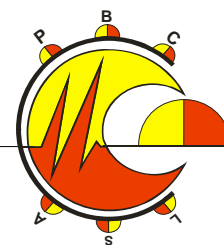
In an evening twilight, Juniors are to go first and complete all events. Once they are complete the Seniors and Masters will then compete in their event.

In an event that takes place on a weekend and earlier in the day then each category can compete in each event before moving onto the next event. In which case it makes sense to have Juniors followed by Senior and or Masters.

Recommended Times based on the Start Time "T" are as follows:

- Arrival "T" -40 mins
- registration: "T" -30 mins,
- changed by "T" -20 mins,
- Warm up "T" -10 mins.

This to be confirmed and communicated by the host club and if different to that above needs to be emailed to all participation clubs prior to the Twilight Event.



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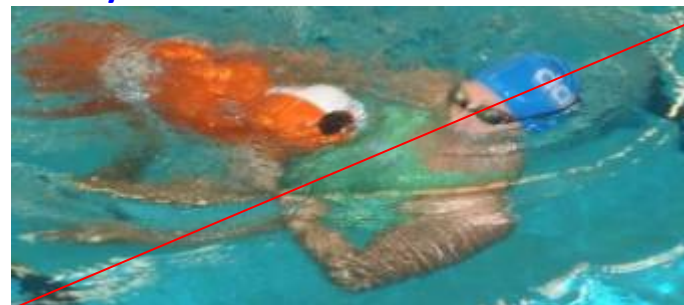
CORRECT

Cross-chest carry

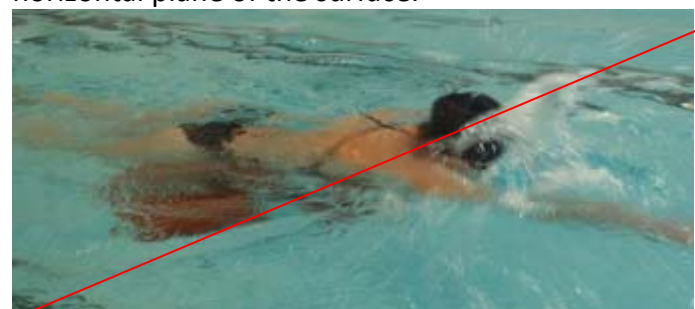


Both competitor and manikin are at or above the surface and the manikin is face-up.

INCORRECT



Competitor is at or above the surface and the manikin angled more than 90 degrees from the horizontal plane of the surface.



Competitor is at or above the surface but the manikin is underneath the competitor

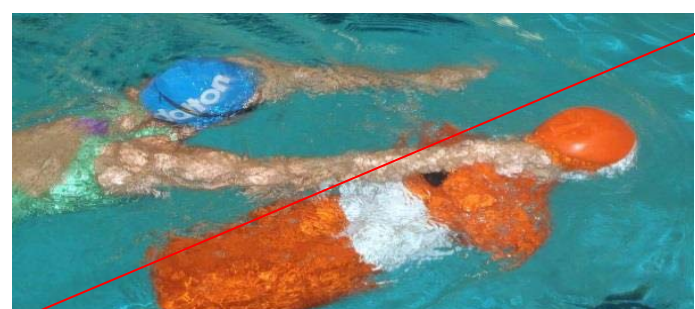
Single-hand chin carry



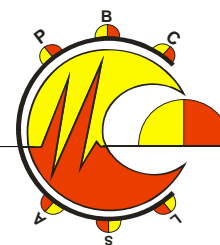
Both competitor and manikin are at or above the surface and the manikin is face-up



Gripping the manikin's throat, mouth, nose or eyes.



Pushing the manikin



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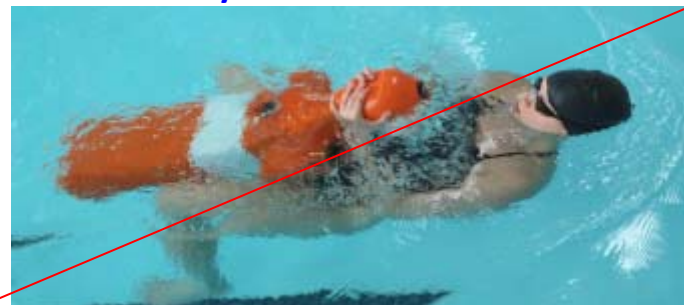
CORRECT

Double-hand head or chin carry



Both competitor and manikin are at or above the surface and the manikin is face-up

