



EVENTS & RULES

*Thank you for participating in the
WARWICK CHALLENGE CUP
We hope you will all have a good Competition
and enter into the spirit of the Gala
GOOD LUCK!*

RULES – GENERAL

All Lifesaving skills will be according to current R.L.S.S. "Lifesaving Manual"

Sponsors hats to be worn for all Events.

Goggles may be worn except for Events 3, 4 & 9.

All last leg competitors must remain in the water until signalled by the Referee to clear the lane.

Infringements of the Rules will be dealt with at the discretion of the Referee whose decision will be final.

PROTESTS will be accepted from Team Captains only on termination of the appropriate event.

There will be a warm up before the events start, during this time no diving will be allowed.

**EVENT ONE** SIX x 25 METRE INDIVIDUAL SKILLS RELAY - (Start at Deep end).

- No. 1. 25m. Head-up front crawl.
- No. 2. 25m. Lifesaving Back stroke - (Start in water)
- No. 3. 25m. Side Stroke
- No. 4. 25m. Feet-first Sculling - (Start in water)
- No. 5. 25m. Breast Stroke.
- No. 6. 25m. Front Crawl - **CAUTION** – Dive into shallow water.

All swimmers must touch ends of pool before change over.

Swimmer No. 1 – Head up front crawl – must maintain visual contact with next competitor at all times.

Swimmer No. 2 – Lifesaving Back Stroke – hands out of water.

Swimmer No. 4 – Start in water holding end of pool with both hands; wait until No. 3 touches end of pool and then Feet-first Scull.

Event ends when No. 6 touches end of pool.

EVENT TWO CLOTHING RELAY - CROSS CHEST TOW

Nos 1, 3 & 5 to be at the deep end

Nos 2, 4 & 6 to be at the shallow end.

Event starts at the deep end.

No. 1 enters with **straddle jump**, swims to the shallow end and cross chest tows No. 2 back to the deep end.

When No. 1 & 2 touch the deep end of the pool, No. 3 and No. 5 repeat in turn.

All swimmers and casualties to be wearing clothes in the correct manner – knee length skirt/ long trousers, long sleeved shirt or blouse. (Leggings are not allowed). A 30 second penalty will be imposed for each infringement.

All swimmers and casualties must touch the ends of the pool before the change over.

There will be no assistance from the casualty.

EVENT THREE BODY BOARD AND TORPEDO BUOY RESCUE RELAY. (No Goggles)

No. 1 at deep end – other five swimmers at shallow end; only one casualty to be waiting in the water at any one time.

No. 1 starts and swims to the shallow end on the body board and (still on the body board) tows No. 2 back to the deep end with the torpedo buoy.

No. 2 changes over, repeats as above and brings back No 3.

No. 1 lies on the body board with feet over the hand rail; wearing the towing strap over their shoulder and with the buoy on the side of the pool.

After performing the rescue No. 1 must then walk to the shallow end and enter the water as the last casualty.

All rescuers on body boards must touch the end of the pool before the change over.

Pick-up must take place within the five metre flagged area. Casualties must hold the side until they have hold of the torpedo buoy.

Apart from passing the towing strap, rescuers must give no assistance in the change over. Rescuers must wear the towing strap over their head and shoulder.

The torpedo buoy does not need to be fastened round the casualty, casualties whilst being towed, must NOT assist the rescuer.

The event ends when No.6 touches the end of the pool.

EVENT FOUR LINE THROW RELAY – 12 Metres. - Time Limit Four Minutes. (No Goggles)

Swimmers 2, 3, 4, 5 & 6 to line up behind the cross line with Swimmer No. 1 in front of the cross line with one hand resting on it.

On the start signal the first swimmer swims to the deep end, climbs out, coils the rope, throws it to the second swimmer and pulls them in, then places the rope on the poolside.

The second swimmer climbs out, picks up the rope, coils it without assistance from other team members, throws to number three and pulls them in.

