



RESCUE AND RESUSCITATION COMPETITION MANUAL

2 PERSON

5 PERSON

6 PERSON

28th Edition 1998

7th REVISED EDITION – November 2021

This electronic version of the Rescue and Resuscitation Competition Manual is subject to amendments by subsequent Bulletins issued since the printed version was issued in November 2001.

Note: The original (source) document is the version located in the Documents Library of the Member's Area on the SLSA website (www.slsa.com.au). The source document is the authorised reference document and is maintained in terms of all authorised amendments. SLSA may issue Bulletins and Circulars in accordance with its constitution to supplement this written publication. Bulletins and Circulars will also be available on SLSA's websites.

RESCUE AND RESUSCITATION COMPETITION MANUAL

*This manual has been produced as part of a set of SLSA Manuals and deals with the
Rescue and Resuscitation Competition and assessment of the events*

Issued by: Surf Life Saving Australia Limited
PO Box 7773
Bondi Beach NSW Australia 2026

Email: info@slsa.com.au – Website: <http://www.slsa.com.au>

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R&R Advisory Group, State and National R&R Panels
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The Editorial Committees (for the 28th Edition and subsequent Revisions) includes:
Greg Allum AM, Bob Asser, Harry Brown OAM*, Christine Cardwell, Paul Edwards*,
Wayne Freakley Chris Gately, Len Harris OAM, Andrew McEnroe, **Gordon McKirdy**, Gordon McNaughton OAM*,
Darryl Pope **OAM**, Greg Shaw, Steve Strange OAM, Ron Tallon OAM*, John Taylor,
Geoff Waters OAM* and Rick Wright OAM
*Deceased

The Subjects:

Melissa Blackman, Chad Chadbone, Rebecca Clear, Sarah Clear, Talia Ellison,
James Kettle, Angie Neil, Greg Shaw, John Taylor, Brock Douglas,
Gordon McKirdy, Kurt Melville, Grant Sandstrom, Stuart Smith
Gracie Kiely, Patrick Kiely, Rebeca Kiely, Sebastian Di Sano, Hugo Weston
Clare Freakley, Harper Waring and Sarah Robinson

Photographs by:

Peter Watts – Coolangatta Photo Centre
2006 Update – Greg Allum
2019 Update Wayne Freakley

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HISTORICAL PREFACE

Surf Life Saving Australia (SLSA) has in its Articles of Association a number of objects related to advancement and control of the work of surf lifesaving and the resuscitation of the apparently drowned. One of these objects is seen to be the organisation and management of competitions which provide promotion, conditioning of our members and a testing ground for methods and equipment.

Ever since its foundation in 1907 SLSA has provided handbooks or manuals to cover the various aspects of its operations. This manual covers the rescue and resuscitation (R&R) event.

The first “handbook” as it was known around 1907 was developed and printed by the Surf Life Saving Association of NSW and encompassed all aspects of work – administration, instruction, examination, competition and gear. This body revised and reprinted another three editions up until 1921. In 1923 the 5th Edition was printed under the banner of Surf Life Saving Association of Australia, and over the next 30 years a further 13 editions were revised and reprinted – No.18 being printed in 1953.

In 1954 SLSA split the handbook into four handbooks – No.1. “Green” Book – Constitution; No.2. “Blue” Book – Instruction and Examination; No.3. “Red” Book – Competition; and No.4. “Brown” Book – Gear. Four separate editions of the “Blue” Book and the “Red” Book were produced up until 1969 when the instruction/examination and competition handbooks were again combined in coloured and visual aid format and were termed a “Manual”. This was the 23rd Edition. Heart/lung massage techniques were added as a supplement in 1971.

The 24th Edition in 1973 was Book No.2, as it was then known, dissected into three parts: No.2 Part 1 – Instruction and Examination, No.2 Part 2 – Rescue and Resuscitation (R&R) Competition, No.2 Part 3 – Competition. This format was followed for the 25th Edition in 1974 but 1978 saw the 26th Edition printed as Manual No.3 – Competition. Instruction and Examination was printed under the Manual No.1 banner, and since that date all SLSA Manuals have an identification number.

The R&R Manual is identified as No.2 and has not had a great deal of revision activity since the 25th Edition in 1974, apart from bulletins on updated procedures. There have only been three editions produced:

26th Edition – September 1980, when the 4-man event was introduced.

27th Edition – November 1987, when the 4 man became 5 man and the reprint was in colour.

28th Edition – November 1998, where 2, 5 and 6 Person events were incorporated into a single Manual. This Edition was reprinted a number of times.

28th Edition Second Revised Edition – 2006, where the Manual was published on the SLSA’s website and incorporated major changes to SLSA’s resuscitation techniques. Changes were made to this Internet edition in 2008 and 2010.

28th Edition Third Revised Edition – 2013, where a number of changes were made to improve rule clarity and conducting the event.

28th Edition Fourth Revised Edition – 2015, where a number of changes were made to improve rule clarity and conducting the event.

28th Edition Fifth Revised Edition – 2019, where a number of changes were made to improve rule clarity and conducting the event and to bring the resuscitation component in line with Lifesaving competition.

28th Edition Sixth Revised Edition – 2021, where a number of changes were made to clarify the gender and age groupings in which R&R may be conducted.

CHAPTER 1

GENERAL CONDITIONS

1. INTRODUCTION

The Rescue and Resuscitation (R&R) event, in its different forms, provides the opportunity for SLSA to demonstrate in a competitive manner, the original and developing methods of rescue as well as the modern techniques of resuscitation. There are various age divisions as well as a variation of procedures and formats which are aimed at combined patrol procedures, and an introduction of the younger member into the field of rescue and resuscitation which is, after all, the prime reason for SLSA's existence.

The various formats the R&R competition takes are:

5 Person: Where a team consists of five competitors – one acting as patient, one as beltman and rescuer and the other three as reel and line operators.

2 Person: Where a team consists of two competitors – one acting as patient and the other as rescuer.

6 Person: Where a team consists of six competitors – similar to 5 Person, with the sixth competitor utilising the rescue tube as an assistant to the beltman in the rescue.

The 2 Person event may be conducted in single or a combination of genders and any ages as determined by the Organising Committee for a competition.

The 5 Person event may be conducted in single or a combination of genders and ages for members from the age of Under 12 and older in age categories as determined by the Organising Committee for a competition. 5 Person R&R may be conducted as either a non-swimming or swimming event.

The 6 Person event may be conducted in single or a combination of genders usually in the Open age category as determined by the Organising Committee for a competition.

Note 1: Unless otherwise advised the draw for individual team positions in R&R events is as follows:

- 5 Person R&R – Teams nominate the individual team position of each team member.
- 2 Person R&R – There is a draw for the individual team position of each team member.
- 6 Person R&R – There are two draws – one draw for the Belt Swimmer (No. 2) and Rescue Tube Swimmer (No. 6), and one draw for the Reel position (No.3) and the two Line Positions (No's 4 and 5). The Patient (No. 1) is nominated by the team prior to the draws.

Note 2: An Open Mixed 5 Person R&R team shall consist of:

- A maximum of three competitors of the same gender i.e., either a 3/2 female/male, or a 3/2 male/female combination.
- A maximum of three competitors who are entered or have competed in either the Open 5 Man R&R and/or the Open 5 Women R&R at a competition i.e., at least two competitors in each Open Mixed 5 R&R must not be entered to compete in either the Open 5 Man R&R or the Open 5 Women R&R events.

