

2012 ORDER OF EVENTS

1. **RUN-SWIM-RUN-SWIM RELAY (1/4 Mile - 200 yd. - 1/4 Mile - 200 yd)** (Split age group)
MIXED 2 MEN 2 WOMEN (1 male/female 20 and under 1 male/female 20 and under)
2. **PROGRESSIVE RELAY (100-100-50-50 yd.)** (Split age) MIXED 2 MEN 2 WOMEN (1 male/female 20 and under 1 male/female 20 and under)
3. **200 yd. MEDLEY RELAY MEN 21 & Over**
4. **200 yd. MEDLEY RELAY WOMEN 21 & Over**
5. **200 yd. MEDLEY RELAY MEN 20 & Under**
6. **200 yd. MEDLEY RELAY WOMEN 20 & Under**
7. **PASSIVE VICTIM RESCUE** (open age)
8. **50 yd. FREESTYLE** (open age) MEN
9. **50 yd. FREESTYLE** (open age) WOMEN
10. **200 yd. T-SHIRT RELAY** (open age) MIXED MEN AND WOMEN
11. **100 yd. FREESTYLE** (open age) MEN
12. **100 yd. FREESTYLE** (open age) WOMEN
13. **100 yd. INNERTUBE RELAY** (open age) MIXED MEN & WOMEN
14. **200 yd. FREESTYLE RELAY MEN 21 & Over**
15. **200 yd. FREESTYLE RELAY WOMEN 21 & Over**
16. **200 yd. FREESTYLE RELAY MEN 20 & Under**
17. **200 yd. FREESTYLE RELAY WOMEN 20 & Under**
18. **HOST FACILITY EVENT** (open age) SEE RULES

RULES, REGULATIONS AND GENERAL INFORMATION



All Entries Are Due by 7/20/12

Email entries or questions to: tgrierson@carson.ca.us
Fax entries or questions to: (310) 816-9381 fax-(310)830-8567
Mail entries or questions to: City of Carson - Aquatics
Attn – Tim Grierson
2400 E. Dominquez St.
Carson, Ca 90810

SECTION 1

GENERAL INFORMATION

THE SCPPOA LIFEGUARD COMPETITION HONOR CODE: While this event is highly competitive, it is assumed that each agency will submit a team that is comprised of individuals who are truly eligible to compete and who will also conduct themselves in a fair, courteous and professional manner at all times during the competition. If any agency is found to be in violation of this honor code, their team will be disqualified from the entire competition and may have to ask for reinstatement for future competitions.

1.1 OBJECTIVES – The basic objectives of the SCPPOA Southern California Lifeguard Competition are: (1) to promote camaraderie between the agencies of SCPPOA through friendly competition; (2) to stimulate interest in rescue/lifeguard skills and physical training among the employees of the agencies; and (3) to acquaint the public and other agencies with rescue and swimming skills used daily by lifeguards to ensure safety at aquatic facilities served by the member agencies

1.2 ELIGIBILITY – All participants must be *currently* employed by the member agencies as part of the agency's aquatics staff or hold a lifetime or honorary membership in the Southern California Public Pool Operators Association. All participants must pay the required entry fee to be eligible to compete.

1.3 DATE, TIME AND LOCATION – The date, time and location of the Southern California Lifeguard Competition will be determined by the Competition Committee by March 30th of each year. It is the intent of the Competition Committee to rotate this annual competition, whenever possible, amongst the member agencies. It is the responsibility of the Competition Committee to select the site appropriate for the activities of the competition and to receive formal approval from any agency hosting the event. Date, time and location of the 2010 competition:

Date: Sunday, July 29, 2012

Time: Warm-ups start: 4:30pm
Competition starts: 6:00pm

Location: **Culver City Plunge**
4175 Overland Ave
Culver City, CA 90230

Fee: \$10 per competitor (due the day of event on deck)
T-shirt included w/ fee until they run out due to limited supply

