100m Rescue Medley

Pool

In the programme of **ILS**

The first 50 m are swum freestyle. After the turn the rescuer dives toward a manikin placed 17.5 m from the wall, surfaces within 5 m and tows it to the finish line.

Procedure

1. Start dive
2. 50 m freestyle
3. Turn, then 17.5 m underwater
4. Pick up the manikin and surface
5. 5 m manikin carry

Key points

✓ After the 50 m freestyle, turn and immediately start the underwater section. The manikin is placed 17.5 m from the turn wall; 32.5 m of manikin carry then remain.

✓ The swimmer may pause and breathe at the 50 m turn, but after leaving the wall must stay underwater until the manikin is retrieved.

✓ After the pick-up, bring the manikin into the correct carrying position within the designated zone and keep it until the final touch.

✓ Pushing off the bottom to surface with the manikin is allowed; it must not be used to move forward during the underwater swim.

Disqualifications

CODE	MEANING	RULEBOOK
DQ1	Not completing the event in accordance with the event description or general rules	ILS
DQ2	Unsporting behaviour / unfair competition	ILS
DQ3	Late arrival at the marshalling area	ILS
DQ4	Failure to be present at the start of the event	ILS
DQ5	Wilful damage to the venue, accommodation or property of others	ILS
DQ6	Abuse of officials	ILS
DQ7	Using a sticky/adhesive substance to improve grip or support (hands, feet, manikin, rescue tube)	ILS
DQ8	Using the pool bottom for support or propulsion, except where the event rules expressly allow it	ILS

CODE	MEANING	RULEBOOK
DQ9	Leaving the water after the event before being authorised by the official (final whistle)	ILS
DQ10	False start: commencing the starting action before the start signal	ILS
DQ14	Failing to touch the wall/edge at the finish	ILS
DQ16	Failing to surface after the start dive and before touching the turn wall/edge	ILS
DQ17	Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface)	ILS
DQ18	Manikin not in the correct carrying position after the 5 m line	ILS
DQ19	Incorrect manikin carry (pushed, held by the plug, feet first, impermissible submersion, loss of contact)	ILS
DQ21	Releasing the manikin before touching the wall at the turn or finish	ILS
DQ22	Surfacing during the underwater swim before retrieving the manikin	ILS

Names and detailed rules may vary between rulebooks: always refer to the official rules of the competition.