Note 3: Unless otherwise specified by the entry circular for a competition, competitors are permitted only to participate in the age groups as prescribed for team events in the current Edition SLSA Surf Sports Manual (SSM).

Note 4: As per the current Edition SSM, where an U13-U15 5 Person R&R event is conducted, participation is permitted by any combination of male and female members from the U13, U14 and/or U15 age categories.

Note 5: An U17 aged proficient Bronze Medallion holder, is permitted to participate in a U17 5 Person R&R event and the U19 5 Person R&R event or the Open 5 Person R&R event. A U17, U19 and Open aged competitor is also eligible to participate in the Open 6 Person R&R event and the Open 5 Person Mixed R&R event.

Note 6: Should an U23 5 Person event be conducted, unless otherwise specified by the Entry Circular, there will be a partial draw for positions. Linesmen and reelman draw for positions. Patient and beltman remain as nominated positions.

Note 7: 6 Person R&R is a swimming event and, apart from the Open age category, may also be conducted in other age groups from U17 and older as determined by an Organising Committee for a competition.

Note 8: Should an Open 6 Person Mixed R&R be conducted, unless otherwise specified by the Entry Circular, the event the gender mix shall be 3 Males and 3 Females.

Note 9: There are also a number of activities that are common to all formats of R&R and these are contained in this chapter whilst the individual characteristics of the various procedures are detailed in separate chapters.

Note 10: Except where specifically stated in this Manual, reference to the male gender is intended to cover both male and female members of SLSA.

Note 11: SLSA may issue additional regulations or bulletins or circulars for these events which shall be read in conjunction with this manual.

2. COMPETITION CONDITIONS

2.1 General Competitive Conditions

General competitive conditions including age and gender limitations, dress, entries and substitution rules shall be as detailed in the current SLSA Surf Sports Manual.

2.2 Arena

- (a) The competition arena shall be set out and designated by pegs, poles and flags as shown in Diagram 1. This diagram also indicates, where required, the position of the swimming buoys and suggested positions for the duty boat. The swimming buoys shall normally be laid a minimum of 120 metres from the end of knee depth water at low tide (taking into account varying conditions such as sandbars, exclusion of holes and rips, surf conditions and safety factors).
- (b) The course shall be set as above and in the manner described in the current SLSA Surf Sports Manual.
- (c) Should conditions warrant it being impossible to lay swimming buoys for the safe conduct of the event at a minimum of 120 metres the Sectional Referee shall at his/her discretion be permitted to lay the buoys at a shorter distance.
- (d) If the Sectional Referee determines that for any reason the event cannot be run with the inclusion of the swimming part of the event, then the event MAY be conducted without the swim.

2.3 Heats, Semi-finals, Finals

- (a) At championships a maximum of 6 teams will compete in a heat or final unless the Sectional Referee believes weather and/or surf conditions and/or needs of the competitors mean a departure from this approach is necessary.
- (b) If 6 or less teams are entered into the event, no rounds will be conducted and all teams will proceed directly to the final.
- (c) If 7 or more teams are entered in an event, one round will be conducted with teams randomly drawn and the 6 teams with the lowest scores proceeding to the final. At non-championship carnivals when 7 to 9 teams are entered in an event it is at the discretion of the Sectional Referee whether a round will be held or all teams contest only a final
- (d) If 13 or more teams are entered in an event, two rounds will be conducted with teams randomly drawn for both rounds. The 6 teams with the lowest aggregate scores over the two rounds will proceed to the final.

2.4 Permanent Physical Disabilities, Glasses and Protective Gear

- (a) Competitors with a permanent limiting disability may apply for an allowance as detailed in the current edition of the SLSA Surf Sports Manual.
- (b) Any other allowances may be made at the Sectional Referee's discretion and the team's captain is advised to report such cases to the Sectional Referee 15 minutes prior to the competition.
- (c) Competitors are permitted to wear spectacles or sunglasses (prescription or non-prescription) in R&R events. Spectacles and sunglasses may be removed without penalty.
- (d) Linemen and reelmen are permitted to wear protective gloves or tape on their hands to prevent injury. Gloves may be removed without penalty.
- (e) Judges may collect any discarded glasses and gloves.

2.5 Dead Heats

- (a) For the purpose of determining the winner and placing's in cases of equal point scores in 5 and 6 Person R&R events (see note 1 below for U12 - U15 events) the team with the least swimming points shall be declared the winner or place getter. Failing a decision by this means, the team with the lowest points in Section 4 shall be declared the winner or place getter. In the event of a further dead heat, then Sections 5, 3, 2, 1 and 6 shall be used in that order, to determine a winner or place getter. Failing to reach a decision in this manner shall result in the lowest cumulative deduction of all judges' allotments in the left-hand column of the master card for each section progressively in the following order: 4, 5, 3, 2, 1 and 6 shall be used until a result is decided. If placing's are still unable to be determined, then a dead heat shall be declared.

Note 1: For U12 –U15 5 Person events the process shall be as above but deleting the swimming points.

Note 2: For 2 Person R&R events – refer to chapter 4, B4.

2.6 Re-Runs

In the event of a re-run of a heat, semi-final or final, the beach positions of the teams and the balloted positions of the team members (where required) shall not alter.

2.7 Disputes and Protests

Any dispute or protest shall be determined as provided for in the current SLSA Surf Sports Manual provided that in relation to judging decisions the only dispute or protest which will be considered is relative to disqualification, major or serious errors.

3. JUDGE PROCEDURES

3.1 Sectional Judging

The event is divided into six sections which provides for the various groups of judges to view a number of teams and at the end of each section judges change team positions. Sections are detailed in the various event descriptions.

3.2 Points Allotment

Points shall be allotted for errors in accordance with the error schedule, and the team scoring the lowest number of points shall be declared the winner. The next lowest shall be placed second, and so on.

3.3 Time Keeping

Accurate timekeeping and placings are essential elements in relation to the swimming component at these events. Because of the varying conditions (big seas, sun glare, lack of personnel, etc.) this activity can become very difficult and therefore every endeavour should be made to ensure an accurate result. It is recommended that adequate stationery and multi-stop watches be provided for timekeepers and their assistants and they be suitably positioned for a complete view of the arena. It is further recommended that:

- (i) "Spotters" be appointed to call buoy signals (maximum 2 buoys per spotter)
- (ii) Recorders be appointed to record calls (preferably 2)
- (iii) Timekeepers be appointed to operate stopwatches (preferably two)
- (iv) A judge in boat record finishes at the buoys.