1.4 COMPETITION CATEGORIES – Definitions as applied in event descriptions:

- **OPEN AGE** – ANY AGE MAY COMPETE IN EVENT
- **MIXED** – ANY GENDER MAY COMPETE IN EVENT BUT THERE MUST BE AT LEAST ONE OF EACH GENDER IN EVENT
- **20 & UNDER** – MUST BE BETWEEN 15 – 20 YEARS OLD TO COMPETE IN EVENT
- **21 & OVER** – MUST BE AT LEAST 21 YEARS OLD TO COMPETE IN EVENT

***NOTE: Competitors may swim down in age category but cannot swim up in age category**

1.5 MEET ENTRY PROCEDURE-

- All agency competitors must be listed on an event form and pay the entry fee.
- Agency Directors, Coordinators or Managers are responsible for the verification of age and the eligibility of all team members per 1.2 above.
- Changes or addition of team members after the submission of entry form must be verified in *person* by a Team Captain or Representative.

1.6 SOUTHERN CALIFORNIA LIFEGUARD COMPETITION 2012 EVENTS -

It will be required that four swimmers participate in all relays. In all stroke relays, each competitor will swim 50 yards. In individual events, each competitor will swim the prescribed distance. Distance and performance of specialty events is described in the “Rules” section of this manual.

Order of events for both SMALL & LARGE AGENCY DIVISIONS:

1. **RUN-SWIM–RUN–SWIM RELAY(1/4 Mile-200yd-1/4 Mile-200yd) MIXED AGE MEN & WOMEN (4 total)**
2. **300 yd. PROGRESSIVE RELAY (100-100-50-50 yd.) (open age) MIXED 2 MEN & 2 WOMEN**
3. **200 yd. MEDLEY RELAY MEN 21 & Over**
4. **200 yd. MEDLEY RELAY WOMEN 21 & Over**
5. **200 yd. MEDLEY RELAY MEN 20 & Under**
6. **200 yd. MEDLEY RELAY WOMEN 20 & Under**
7. **50 yd. PASSIVE VICTIM (open age) MIXED MEN & WOMEN (2 total)**
8. **50 yd. FREESTYLE (open age) MEN**
9. **50 yd. FREESTYLE (open age) WOMEN**
10. **200 yd. T-SHIRT RELAY (open age) MIXED MEN & WOMEN (4 total)**
11. **100 yd. FREESTYLE (open age) MEN**
12. **100 yd. FREESTYLE (open age) WOMEN**
13. **100 yd. INNER-TUBE RELAY (open age) MIXED MEN & WOMEN (4 total)**
14. **200 yd. FREESTYLE RELAY MEN 21 & Over**
15. **200 yd. FREESTYLE RELAY WOMEN 21 & Over**
16. **200 yd. FREESTYLE RELAY MEN 20 & Under**
17. **200 yd. FREESTYLE RELAY WOMEN 20 & Under**
18. **HOST FACILITY EVENT (OPEN AGE) SEE RULES**

1.6 SCORING – Points awarded in each event for both SMALL & LARGE AGENCY DIVISIONS as follows:

1 st place - 20 points	7 th place - 13 points	13 th place-7 points
2 nd place - 18 points	8 th place - 12 points	14 th place-6 points
3 rd place - 17 points	9 th place - 11 point	15 th place-5 points
4 th place -16 points	10 th place- 10 points	16 th place-4 points
5 th place -15 points	11 th place-9 points	17 th place-3 points
6 th place - 14 points	12 th place- 8 points	18 th place-2 points

1.8 AWARDS – Awards will be distributed in the following manner:

- Team trophies for 1st through 3rd according to total points awarded overall at the end of the competition.
- Plaque engraved with winning agency name on it will be placed on the SCPPOA PERPETUAL ‘VICTORY BUOY’ at the annual meeting in October.