INCORRECT



Gripping the manikin's throat, mouth, nose or eyes. [

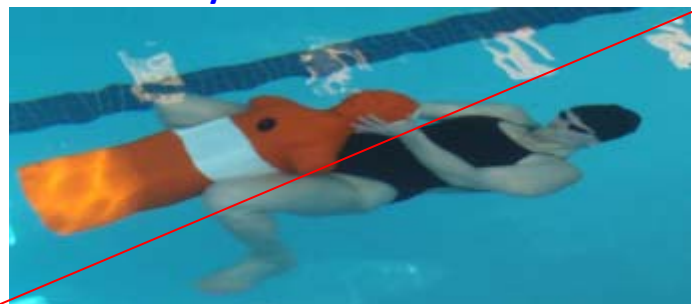
CORRECT

Double-hand underarm carry



Both competitor and manikin are at or above the surface and the manikin is face-up.

INCORRECT



Both the manikin and the competitor are below the surface beyond the designated 5/10m line.

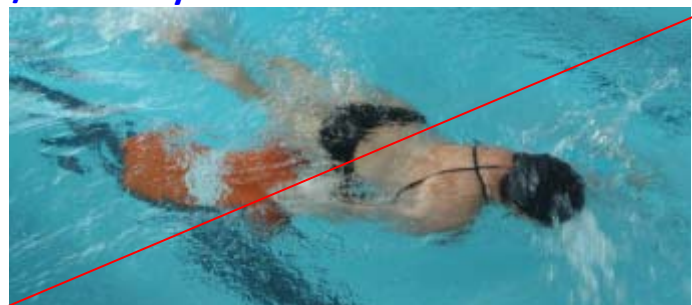
CORRECT

Back-of-head/neck carry

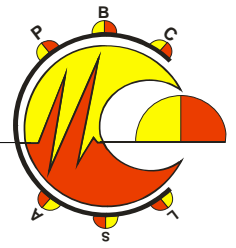


Both competitor and manikin are at or above the surface and the manikin is face-up.

INCORRECT



Both competitor and manikin are at or above the surface and the manikin is face-down, and the face is covered by the competitor's body and/or limb



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CORRECT

Back-of-head/neck carry cont...



Both competitor and manikin are at or above the surface and the manikin is face-up



Both competitor and manikin are at or above the surface and the manikin is face-up

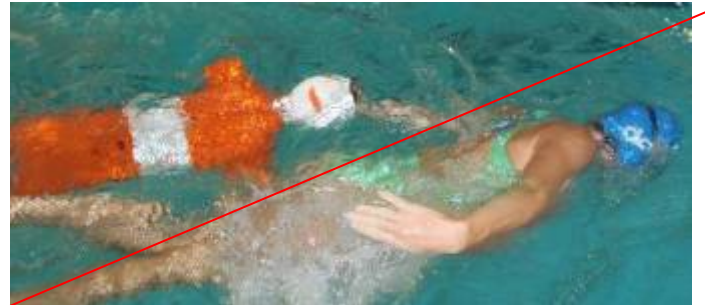


Both competitor and manikin are at or above the surface and the manikin is face-up.

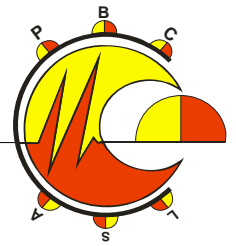


Both competitor and manikin are at or above the surface and the manikin is face-up.

INCORRECT



Competitor and manikin are both above the surface; the manikin is face-down



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EVENT 2) MEDLEY RELAY (4 x 25 m)

EQUIPMENT: FINS and RESCUE TUBE

EVENT DESCRIPTION

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

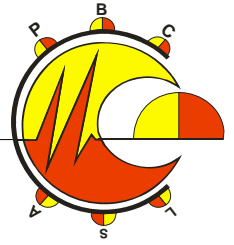
EVENT RULES

1. Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5m line.
2. While the fourth competitor must have at least one hand on the turning edge or starting block when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet.
3. The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube. The victim may kick while being towed, but no other assistance is permitted.
4. Competitors must tow the victim with the line of the rescue tube fully extended.
5. The victim must grip the main body of the rescue tube – not the rope or clip.
6. The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.
7. The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.
8. Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor’s arm or elbow during the competitor’s approach or tow.
9. Retrieving lost fins: Competitors may retrieve fins lost after the start and the team may continue in the race. The team will not be permitted to start again in another heat.

DISQUALIFICATION

The following behaviour shall result in disqualification:

- a. The second and third competitors starting before first and second competitors respectively touch the turning edge.
- b. The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turning edge.
- c. The fourth competitor leaving the turning edge before the third competitor touches the wall.
- d. The victim holding the rescue tube by the rope or clip.
- e. The victim helping with arm movements, or not holding the rescue tube with both hands.
- f. The victim losing the rescue tube after passing the 5m line.
- g. The fourth competitor towing the victim without the line of the rescue tube fully extended.
- h. One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- i. Failure to touch the finish edge.
- j. A competitor re-entering the water after completing his or her leg of the relay.