3.4 Allocation of Judges

- (a) One, two or three judges may be allotted to each beach position and each shall be issued with a correspondingly numbered judge's card. When two judges are allocated, their respective cards shall be marked 1A, 1B – 2A, 2B and so on. When three judges are allocated their cards shall be marked 1A, 1B, 1C, etc. The conduct of the ballot is the responsibility of the Marshall, or other Officials nominated by the Sectional Referee. For the first section of the judging, each judge shall judge the work of the team whose beach position corresponds with the number on his card. He shall write the name and number of the team in the appropriate section. The Sectional Referee shall review the judging cards to, as far as practicable, prepare balanced judging panels for ensuring events.
- (b) The make-up of panels and the allocation of duties to officials is the responsibility of the Sectional Referee. In determining panels, the Sectional Referee should where practicable seek the assistance of the chief judge.
- (c) The Sectional Referee is to be at all times mindful of any potential for conflicts of interests arising from the allocation of duties – e.g. team coaches or family members being appointed as judges. Where practicable such conflicts should be avoided. While individual officials have a responsibility to declare any potential conflicts of interest, the Sectional Referee remains ultimately responsible for determining how those conflicts are addressed.

3.5 Judges Conferring

Judges must not confer during a competition unless a disqualification or decision on a 5-point or more deduction is to be made. Judges wishing to confer, unless there is an exceptional circumstance, shall do so at the end of the section **and shall move to the rear of the team's beach position**. They shall take up positions and move about the beach, so they do not crowd one another. Judges shall also refrain from actions or words likely to interfere with or distract teams.

3.6 Attracting Sectional Referee's Attention

Should judges need to attract the attention of the Sectional Referee during the competition the Judges shall retire to the rear of the team and signal by raising their right arm.

3.7 Judges Changing

On completion of the first section of the judging and on the command "Judges Change" (given by the Starter), each judge or judges shall move to the next team position. This shall be done in numerical order with the judges on team 1 moving to team 2, judges on team 2 moving to team 3 and so on. The judges on the team with highest peg number shall move to team number one. The judges will then continue to judge the work of the team in the next section, noting the name and number of the team on the judge's card. Similar action will be taken on completion of each section. Should there be a full panel of judges and less than nine teams the full panel of judges shall be utilised with judges rotating as described and indicating on their cards the beach positions where teams are missing.

3.8 Points Recording

- (a) Judges shall record on their judging cards points allotted by them and then total each section. Method of recording errors or disqualifications are as directed in Section D (Error Schedule) and the judging cards. Immediately the teams leave the competition arena, judges should complete their cards, sign them, and hand them to the designated official without comparison or discussion.
- (b) In allotting points to teams, all deductions must be objective in nature – i.e. based solely on the description of the drill as outlined in the wording in the manual and in line with a reason prescribed in the Deduction Justification Document.

3.9 Calculation of Points from Judges' Markings

- (a) When three judges per team are appointed the highest marking and the lowest marking shall be disregarded and the remaining marking shall be recorded e.g.:

Judge	Team 1	Team 2	Team 3
Judge A	3	8	(6)
Judge B	(4)	(6)	9
Judge C	5	4	10

- (b) When two judges per team are appointed, the points are aggregated and divided by two.
 (c) The Nominated Recorder shall prepare the master card from the markings on the judges' cards. The judges' and master cards are shown in the Appendix.

3.10 Handling of Gear

Judges must not at any time handle gear during an R&R competition other than for immediate safety reasons or after consultation with and direction by the Sectional Referee.

3.11 Guidance by Sectional Referee

If it appears to the Sectional Referee there is an inconsistent approach by judges to the interpretation of any part of the drill, he may give guidance as to what approach is to be taken. The Sectional Referee is to ensure that all judges are made aware of any guidance given.

4. ERROR SCHEDULE

- (a) The schedule covers errors that can be made during competition. The drill must be carried out in accordance with the information given in this manual and this schedule is used to indicate the value of errors so that points can be allotted.

4.1 Error Classification

Points allotment or errors are classified into five categories:

(I)	Total Disqualification	(D)
(II)	Major	(10)
(III)	Serious	(5)
(IV)	Minor	(2)
(V)	Observed	(1)

4.2 Total Disqualifications

- (a) These penalties are applicable to all sections or to the sections in which they can occur. If a judge believes a team should be disqualified, at the end of the section the judge must stand behind the team and raise their arm. The Sectional Referee or chief judge shall attend and confer with all judges. If an official other than a team judge believes a team should be disqualified, all judges on that team and the Sectional Referee shall be notified at the end of the section. If there is disagreement the decision shall be deferred until the end of the competition when the matter shall be placed before those judges and the Sectional Referee for a decision. The Sectional Referee may act independently in regards to disqualifications and shall have the final decision on disqualification. Total disqualification is recorded in the deductions section of the judge's card by marking the relative error indicator "AA", "BB", etc. as referred to below.

Note: Total disqualification from the event and any additional penalty that may be imposed by SLSA.

AA – Abusing any official in the competition arena.

BB – Impersonating or unauthorised competing.

CC – Members deliberately tying incorrectly numbered cap onto their head after a ballot for positions

DD – Wilfully jostling or obstructing so as to impede another's progress or competing unfairly.

EE – Acting in a manner prejudicial to the good name of SLSA.

- (b) Total Disqualification from the Event:

FF – Rescuer reaching buoy before patient and signaling.

GG – Line breaking or parting from the belt during the pay-out.

HH – Beltman reaching the buoy before the rescuer and signaling.

II – Rescuer or beltman arriving at the buoy without tube or belt.

JJ – Rescuer or beltman exceeding swimming time limit.

KK – Patient or rescuer pulling or pushing buoys with a view to assisting their team members.

LL – Patient swimming to beltman or rescuer at any time before they have signaled their arrival at the buoy or at any time during the haul in.

If disqualified, the Sectional Referee shall ensure the team is removed from the competition arena as soon as the decision is made.

4.3 Major Errors (10 points)

- (a) These are applicable to all sections and incur the same value (10 points) irrespective of when the breach is committed. If a judge believes a team should incur a major penalty, at the end of the section they must stand behind the team and raise their arm. The Sectional Referee or chief judge shall attend and confer with all judges. The error may be allotted only after all judges on that team agree. In the case of a disagreement the matter shall be determined by the Sectional Referee or chief judge.
- (b) If a major error is to be recorded the figure "10" is placed in the deduction section of the judge's card and the relative error indicator A, B, D or E as referred to below is also recorded.
- A – Jostling or obstructing (not wilfully) so as to impede another's progress.
 - B – Receiving and acting upon outside assistance or signals other than verbal or direction.
 - C – Breaking ranks through indisposition (for over three minutes).
 - D – Rescuer or beltman swimming to wrong buoy and signalling.
 - E – Failure of team to march on with rescue tube. (Note: A check to be made by judges prior to beltman commencing to swim to ensure team has a rescue tube on the reel. Once this error is confirmed the Sectional Referee shall arrange for a rescue tube to be placed on the team's reel).
 - F – Beltman or rescuer using buoy ropes to reach allotted buoy.

4.4 Serious Errors (5 points)

A deduction for the serious error may be imposed only if all judges on that team agree. In the case of a disagreement, the team shall be deducted for a minor or observed error by the judge or judges who observed the original error.

4.5 Minor Errors (2 points)

These errors are considered to be poor lifesaving **and are highlighted in bold on the judging card**. There shall be no repetitious recording of these errors other than those designated "each occasion".

4.6 Observed Errors (1 point)

These errors are relative to normal instructional and disciplinary activities and are listed on the judging card. There shall be no repetitious recording of these errors other than those designated "each occasion".

5. BASIC PRELIMINARY DRILL

The various commands and the routines to be followed are set out below. Any happening or ruling not covered in this manual should be reported to the SLSA's Director of Surf Sports, for guidance.