SECTION 2

ADMINISTRATION

2.1 COMPETITION ORGANIZING COMMITTEE – Shall consist of the SCPPOA Competition Committee Chairperson, Team Captains or Coordinators from each agency represented, and the Supervisor or Manager of the host pool or agency. This Committee shall have the responsibility of the overall organization and commencement of the event, including, but not limited to: (1) assignment of all meet personnel; (2) area allocation and overall set-up at meet location including marshalling, spectator, and team areas, parking, security and pool set-up; and (3) dispute settlement. They shall also have the power to postpone or cancel any or all events, and to alter the venue of the competition due to weather or other unforeseen circumstances. The Competition Organizing Committee shall make every effort within its power to see that all rules, requirements, and operational procedures set forth in this manual are adhered to.

2.2 EVENT OFFICIALS – The following officials shall be appointed by the Competition Organizing Committee, subject to approval by the SCPPOA Executive Board: Head Referee, at least one Stroke, Turn, and Finish Judge, Clerk of the Course (if applicable), Runners and an Announcer.

2.3 HOST RESPONSIBILITIES – It shall be the responsibility of the host facility or agency to provide the following, subject to approval of the Competition Organizing Committee: Lifeguard in the tower at all times, adequate staffing to assure pool set-up and take down and any other assistance necessary.

2.4 POOL AND DECK SET-UP – (1) a minimum of six competitive 25 yard lanes, divided by competition style, anti-wave lane markers shall be provided. Where possible these lanes shall be established in the center of the pool; (2) backstroke pennants shall be provided according to U.S. Swimming specifications at both ends of the pool; (3) a timing system without touch pads, using only back-up buttons, may need to be provided; (4) a stopwatch may need to be provided for each lane; (5) pool and all deck areas shall be clean and well lighted; (6) a bull pen area for the Clerk of the Course shall be established near the starting area and opposite or separate from the spectator and team areas; (7) a scoring and timing system area with two tables and chairs for the Scorekeeper and Timing System Operator shall be established near the start and separate from the spectator and team areas; (8) space and seating shall be provided for 200 competitors and spectators with adequate visibility for all events; (9) space and a table shall be provided for check-in purposes.

SECTION 3

OFFICIALS AND THEIR DUTIES

3.1 APPOINTMENT – The Competition Organizing Committee shall appoint Competition Officials for the Southern California Lifeguard Competition, subject to approval by the Executive Board of SCPPOA.

3.2 NOTIFICATION – Appointed officials shall be notified of the competition and their appointment to a particular position at the event and of the time to report for briefing, etc. Notification should be done within a reasonable time prior to the event.

3.3 HEAD REFEREE -

1. Shall act as official starter for all events, recall competitors if the start is unfair and disqualify a competitor for false starting, willfully disobeying orders, or any other obstruction during the start.
2. Shall have the power to make any alteration in the program that he/she may deem necessary to ensure a fair competition.
3. Shall consider and rule upon all protests and reports relating to impersonation, unauthorized competitors, foul swimming or anything relating to competing unfairly. Having found such conduct present, shall disqualify said competitor(s) from the event or competition as deemed appropriate by the Committee,
4. Shall give notification, or instruct judges to give notification, to competitors or team captain, of disqualification due to rule infraction. This notification shall be given after the event has been swum and before the succeeding event.

3.4 STROKE, TURN, AND FINISH JUDGE(S) -

1. Shall judge the performance of all strokes and specialty events, relay exchanges, turns, and finishes according to U.S. Swimming and these rules. Upon observing an infraction, shall immediately raise their hand and, at the end of the event, shall notify the Head Referee and the competitors or team captain per 3.3-4 above.
2. Shall position them to have an uninterrupted view of the pool.
3. Shall record the order of finish, and/or, note any infractions and give this record to the Head Referee for submission to the Scorekeeper of the official finish results.
4. Shall have like powers as provided in 3.3-3 above.