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EVENT 3) OBSTACLE RELAY (4 x 25 m)

EQUIPMENT: GATES

EVENT DESCRIPTION

- With an in water start on an acoustic signal, the first competitor swims 25m freestyle passing under one obstacle.
- After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.

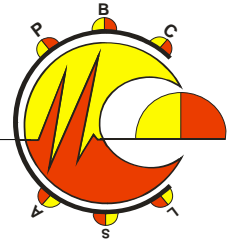
EVENT RULES

1. Competitors must surface after the initial start before the first obstacle and after passing under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water.
2. Competitors may push off the pool bottom when surfacing from under the obstacles. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
3. The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors.
4. The first, second and third competitors may not re-enter the water.
5. Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The first obstacle is positioned 12.5m from the starting edge

DISQUALIFICATION

The following behaviour shall result in disqualification:

- a. Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it.
- b. Failure to surface after each obstacle.
- c. One competitor repeating two or more legs of the event.
- d. Leaving the start before the previous competitor has touched the edge.
- e. Failure to touch the finish edge.
- f. A competitor re-entering the water after completing his or her leg of the relay



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EVENT 4) ROPE THROW RELAY

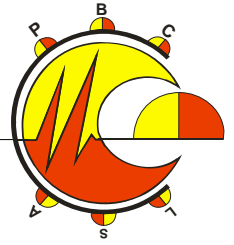
EQUIPMENT: ROPES (between 16.5 m and 17.5 m in length): plus 1 x Cross Rope
Seniors and Masters = 4 x 12.5m Juniors = 4 x 10m

EVENT DESCRIPTION:

- The first Team Competitor stands on poolside holding end of rope. The three other team members are in the water at a cross rope 12.5m(10m) away.
- The Number 2 Competitor is in front of the cross rope with one hand on the cross rope and one hand on the throw rope which is extended over and beyond the cross rope.
- On the starting signal, competitor Number 1 coils the rope and throws to the Number 2 Competitor who takes hold of the rope with both hands and is pulled through the water.
- On reaching the side, the Number 2 competitor must touch the end of the pool.
- The first competitor then enters the water behind the cross line to become the catcher for the Number 4.
- The Number 3 Competitor replaces the Number 2 competitor in front of the cross rope.
- The Number 2 competitor then coils the rope and throws it to the Number 3 competitor who takes hold of the rope with both hands and is pulled through the water until he touches the end of the pool.
- The event continues in the same manner as above for Competitors 3 and 4.
- The event finishes when the catcher for Competitor 4 touches the end of the pool.

EVENT RULES:

- The start: The No 1 Competitor stands facing the victim, motionless with legs together and arms beside the body. The end of the throw line is held in one hand. The second competitor treads water in the centre of the lane on the near side of the cross line holding the throw line with one hand and the designated spot on the cross line with the other. The surplus throw line trails in the water over and beyond the cross line.
- The catcher remains in the water and the competitor remains in the throw zone until the referee signals completion of the event.
- Fair throw: Victims may grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line with the other hand.
- As long as victims remain entirely within their designated lane and do not release their grasp on the designated mark on the crossbar, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.
- Throw zone (1.5m): Competitors 2 and 3 should leave the area immediately after handing over the rope. Competitor 4 must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5m from the pool edge until released by the referee.
- Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.
- Catchers may wear swim goggles



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EVENT 4) ROPE THROW RELAY cont..

DISQUALIFICATION:

- a. Catcher releasing the cross rope before grasping the throw line with the other hand.
- b. Catcher grasping the throw line outside the lane
- c. Catcher not on his or her front while being pulled to the finish edge.
- d. Catcher not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall)
- e. Catcher "climbing" the throw line hand-over-hand
- f. Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the completion of their throw and rescue.
- g. Final catcher exiting the water before the 2minutes 30 second completion signal.
- h. 1ST thrower executing a practise throw
- i. Failure to touch the finish wall
- j. Note: Failure to get the victim to the finish edge before the 2 minutes 30 seconds completion signal shall be designated "Did Not Finish" (DNF).