5.1 Commands

Should be pronounced distinctly, and sufficiently loud to be heard by all concerned. Commands shall be preceded by the team name. The caution or the cautionary part of a command shall be given distinctly and deliberately. The final executive part, which, as a rule, consists of only one word or syllable, shall be given sharply as:

"Team Name – HALT", "Team name - Down – REEL", "R&R teams – POSITIONS"

5.2 Length of Paces

Where applicable, the length of pace when marching onto or off the arena, the beltman marching out to lay the belt and the carrying of the patient shall be:

Open Events - 650mm to 750mm.

U12 to U15 5 Person Event - 500mm to 600mm.

2 Person Event - 350mm to 500mm.

Otherwise the length of pace may vary through the drill to accommodate the required movements.

5.3 Fall-In

Members of the team or squad will form up at "Attention" in a single rank, (spacing to be not more than 50mm apart at the elbows) and "Stand Easy".

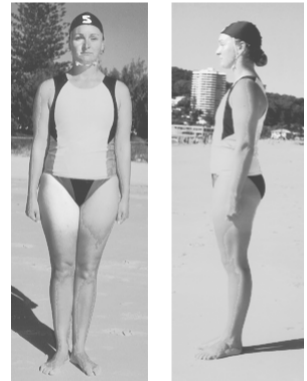


5.4 Foot Movement

Unless otherwise provided, during the event the left foot shall be moved first, and all of the moving foot shall clear the sand.

5.5 Attention

- (a) Heels together and in line. (If, owing to the structure of the legs or knees, it is a physical impossibility to keep the heels together, judges are to show tolerance). Feet turned outwards so that the angle between them is approximately 45 degrees. Knees straight. Body erect and carried evenly over the thighs, with the shoulders (which should be level and square to the front) drawn moderately back—this should bring the chest into its natural forward position without any straining or stiffening. Arms hanging from the shoulders as straight as the natural bend of the arm when the muscles are relaxed will allow, but with the hands level with the centre of the thighs. Wrists straight. Palms of the hands turned towards the thigh, hands closed, but not clenched, back of fingers lightly touching the thigh, thumb to the front and close to the forefinger, neck erect, head balanced evenly on the neck, eyes looking their own height and straight to the front. The weight of the body should be evenly balanced on both feet. Breathing must not in any way be restricted, and no part of the body should be either drawn in or pushed out. The position is one of readiness but there should be no stiffness or unnatural straining to maintain it.



- (b) If at any time members are not engaged in any drill they shall be standing at attention. If the drill is carried out in a standing position, the team member shall be at attention with the exception of that part of the body that is engaged in the drill – e.g. when halted while carrying the reel, the member shall be at attention in all respects except the arm/hand which is carrying the reel; during the reform after completion of the resuscitation, No.2 (2 person event) or No.4 (5 and 6 person events) while steadying No.1 shall be at attention with the exception of the forearms and hands.

5.6 Lift & Down Reel

- (a) Down reel – the reel carrying party shall go down to a squatting position by bending their knees, keeping the reel reasonably level and then releasing their grip on the handles when the reel is on the sand. The reel carrying party shall then all rise together.
- (b) Lift reel – the reel carrying party shall do down to a squatting position in time by bending their knees, taking hold of the handles of the reel and then rise together, keeping the reel reasonably level at all times.
- (c) In both movements, the disengaged hand must be closed and not used for balance and all up and down movements are achieved using the legs.

5.7 Kneel at Attention

Knees and feet together and in line with the body. Arms, hands, head and body in the position of “Attention”.

5.8 Kneel at Ease

From the “Kneel at Attention” position, relax the body and sit back on the heels, head and eyes square to the front, with the hands closed, but not clenched, resting on the thighs.



5.9 About Turn, (Front)

“First”: Keeping the body erect, arms close to the sides, turn about to the right on the right heel and ball of the left, raising the left heel and right toes in doing so, but keeping the right heel firmly on the sand.

“Second”: Bring the left heel smartly up to the right. In all turns foot clearance above the sand shall be the same as for a normal pace – see paragraph 5.

This applies to all about turns and fronts throughout the event including, as applicable, when turning to the left



5.10 Marching

- (a) The rate of marching shall be 110 to 120 paces to the minute and carried out in the following manner:
- (i) Each man shall step off with his left foot, keeping his head and body in the position of "Attention". The foot shall be carried straight to the front with the toes pointed slightly downward so that the weight is taken on the ball of the foot.
 - (ii) The body should be in an upright position (not leaning forward or backward) with the head slightly high, but generally with the eyes looking straight ahead. The whole body should be relaxed with no stiffness apparent.
 - (iii) The arm action should display a natural swing from the shoulders with no excessive movement of the top part of the body. The arm shall be slightly bent but on no account should there be any "hooking" at the elbow or a rigid stiffness of the arm. The arm swing shall be uniform within the team and shall swing forward and straight back past the body but in no way restricted.
 - (iv) Hands shall be closed, not tightly but naturally with the thumb pointing forward along the top of the first finger.
 - (v) The movement of the leg must spring from the haunch and be free and natural. The legs should be swung forward freely and naturally from the hip joints, each leg, as it swings forward, being bent sufficiently at the knee to enable the foot to clear the sand. The toes shall be slightly pointed and the foot should hit the sand with the ball of the foot. All of the moving foot shall clear the sand. The foot should be carried straight to the front and without being drawn back, placed firmly upon the sand with the knee straight, without jerking the body.



5.11 Halt

A pace shall be completed with the moving foot, and then the other foot shall be brought up into line with that foot. At the completion of the halt the heels shall be together with feet turned outwards to an angle of approximately 45 degrees.

5.12 Continuous Movement

This shall be at the correct speed without pauses or stops in order to co-ordinate teamwork.

5.13 Run

To move at pace faster than marching. The length of pace may vary to accommodate the required movements.

5.14 Entering the Water

In all instances the competitor entering the water may do so at their own discretion.

5.15 Team Movements

All team movements shall be carried out in time unless otherwise indicated.

5.16 Hands and Fingers

As required by the drill, members' hands shall be closed, or fingers and thumb extended and together or; fingers extended and together and thumb opposed. For example, during ECC No.4's right hand will be fingers and thumb together and left hand will be fingers together and thumb opposed.



CHAPTER 2

5 PERSON RESCUE AND RESUSCITATION COMPETITION

RULES AND PROCEDURES

*The words are to be relied upon to determine how the event is conducted.
The pictures are a guide only and do not take precedence over the words.*

5 PERSON RESCUE AND RESUSCITATION COMPETITION RULES

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

A – GENERAL

1. This version of the R&R competition may be contested by various combinations of genders by members in the U17, U19 and Open age categories. The event requires the rescue in the water utilising the reel, line and belt of a patient who is unconscious and assessed to be not breathing. This is followed by simulated rescue breathing and external cardiac compression (ECC) to “revive” the patient.
2. The 5 person R&R involves a drill procedure, a system of judging, an allotment of points for errors, etc., and therefore the presentation has been subdivided into the following segments:
 - A General
 - B Competition Conditions
 - C Preliminary Competition Procedure
 - D R&R Drill Procedures

B – COMPETITION CONDITIONS

1. Teams competing in this style of R&R competition, shall consist of five members equipped with SLSA approved reel, line and belt equipment, an approved rescue tube and five club competition caps numbered 1, 2, 3, 4 and 5 and costumes that comply with SLSA policy.
2. Each team member shall be required to carry out his nominated duty i.e. patient (No.1); beltman (No.2); reelman (No.3); first lineman and ECC operator (No.4); second lineman and Rescue Breathing operator (No.5).