3.5 CLERK(S) OF THE COURSE -

1. Shall call competitors to the staging area for each event.
2. Shall supervise the event check-in of competitors for each event and act as marshal in the bull pen area for competitors awaiting the succeeding event.
3. Shall designate lane assignments and escort competitors to their lanes as needed.

3.6 TIMEKEEPERS (if required) -

1. Shall be responsible for operating the back-up button and stopwatch in their assigned lane. In performance of this task, shall start the stopwatch only on the starter's signal and both the stopwatch and the back-up button when the competitor, or last competitor in a relay, in their lane finishes the race.
2. Shall provide the Head Referee with elapsed time from the stopwatch.
3. Shall not clear the stopwatch until told to do so by the Head Referee prior to the start of the next event.

3.7 TIMING SYSTEM OPERATOR -

1. Shall set up and operate the electronic timing system as required in 2.4.
2. Shall notify the Head Referee of a system malfunction or a timekeeper failing to press the back-up button.
3. Shall receive pick sheets from a Runner or the Referee and attach them to the official times as recorded on the computer printout and provide them to the Scorekeeper.

3.8 SCOREKEEPER -

1. Shall compile scores in accordance with 1.6
2. Shall compile team scores at the conclusion of the competition and provide them to the Head Referee for review, and the Announcer for announcement and awards.

3.9 ANNOUNCER -

1. Shall announce the events as they are swum and the results when they are completed.
2. Shall assist the Clerk of the Course as necessary by calling events.
3. Shall make other announcements as necessary or directed by meet officials.

3.10 RUNNERS -

1. Shall collect finish order form from Finish Judge or Head Referee after each event and give them to the Timing System Operator.
2. Shall perform other functions as directed by the meet officials.

SECTION 4

COMPETITION RULES

4.1 GENERAL COMPETITION RULES

1. Mixed relays must have a combination of swimmers of both sexes.
2. All competitors must swim in the correct age category per 1.4 above.
3. There is no limit to the number of events an individual can swim.
4. Each agency or *team* may enter one team for relay events and one competitor for individual events.
5. Each agency or *team* will be assigned lanes, chosen by draw prior to the start of the competition. Agencies will swim in their assigned lane throughout the competition.
6. False starts will be judged by the Head Referee and signaled by repeated starting signals. False starts will be penalized as follows: (1) one false start is charged to the field; (2) further false starts shall be charged to an individual, resulting in disqualification of the individual or relay team from the event.
7. Each agency must have a Supervisor, Coordinator or Pool Manager in attendance to compete.
8. A maximum of 25 swimmers are allowed for each agency entry.
9. **The race committee and or the official can make adjustments to an event at any time. If an adjustment is made team captains will be notified. Once the change has been made the race will continue under the new guidelines.**
10. **In the event of a dispute the TEAM CAPTAIN must immediately address the competition director. Disputes from team participants WILL be ignored.**

4.2 EVENT #1 RUN - SWIM – RUN - SWIM RELAY (open age)

1. This is 4 person relay consisting of a combination of competitors from both genders and age groups.
2. The 1st leg of the relay will consist of a ¼ mile run followed by a swim of 200 yards, when the 1st leg finishes, he or she must transition by touching the hand of the next competitor thus starting the 2nd leg of the relay consisting of a 200 yard swim followed by the 3rd leg an additional ¼ mile run, ending with the 4th leg of the relay the final 200 yard swim.
3. **During each transition competitors must touch hands with the individual competing the second, third and final leg of the race**
4. This race will consist of 1 Male and 1 Female competitor from the 20 and under category and 1 Male and 1 Female from the 21 and over age category.
5. The order in which each competitor races is up to the team so long as one individual from each age group and gender either swims and or runs.