EVENT 5) Body Board Relay

EQUIPMENT: ROOKIE BODY BOARDS

EVENT DESCRIPTION:

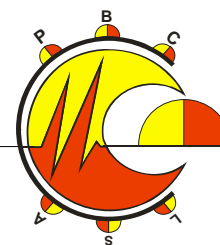
- Each Competitor is to complete 1 x length of the pool whilst in control / using a Body board.
- 4 x 1 length Body Board Relay

EVENT RULES:

1. Each competitor must maintain contact with the board at all times
2. Each competitor must be in control of the body board at all times

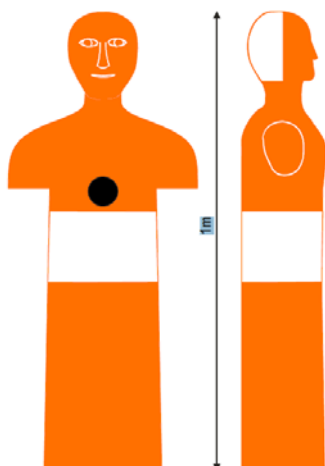
DISQUALIFICATION:

- a. Losing control of the body board
- b. Not touching end of pool before change over

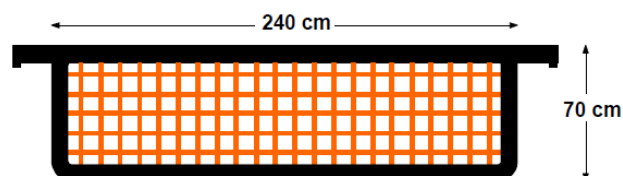


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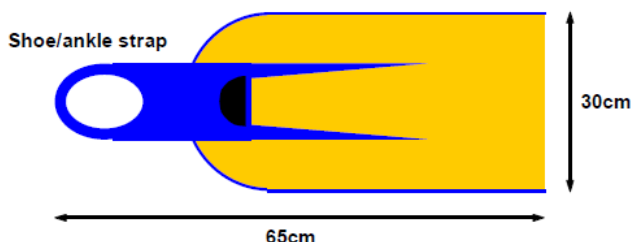
EQUIPMENT: MANIKIN



EQUIPMENT: GATES



EQUIPMENT: FINS

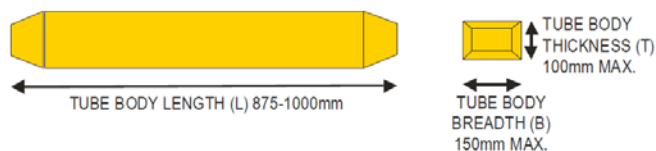


EQUIPMENT: ROPES

For the Line Throw event, throw lines shall be plaited, buoyant polypropylene:
Diameter: 8 mm (± 1 mm)
Length: minimum 16.5 m; maximum 17.5 m

EQUIPMENT: RESCUE TUBES

Rescue Tube Dimensions:

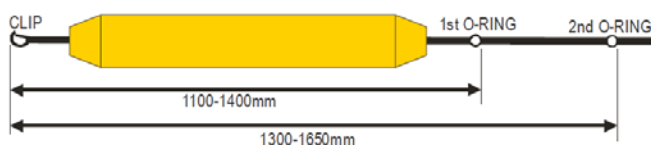


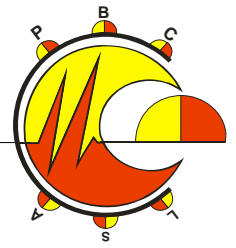
The body of the tube (flotation component):

L – minimum length 875 mm; maximum length 1000 mm

B – maximum breadth 150 mm

T – maximum thickness 100 mm





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NOTES:



<u>JUNIORS</u>	<u>OPEN</u>	<u>MASTERS</u>
-----------------------	--------------------	-----------------------

Club Name

Team Name

	competitor	dob	Fee Paid
1			
2			
3			
4			
5			

Team Name

	competitor	dob	Fee Paid
1			
2			
3			
4			
5			

Team Manager



<u>JUNIORS</u>	<u>OPEN</u>	<u>MASTERS</u>
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Club Name

Team Name

	competitor	dob	Fee Paid
1			
2			
3			
4			
5			

Team Name

	competitor	dob	Fee Paid
1			
2			
3			
4			
5			

Team Manager



LANE ORDER FOR REGISTERED TEAMS

No JUNIORS OPEN MASTERS

1			
2			
3			
4			
5			
6			

1			
2			
3			
4			
5			
6			

1			
2			
3			
4			
5			
6			



HOST CLUB _____ DATE _____

Juniors Open Masters

Event / Race _____

Heat No / Final _____

Lane No	Team Name	PEN	TIME	PLACE
1				
2				
3				
4				
5				
6				

Recorders Name _____

Recorders
column



HOST CLUB _____ DATE _____

Juniors Open Masters

Event / Race _____

Heat No / Final _____

Lane No	Team Name	PEN	TIME	PLACE
1				
2				
3				
4				
5				
6				

Recorders Name _____

Recorders
column