Note: In all 5 Person competition (not including the U23 event) teams shall nominate their individual duty.

3. Before the competition commences, the Sectional Referee shall determine the time limit relative to the variation allowable between teams completing the haul-in and laying of the patient, i.e. 1 minute or 2 minutes timed from when the first patient is laid on his back the second time.
4. The competition shall be judged on the discipline and manner in which the drill is carried out, as well as the swimming ability of the competing teams. The drill to be followed is set out in Section D.
5. **Swimming Points Allotment** – The team winning the swim in each event shall not be allotted any points, and there shall be an allotment of 0.02 for each second the remaining teams are behind the fastest team. All times should be calculated to the nearest second, and each heat must be considered separately.

Example	Team 1	Team 2	Team 3
Swimming Times Beltman	3 m 47 s (Total 227 s)	4 m 05 s (Total 245 s)	4 m 45 s (Total 285 s)
Difference from fastest team	0 s	18 s	58 s
Swimming Points	0	0.36	1.16

Note: If a team winning the swimming section incurs total disqualification later in the competition, the second team shall not be allotted any points for the swimming section. Points scored by the remaining teams shall be adjusted accordingly.

6. **Swimming Times** – The swimming time allowed for the beltman is 10 minutes. In extenuating circumstances, the Sectional Referee shall have power to extend the time limit before disqualification provided that all teams are notified before commencement of the event and provided also that no extension of time shall be made which allows a total time greater than 15 minutes. In the event of adverse conditions (rough sea, severe side sweep or poor visibility), consideration should be given to transferring to another venue, bearing in mind the following:
 - Risk to competitors (duty of care)
 - Inadequacy of equipment available (we do have other rescue means)
 - Interruption to the other carnival sections (limited areas)
 - Disruption to the competitors’ carnival program for other events.
 - Denigration of the event (no spectator appeal).

In the event that no suitable alternative venue is available or in other extenuating circumstances, the event may be conducted without the swim section.

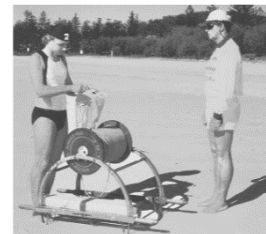
C – PRELIMINARY COMPETITION PROCEDURE

The following preliminary procedures, although forming part of the competition and are carried out under the supervision of the Marshall and judges, are not judged as part of the event. Where specific movements, e.g. “Quick March” etc., are utilised in the actual competition, to avoid repetition, the detailed description appears in Chapter 1, Clause 5 (Basic Preliminary Drill).

1. The centres of the reels shall be spaced at intervals of 6m, and the front of the reel shall be facing away from the competition arena. The team having the furthest to march to its beach position shall lead the march, and accordingly should be closest to the entrance to the competition arena. Numbered pegs shall be placed (spaced as above) and each team must place its reel in position on the command of the Marshall.
2. Each team must be equipped with five approved competition caps in club colours, suitably numbered 1 to 5 and worn by team members.
3. The Marshall may issue a team member with a ballot card on which the captain shall record the names of the team members and their pre-selected numbers and then give the card to the “A” judge.
4. Each team must provide its own rescue tube for the R&R competition and it must be of a type approved by SLSA. The rescue tube shall be placed on the lower spreader bars of the reel during the march into the competition arena and may be secured with an easily breakable material.
5. At the command of the Marshall, all teams shall “fall-in” in their pre-determined positions on the reel.



6. Under the supervision of the Marshall or other official appointed by the Sectional Referee the competitor who has been allotted No.2 shall check the operation and assembly of the belt.
7. The Starter or the Marshall shall notify each team in the marshalling area, its beach position and the buoy to which its members will swim. They will also be notified the time limit for the swim, the position on the beach for the laying of the patient and the time limit relative to the haul-in (1 minute or 2 minutes).
8. The Starter shall then give the command “R&R Teams - Reel Positions” followed by “R&R Teams - Lift Reel”, pause, “R&R Teams - Quick March”. From this point to “Re-form” and “Front”, each team shall act under the command of a team member.
9. “R&R Teams - Reel Positions” – The team shall take up position as follows: No.1 in line with the centre of the drum on the beach side of the reel and the remainder of the team in their pre-determined positions on the reel.
10. “R&R Teams - Lift reel” – Nos.2, 3, 4 and 5 shall lift the reel and ready themselves for the command “R&R Teams - Quick March” and the march onto the competition area.
11. The reel must be carried on a reasonably level plane at all times. This could necessitate member(s) of the carrying party adjusting the height of the hand by bending the arm at the elbow.
12. Although the part of the competition up to the march into the arena is not judged, teams must maintain reasonable discipline. Disorderly conduct by team members shall be reported to the Sectional Referee who may take any action considered appropriate. The three judges shall maintain constant supervision over the teams during this portion of the competition. Coaches and other people shall leave the area at the direction of the starter.



FIRST SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. All commands given by a team member shall be prefixed by “Club or team name – followed by “the command”. After the command “Front” and commands and declarations provided for in Sections 3 and 4, under normal circumstances no further word or command is given by a team member during the course of the competition, unless the belt or rescue tube falls from the reel, or as may otherwise be allowed.
2. Clearly defined markers as indicated in Diagram 1 in the Appendix shall indicate the beach positions.
3. Judging of all teams shall commence when the leading team is level with the first wheeling peg and shall be signalled by whistle blast or command.

THE MARCH ON

4. On the command “R&R Teams, Quick March”, teams shall proceed in a direct line from the marshalling areas (i.e. on the seaward side of their respective positional marks or beach positions) carrying the reel on a reasonably level plane and No.1 covering the axle and with his arm swing approximately 100mm outside the arm swings of the carrying party. When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. At the commencement of the wheel No.1 shall be in line with the wheeling peg. After completing the wheel in 6 paces, No.1 shall again be in line with the wheeling peg. During the course of the wheel No.1 shall cover the axle. At any time during the march on or wheel, No.1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. A diagram setting out the correct procedure for a left wheel for an R&R team is given in Diagram 2 in the Appendix.
5. Wheeling pegs should be placed (when facing the water) in line with the positional peg and the corresponding swimming buoy. The Sectional Referee should endeavour to place the line of wheeling pegs and the line of positional pegs approximately 12 to 15 paces apart and as close to the water’s edge as possible. This is to eliminate long runs down the beach by the linemen and to make the pay-out similar to actual rescue conditions.
6. During the march on, should a team believe it will be impeded by a team in front of them or another impediment a team member may call “halt”. The team shall then halt, remain at attention and maintain discipline. When the team considers the impediment no longer exists, a team member shall call “quick march.”
7. Should the belt or tube fall from the reel during the march on or the march off the beach, the team at fault shall halt on the command of any member of the team and No.1 shall then replace the belt or tube and resume his original position. Following teams should be given a “Halt” by a respective team member and a “Quick March” when the team in error moves off again.
8. Should a team wheel at the wrong wheeling peg, it shall proceed to the relevant positional peg and halt. The team assigned the peg shall call a halt and wait for the team in error to leave the arena before recommencing their march on. The team in error shall then be escorted off the arena by the judges until all other teams have completed their march in and halt. The team in error shall then be directed to line up with the wheeling peg immediately before their correct peg and be given a “R&R Team - Quick March” command by the A Judge. The team shall then proceed to complete their march in procedure. The team shall incur a major deduction for the wheel at the incorrect peg. Judging shall continue as normal after the “R&R Team - Quick March” command by the A Judge.
9. The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg. When halted No.1 shall be approximately 100mm outside the arm swing of the carrying party.
10. After the “Halt” the command “Down Reel” shall be given and the reel carrying party shall lower the reel.



