Pool Lifesaver Relay (Mixed)

Pool

In the programme of **ILS**

A mixed relay of four athletes (two women, two men), each covering 50 m in a different discipline: freestyle, fins, manikin carry, then manikin carry with fins.

Procedure

1. S1: 50 m freestyle
2. S2: 50 m with fins, then picks up the manikin
3. S3: takes the manikin, then 50 m manikin carry
4. S4: takes the manikin, then 50 m manikin carry with fins

Key points

✓ The 3rd swimmer waits in the water holding the pool edge / starting block with at least one hand and takes the manikin with the free hand. They may only let go of the edge and carry the manikin once this contact is made and the manikin's head is out of the water.

✓ The 4th swimmer may touch the manikin with one hand before the 3rd swimmer touches, provided they hold the pool edge / starting block with the other hand.

Disqualifications

CODE	MEANING	RULEBOOK
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
DQ9	Leaving the water after the event before being authorised by the official (final whistle)	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

CODE	MEANING	RULEBOOK
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
DQ23	Manikin not in the correct position when the top of its head passes the 10 m line	ILS
DQ35	Assistance from a third competitor during the changeover	ILS
DQ36	A competitor completing more than one leg of the relay	ILS
DQ37	Leaving the block / releasing contact with the wall before the previous competitor has touched	ILS
DQ39	Releasing the manikin before the next competitor has taken hold of it	ILS
DQ44	A competitor re-entering the water after completing their leg	ILS
DQ53	Third competitor releasing contact with the wall before the manikin's head breaks the surface and is held	ILS

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