4×50m Medley Relay

Pool

In the programme of ILS

Four 50 m legs: freestyle, fins, carrying a rescue belt, and towing — the fourth swimmer, wearing fins, grabs the belt and tows the third swimmer to the finish.

Procedure

1. S1: 50 m freestyle
2. S2: 50 m with fins
3. S3: 50 m with the rescue tube, then 50 m as the victim (leg kick allowed, no arms)
4. S4: 50 m with fins towing the victim

Key points

✓ Before starting, S3 already wears the harness over one shoulder, with no part protruding into the neighbouring lane.

✓ When S3 arrives, S4 takes the rescue tube. S3 becomes the victim and holds the tube body and/or the clip with both hands within the 10 m zone, without pulling on the line.

✓ The victim may kick and push off the wall at the changeover and turn, but may not help with the arms.

✓ The event ends with S4's final touch; S3 does not need to touch the finish wall.

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
DQ36	A competitor completing more than one leg of the relay	ILS

CODE	MEANING	RULEBOOK
DQ37	Leaving the block / releasing contact with the wall before the previous competitor has touched	ILS
DQ40	Clipping the rescue tube into an O-ring	ILS
DQ41	Victim holding the rescue tube by the line	ILS
DQ42	Victim assisting with arm movements or not holding the rescue tube / clip with both hands	ILS
DQ43	Victim not holding or losing contact with the rescue tube (or clip) after the 10 m line	ILS
DQ44	A competitor re-entering the water after completing their leg	ILS

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