11. On the command “Re-form” given by a team member, the team shall march forward six paces, by as direct a route as possible. No. 1 and the members from the front handles shall shorten their paces to reach a position in line four paces behind the reel at the same time as the members from the rear handles. The member from the front left handle shall march the six paces forward but moving to his right so that when he is at “Attention” after the “Front”, he will be directly behind the centre of the drum. After both the Re-form and Front, team members shall be at attention and not be touching, but be no more than 50mm apart at the elbows.



12. On the command “Front” given by a team member, the team about turns.

“Judges – Change”



	5 Person First Section Error Schedule	Points
A	Wheeling on incorrect peg.	5
1.	Incorrect marching procedure.	1
2.	Incorrect command by team member.	1
3.	Incorrect covering by No. 1 on reel axle (not including wheel) for 3 or more consecutive paces.	1
4.	Reel not reasonably level.	1
5.	Dropped belt or rescue tube (each unit).	1
6.	Incorrect return of dropped belt or rescue tube to reel during march on.	1
7.	Incorrect method of wheeling (including incorrect covering by No. 1 for 3 or more consecutive paces).	1
8.	Incorrect halt.	1
9.	Incorrect “Down Reel”.	1
10.	Incorrect position of reel in relation to the peg.	1
11.	Incorrect method of “Re-form”.	1
12.	Incorrect method of “Front”.	1
13.	Front left handle not centre of the drum, members more than 50 mm apart or touching, incorrect alignment.	1
14.	Talking, other than designated commands.	1

SECOND SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. The Starter shall now give the command "R&R Teams - Positions".
2. On the command "R&R Teams - Positions" No.1 will run down the beach and enter the water and swim out to the specified buoy and, without signalling his arrival move to the seaward side of the buoy.
3. Also, on the command "R&R Teams - Positions" No.2 shall march to his reel position two paces behind the reel and stand at attention. Nos.3, 4 and 5 shall follow a similar procedure, forming up with and on the left of No.2 with No.3 directly behind the centre of the drum. If any member moves directly forward, they must take 2 steps. Each team member (Nos.3 to 5 inclusive) shall step in and come to a position of attention. On finishing the movement members shall be in line. Alignment is assessed by an end on view and provided daylight cannot be seen between bodies, the team shall be considered in line. The spacing at the time of halting after the reform, front and positions should be no more than 50mm at the elbows but not touching.
4. The Starter shall now give the command "R&R Teams - Beltman Prepare".



5. On the command "R&R Teams - Beltman Prepare", No.2 (the beltman) shall take three paces forward to the side of the drum, halt, and raise his left arm outwards (right-angled at the elbow) parallel to the ground. At the same time, No.3 (the reelman) shall take two paces forward to the rear of the reel (close to the right hand side). Then he shall release the brake with his right hand (thumb on the brake or over the brake) and simultaneously grasp the belt, leaving the neck strap free, lifting it from the reel with his left hand, palm uppermost, thumb on top, until his arm is fully extended.
6. No.3, after taking in any slack line with his right hand if necessary, shall then grasp both D's and place the belt under the left arm of No.2, neck strap to the front.
7. No.2, bringing his left elbow to his side, thus holding the belt and while retaining this elbow grip shall grasp the front of the belt with his left hand, palm up, fingers to the front, thumb inside. In reaching this position with his left hand, No.2 may take hold of the belt and slide his hand forwards to the final position. Once No.2 has secured the belt, No.3 shall return to the reel, left hand on drum, fingers together and right hand controlling the brake, thumb on or over the brake.
8. No.2, with the belt securely held under his left arm, shall then march six paces forward to a position directly in front of the centre of the drum, and shall halt facing the water.
9. No.2 shall then grasp the canvas of the belt between the neck strap and the D's with his right-hand, palm down.
10. No.2 shall then turn left about and at the same time release his grip with his left arm. After completing the left about turn he shall then grasp the belt with both hands by the canvas and the D's keeping the hands at chest level.



11. No.2 shall then take one step forward and to the left with his left foot, and opening the belt with both hands, go down on his right knee and place the belt flat on the sand.
12. No.2 shall then position the centre of the belt in line with the centre of the drum and the left D of the belt in front of his left foot, between two imaginary parallel lines drawn from the tip of the heel and the outside of the small toe. If necessary to obtain the latter position, No.2 may move his left foot. During the positioning of the belt, No.2 shall look up once only to observe his position in relation to the reel.



13. No.2 shall place the neck strap flat on the sand by grasping the belt with his right hand, palm up and pulling the neck strap back between his right knee and left leg with his left hand. If necessary, No.2 shall be allowed to lift the belt to access the neck strap. Then holding the canvas of the belt and the D on his left-hand side with his left hand he shall grasp the line just inside this D (but not further than 50mm away from this D) with his right hand and shall draw the line over towards his right as far as possible. He shall then throw the line out from him towards the reel to form a loop.
14. No.2 shall then retain his grasp with his left hand, grasp both lines in his right hand within 50mm of his left thumb, fist clenched with the thumb on top and run his right hand along both lines to complete the loop, maintaining contact with the sand
15. No.3 shall control the reel by grasping the flange of the drum with his left hand (fingers together), and brake with his right hand (holding the handle with the clenched hand or thumb on or over the brake and fingers resting on or gripping the reel bow). If necessary, after No.2 has completed the loop, wind in any slack line.
16. No.2 (without looking up) and No.3 shall then spring back to "Attention" simultaneously, No.2 bringing his left foot back to the right.
17. If in attempting to draw the line it is determined the line has been tied to the wrong D of the belt, the Sectional Referee shall be notified. Once the Sectional Referee confirms the error, the team shall be deducted 5 points and be given the opportunity to re-attach the line correctly to the belt. The re-tying of the line can be undertaken by a team member or by outside assistance. Once retied, the beltman shall place the belt on the sand, neck strap extended and loop formed ready for use. No.3 shall also take any action necessary to control the reel in order to assist the beltman place the belt in position. Once placed both No.2 and No.3 shall then come to attention and the team shall proceed to take up beach positions as provided for in paragraph 18.



18. Nos.2, 3, 4 and 5 shall then run down the beach to a position on the seaward side of the wheeling pegs and halt, with the teams "covering" the reel, no more than 300mm apart, in an upright position facing the water. (The reelman is permitted to step around from behind the reel right foot first and the beltman may move off either foot).