Three, four, five and six repeat. No 1 re-enters the water as subject for Number Six.

The event finishes when No. 1 touches the side after being pulled in.

Competitors being pulled in must have their heads up (clear of the water) at all times, and must NOT give assistance by kicking.

Swimmers must not cross the back line when throwing the rope or pulling it in.

**EVENT FIVE** SIX x 25 METRE TOWING RELAY – Start at deep end in water.

- No. 1 Tows No. 2 to shallow end using chin tow.
No. 2 Tows No. 1 back using cross chest tow.
Nos. 3 & 4 repeat as one and two.
Nos. 5 & 6 repeat as three and four.

Towing pairs start in the water, one in front of the other, each holding the handrail with both hands before the tow starts. They must both touch the shallow end of the pool before changing over. The other pairs must not start from the deep end until the previous pair have both touched the end of the pool.

The event ends when Nos. 5 & 6 both touch the end of the pool.

Subjects must give no assistance to the rescuer.

EVENT SIX F.I.S. MANIKIN 200 METRES TOWING RELAY.

- Nos. 1, 2, 4 & 6 at deep end – Nos. 3 & 5 at shallow end with only one of them in the water. Manikin sunk at shallow end, anchored by the feet of No. 3 until picked up for towing by No. 1.
No. 1 swims to shallow end; surface dives within the 5 metre flagged area and, without touching the end of the pool, picks up the manikin and tows it to the deep end.
No. 2 tows manikin to the shallow end.
No. 3 tows manikin to the deep end.
No. 4 tows manikin to the shallow end.
No. 5 tows manikin to deep end.
No. 6 tows manikin to shallow end, leaves it and then swims back to the deep end.

Swimmers 2, 3, 4, 5 & 6 start in the water with one hand on the rail before take over commences and must all touch ends of pool before take over.

Take over must take place within the 5 metre flagged area.

No. 6 drops the manikin in the flagged area after touching the end of the pool.

The event ends when No. 6 touches the end of the pool.

Any tow may be used, but the manikin must be towed head first & face up.

EVENT SEVEN REVERSING BOAT RACE 50 Metres (TRADITIONAL)

No. 6 holds the side of the pool with both hands at the deep end.

The team lines up behind with one hand under the chin and the other on the shoulder of the person in front.

On the start signal the team boat race 25 metres to the shallow end; Number One touches, holds the side of the pool with both hands and the team lines up behind him without changing positions.

With Number Six as leader, the team boat race back to the deep end.

All six must remain connected during the race.

The leaders may only use their free arm.

The last swimmer must have their arms folded on their chest.

EVENT EIGHT SPRINT RESCUE RELAY - 25 Metres SWIM, 25 Metres TOW. (Extended arm)

Nos. 1 & 2 Dive in and swim 25 metres; No 1 tows back No 2.

Nos. 3 & 4 Dive in and swim 25 metres; No 3 tows back No 4.

Nos. 5 & 6 Dive in and swim 25 metres; No 5 tows back No 6.

Nos. 1 & 2 Dive in and swim 25 metres; No 2 tows back No 1.

Nos. 3 & 4 Dive in and swim 25 metres; No 4 tows back No 3.

Nos. 5 & 6 Dive in and swim 25 metres; No 6 tows back No 5.

Extended arm tow must be used.

All swimmers must touch the end of the pool before the tow commences.

Swim out must be with head up, maintaining visual contact with the imaginary casualty at all times.

All competitors must tow their partners.

The event finishes when Nos. 6 & 5 touch the end of the pool.

EVENT NINE WATER POLO – THE WARWICK WATER POLO TROPHY (No Goggles)

Warwick School



Swimming Pool

Participation in this Event is not compulsory.

To enter this Event your team must have competed in Events One to Eight

TEAM CAPTAINS - Please ensure that all your swimmers are ready for the start of each Event