4.3 EVENT #2 MIXED PROGRESSIVE RELAY (open age)

1. Each team must send TWO competitors of each gender 2 FROM EACH AGE GROUP.
2. Specific colored caps must be worn by all competitors
3. The four (4) person team will:
 - 1st and 2nd legs of the relay are a male and a female each swimming 100 yards each
 - 3rd and 4th legs of the relay are a male and a female each swimming 50 yards each

4.4 EVENTS #3-6 200 YARD MEDLEY RELAY (Gender specific) (20 & under, 21 & over)

1. The four legs of the Medley Relay shall be swum in the following order:
 - Backstroke
 - Breaststroke
 - Butterfly
 - Front Crawl
2. Competitors swimming the backstroke leg shall start in the water using the Backstroke start per U.S. Swimming rules.
3. The remaining legs of the Medley Relay shall use the forward start.
4. Relay exchanges, turns, and stroke shall be performed according to U.S. Swimming rules.

4.5 EVENT #7 50 YARD PASSIVE VICTIME RESCUE (open age)

1. Each agency is responsible for providing a rescue tube for competition. Agencies who forget will be disqualified
2. The competition consists of one male and one female of any age
3. The rescuer will start from within the water and complete a 25 yard approach stroke ON the tube.
4. The victim will position themselves in the water with their arms draped over the gutters and their legs joined together at the ankles.
5. The rescuer will perform a passive rear rescue and maintain contact with both arms on the victim and tread water back to the start point.
6. If either the victim helps in any way or the rescuer uses their arms to aid in any way the team will be disqualified.

4.6 EVENTS #8-9 50 YARD FREESTYLE (open age)

1. The forward start per U.S. Swimming rules shall be used.
2. Any body position, stroke, and kick is permitted and any combination of styles may be used.
3. The turn requires that some portion of the swimmer's body contact the end wall.
4. The finish requires completion of the 50 yards and contact with the finish end by any part of the swimmer.
5. Each age group may have only entry per agency

4.7 EVENT #10 200 YARD T-SHIRT RELAY (mixed, open age)

1. Each agency may enter one team consisting of four swimmers
2. T-shirts will be provided
3. The event consists of four legs, each 50 yards in length.
4. Relay exchanges consist of the T-shirt exchange at the wall with **assistance from 1 (ONE) teammate.**
5. Each swimmer must have 2 arms and 1 head through proper T-shirt holes at all times during race

4.8 EVENTS #11-12 100 YARD INDIVIDUAL FREESTYLE (Gender specific) (open age)

1. The forward start per U.S. Swimming rules shall be used.
2. Any body position, stroke, and kick is permitted and any combination of styles may be used.
3. The turn requires that some portion of the swimmer's body contact the end wall.
4. The finish requires completion of the 100 yards and contact with the wall by any part of the swimmer.

4.9 EVENT #13 100 YARD INNER-TUBE RELAY (mixed, open age)

1. Each agency may enter one team consisting of four inner-tube swimmers with at least one of each gender
2. Host agency is responsible for providing similar inner-tubes for all teams competing
3. Inner-tube swimmers must SIT in the inner-tube at all times during race.
4. 1st leg starts in the water, holding the wall and the inner-tube. At the gun they must sit in the inner-tube and paddle/swim 25 yards to exchange the tube to the 2nd leg. 2nd, 3rd and the 4th leg continues paddling/swimming 25 yards each until 4 laps have been completed by the team.
5. Finish will be when the 4th leg touches the wall with any part of their body.

5.0 EVENTS #14-17 200 YARD FREESTYLE RELAY (Gender specific) (20 & under, 21 & over)

1. Each agency may enter one team consisting of four swimmers
2. The event consists of four legs, each 50 yards in length.
3. Relay exchanges, turns, and stroke shall be performed according to U.S. Swimming rules.

5.1 EVENT #18 HOST FACILITY EVENT

1. Each team will be given 2 minutes to display in a clean manner a synchronized swimming routine displaying their camaraderie and team spirit. Costumes, props and music will be permitted and must be supplied by each team. This event will be judged and scores will be added to team totals ONLY in the event of a tie.
2. A minimum of 6 participants consisting of 3 male and 3 female competitors is required. Additional participants may take part in this event.
3. This event is an open age category.