Note: Teams need not be centred on the reel nor does the spacing need to be uniform.

"Judges – Change"



	5 Person Second Section Error Schedule	Points
A	Line tied to incorrect D of belt.	5
1.	Incorrect method of arriving at each individual position by team.	1
2.	No.3 not centre of the drum	1
3.	Wrong position after command "R&R Teams -Positions"	2
4.	Incorrect method of march out and/or hand over and/or receiving of belt by Nos.2 and 3	1
5.	Incorrect march out and halt by No.2	1
6.	Incorrect laying of belt including control of reel by No.3.	1
7.	Failure of Nos.2, 3, 4 or 5 to take up positions correctly.	1
8.	Talking	1

THIRD SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. During the changing of judges, the teams will turn and take up the position of "Team Ready" as shown, with their front (right) foot on the seaward side of the wheeling pegs, left foot back, hands on respective legs above the knee looking towards the reel. Members need not be in a uniform position. After taking up their positions, No.2 may raise one arm and then don swimming goggles if necessary. Once in place No.2 shall resume his "Team Ready" position. Team members required to swim may secure their goggles around the neck, on their head or in their swimming costumes during the previous sections of the drill.
2. On the command "R&R Teams - Beltman Go", the team runs to their respective positions and perform their duties in continuous movement.
Note: It is preferred that No.1 reaches his buoy prior to the arrival of No.2 but should No.2 arrive before No.1, No.2 is not permitted to signal until No.1 arrives.
3. No.3 (the reelman) shall run to the reel and control the drum by utilising the brake with his right hand (thumb on the brake or over the brake) and using his left hand on the flange of the drum. No.3 must keep the linemen under observation and maintain control of the brake to prevent over-running of the reel and to ensure the line does not foul. He may intermittently observe the reel to ensure that the line is under control.
4. Nos.4 and 5, moving independently, shall run to the line between the belt and the reel and take control of the line with their right hands.
5. No.2, moving independently, shall run to and don the belt and run down the beach and enter the water.
6. Nos.4 and 5, without delay and moving independently, shall run behind No.2 maintaining control of the line in their right hand. Nos.2, 4 and 5, shall not look behind whilst running down the beach.
7. No 2 shall enter the water at his discretion providing there is no interference to other teams in the event. If necessary, he shall step over (and not under) other lines.
8. Spacing and covering by Nos.4 and 5 should be regulated during the run down the beach so as Nos.4 and 5 when halted should be five to seven paces apart and in front of the reel (i.e. within the line of the handles). No.5 shall be deemed to be in line unless daylight can be seen between the heads of Nos.4 and 5 when standing directly behind the reel. The linemen may halt and commence to pay out independently and when halted No.4's position shall enable him to observe any signals from No.2 and is therefore regulated by the nature of the beach and the state of the surf. No.4 shall observe No.2 at all times. After halting No.5 is permitted to adjust his position (if necessary) prior to the beltman commencing to swim, so that he shall be in line with No.4 and the reel and five to seven paces behind No.4 and be in a position to observe Nos.4 and 2.
Note: Except for No.5 adjusting his position after coming to a halt, all above movements are continuous and must be carried out on the run.
9. On arriving at their positions Nos.4 and 5, disregarding timing, shall assume the position of pay-out and commence paying out with their right hands. The linemen may pay-out with short, fast jerky movements and disregard timing until No.2 has commenced swimming.
10. The line is paid out as follows:
 The line is held in the left hand which is closed as in a fist, with the line running through that hand which is held stationery on top of and in the centre of the head, with the fingers resting on the head. The line is grasped immediately in front of the left hand by the right hand which is closed as in a fist. The elbows shall be square with the body at the commencement and completion of the payout movement and the right hand shall hold the line with a closed fist at the commencement of the movement. The line must be held by at least one hand at all times.



11. The right hand shall move from the head horizontally in the direction of payout to the full extent of the right arm, finishing the forward movement with the fingers extended and together pointing in the direction of the payout. The thumb may be used to control the line but must remain close to and generally parallel with the fingers. With the exception of the arms and turning the head if necessary to observe No.2, the position of "Attention" shall be maintained. However, during the pay out, individual linemen may have their feet up to 150 mm apart. No.5 shall observe No.4 and/or No.2.



Note: Judging of line positions and payout procedure to commence after No.2 commences to swim.

12. "Dummy" pay-outs (i.e. going through the actions of paying out without releasing any line) by No.4 are unnecessary. If No.2 requires no line, the linemen shall cease paying out and remain at the position as shown in the picture accompanying Clause 10 above. To cease the pay-out No.5 shall be allowed one extra movement after No.4 has ceased paying out. To recommence the pay-out, No.4 will start moving his right arm forward and No.5 takes up the timing on the second movement of No.4's arm.
13. No.4 may incline left or right according to the sweep of the line, turning to the front after the completion of the pay-out and the hands are at the side.



14. In the event of the supply of line becoming exhausted, No.3 shall run down the beach and inform Nos.4 and 5 and return immediately to control the reel.
15. Nos.4 and 5 shall obtain another reel and bring it into position, i.e. immediately in front of and in line with the original reel. It shall be permissible for the belt to be removed from the second reel, before the reel is brought into the competition arena.
16. No.4 shall return to his position and carry out the duty of first lineman whilst Nos.3 and 5 shall join the lines, using a fisherman's knot.
17. No.5 shall then remove the original reel to behind the team's beach position and resume his position on the line (or beach, as applicable) after giving the command "Pay-Out", if necessary.
18. During the obtaining of a new reel it shall be the duty of No.3 to continually observe No.2.
19. In providing a new reel, all drill movements shall be carried out on the run.



20. No.5 at his own discretion may move his position from on the line during the pay-out to observe No.2. All movements by No.5 shall be on the run.

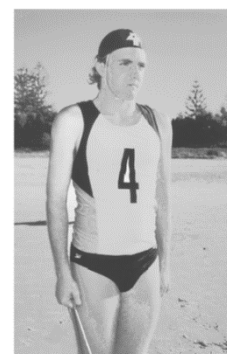
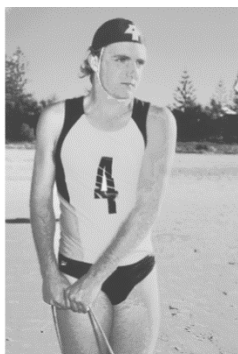
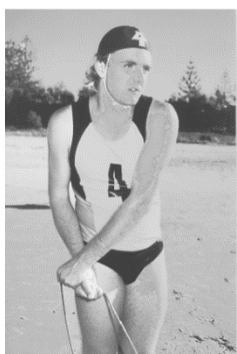
Note: No.5 shall not leave the competition arena or receive outside assistance.

21. No.5 may enter the water to clear seaweed from the line, etc. He may advise the team of the beltman's arrival at the buoy, by moving to a position in front of No.4's beach position and signalling with his right arm raised in a vertical position. No.5 shall move to resume his position on the line, when No.4 has assumed the position of attention after ceasing pay-out.





