Line Throw

Pool

In the programme of ILS

From the poolside the rescuer throws a rope to a victim 12.5 m away. Once the rope is caught, the victim must be pulled to safety within 45 seconds.

Procedure

1. Coil the rope
2. Throw the rope to the victim
3. Pull the victim back to the wall using the arms

Key points

✓ At the start, the end of the rope is held in the hand, without being wrapped around it. If the rope is held with both hands, the section between them stays taut, with no loop or slack (ILS bulletin of 28 August 2026).

✓ The victim must hold the bar with one hand while gathering or catching the rope, even with another part of the body. The rope must be caught within their own lane.

✓ The victim is pulled on their front, holding the rope with both hands; one hand may be released only to touch the finish wall. The victim must not move hand over hand along the rope.

✓ The thrower pulls with the arms, stays within the throwing area and respects the 2 m rear limit. A throw that falls short may be repeated within the 45 s.

✓ No finish before the 45 s signal: DNF (did not finish), not a disqualification.

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

CODE	MEANING	RULEBOOK
DQ6	Abuse of officials	ILS
DQ7	Using a sticky/adhesive substance to improve grip or support (hands, feet, manikin, rescue tube)	ILS
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
DQ45	Victim not holding the bar while gathering or catching the rope	ILS
DQ46	Thrower leaving the throwing area or falling into the water	ILS
DQ47	Thrower bringing the victim in by walking / running with the rope instead of pulling with the arms	ILS
DQ48	Victim catching the rope outside their lane	ILS
DQ49	Victim not towed on their front	ILS
DQ50	Victim not holding the rope with both hands	ILS
DQ51	Victim moving hand over hand along the rope	ILS
DQ52	Practice throw	ILS

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