22. No.2 shall swim to his allotted buoy and shall place his forearm (either arm) over the top of the buoy. He shall then signal his arrival by raising his other arm vertically to its full extent. No. 1 shall remain clear of and to the seaward side of the buoy.
23. No.2 shall then secure No. 1 by placing his left arm under No. 1's left armpit and grasping No. 1's left wrist, then, passing the right arm under No. 1's other armpit. No.2 shall grasp the No. 1's chin and move the head backward to obtain head tilt for the purpose of improving the airway. Where practicable during the haul-in the backward head tilt shall always be attempted. When No.2 has to lift No. 1 over broken waves, it may be more practical to alter his grip to the shoulder grip position.



24. Nos.4 and 5, on receiving the signal from No.2 shall, taking their time from No.4:
 - a) Cease paying out by bringing the two hands together on top of their heads;
 - b) Bring the line quickly to their right sides by the shortest route;
 - c) Change the grip of the hand on the line side of the body from palm out to palm in;
 - d) Assume the position of "Attention", holding the line;
 - e) Turn right or left to face the front if necessary.

Note: If necessary to come to attention, members may step out of any hole which may have formed.
25. After the linemen have come to attention, No.3 shall rise to the position of attention and continue to observe the linemen and the reel intermittently.
26. Where sea conditions obscure observation by the linemen, the Sectional Referee, at his direction, may instruct the Judge in Boat to signal the arrival of each No.2 at the buoys.
27. In the event of No.2 exceeding the swimming time as provided for in clause B-6, the team shall be disqualified. Where No.2 exceeds the time limit, the Sectional Referee shall relay the information to the Judge in Boat who shall inform the No.2 on that buoy or swimming to that buoy.
28. While awaiting the command "Proceed" from the Starter, Nos.4 and 5 shall stand fast at attention with the line held in one hand. No.3 shall not wind in slack line, and shall stand at attention during this period, provided that should the line unwind from the reel he shall be permitted to take preventative action.

"Judges – Change"

Note: During the changing of the judges, it is permissible for Nos.4 and 5 to step out of any hole that may have been created while waiting for the command "Judges Change"

	5 Person Third Section Error Schedule	Points
1.	Failure of members to take up "Team Ready" position correctly.	1
2.	No.2 or linemen looking behind during run down.	1
3.	Failure of members to take up allotted team position.	2
4	Beltman going under lines of other teams.	1
5.	Failure of members to keep control of the line (each occasion).	1
6.	Incorrect control of reel by No.3 or failure to observe linemen or reel.	1
7.	Line fouling and impeding No.2.	2
8.	Failure of linemen to achieve the correct beach position for payout.	1
9	Failure of Nos.2, 4 and 5 to carry out procedures on the run.	1
10.	Incorrect spacing of linemen during payout (below 5 paces or above 7 paces).	1
11.	Incorrect method of payout, including hand positions, timing and movement of the arms (each person).	1
12.	Failure of No.4 to observe No.2.	2
13.	Failure of No.5 to observe No.4 and/or No.2.	1
14.	Team failing to act correctly when line runs out.	2
15.	Failure of No.3 to observe No.2 while new reel being obtained.	2
16.	Failure of No.2 to touch buoy correctly (to be taken ONLY after confirmation from judge in boat)	2
17.	Failure of linemen to cease pay out correctly.	1
18.	Failure of No.3 to intermittently observe linesman and reel after cease payout.	1
19.	Talking other than as required in the event the line runs out.	1

FOURTH SECTION

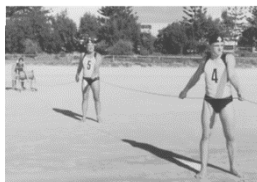
The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

This section is recorded under various headings as there are distinct areas of identifiable movements e.g. haul-in; line fouling; pick up and carry, etc.

Note: After all beltmen have reached the buoys, signalled, secured their patients and judges have changed, the Sectional Referee shall give the command "R&R Teams - Proceed".

Note: If the judges observe the assistance required signal by either the patient or beltman, the Sectional Referee shall be notified immediately.

THE HAUL-IN



1. On the command "R&R Teams - Proceed" No.4 (first lineman and ECC Operator) and No.5 (second lineman and Rescue Breathing operator) shall advance their left hands forward, adopt a comfortable uniform posture and stance, and commence to haul-in. Nos.4 and 5, during the haul-in, shall constantly keep No.1 (the patient) and No.2 (the beltman) under observation
2. Also, on the command "R&R Teams - Proceed", No.3 shall step across with his right foot and place it outside the reel in a comfortable position. Grasping the reel handle with his right hand, he shall engage with the dogs on the axle, and commence to wind in the line, guiding it on to the drum with his left hand. No.3 may, when necessary, place his left foot on the bottom spreader bar of the reel or his knee on top spreader bar, to steady it during the haul-in. No.3 must observe the linemen but may look at the reel intermittently.
3. During the haul-in it shall be permissible for Nos.4 and 5 to allow the hands to slip along the line to maintain timing. A bent or straight arm action is permitted provided uniformity is maintained in both timing and technique.
4. Great care should be exercised that No.1 and No.2 are not drawn through waves that are liable to break over them. No.4 shall, if necessary, signal "Cease Hauling" by extending his left arm, palm facing seawards, at right angles to the body. On observing the signal No.5 shall bring his hands together, fists clenched by his right side and remain in this position until No.4 resumes the haul in.



5. No.4, by taking his left hand to the line in a circular movement and at the same time No.5, by sliding his left hand along the line to the full extent of their arm shall resume the haul-in. It is not necessary for Nos.4 and 5 to cease hauling for unbroken waves over which No.2 can lift No.1.
6. Should the current sweep the line to an angle that affects No.4's natural haul in position, Nos.4 and 5 may haul-in taking side paces, in the direction the line has taken, taking the timing from No.4 and maintaining as far as possible a direct line between the reel and No.4, with No.5 adjusting the length of his side paces to suit. At the conclusion of any side paces unless daylight can be seen between the heads of Nos.4 and 5 the linesmen shall be considered to have achieved a direct line to the reel.
7. When moving across, Nos.4 and 5 shall move the left leg with the left arm, the right e.g. with the right arm. If necessary, Nos.4 and 5 may move independently to keep the line straight. If it becomes necessary for No.4 to move sideways, No.5 may move off immediately in step with him or, he may allow him to take one complete pace before stepping off. Nos.4 and 5 may halt together or independently as necessary.

8. As the linesmen move sideways the reelman may adjust the reel so that it remains facing the linesman. The reelman may be permitted to let go the handle and/or the line in order to move the reel.
9. No.5 may at any time leave the line to remove objects fouling the line, or to assist generally in the observation of No.1 and No.2 but there is no obligation to do so. No.5 shall leave the line at any time to prevent their team's line from interfering with another team. While holding the line off another team No.5 may be permitted to haul-in in any fashion with no requirement to be in time with No.4. No.5 shall return to his normal duties in the event he is no longer required to hold the line off another team to avoid interference.

Note: No.5 shall not leave the competition arena or receive outside assistance.

10. When No.2 is in a position to do so (i.e. between waist and knee depth of water) he shall give the signal "Cease Hauling – Prepare for Patient Pick Up" with his left arm. In determining his correct position for pick up No.2 shall be permitted to turn his head to view the shore.

Note: Prior to arriving at the position where the signal is given by the beltman, the patient shall remain in the water and not walk backwards with the beltman.



11. No.2 shall then lay No.1 in the water and place No.1's head in a position of backward tilt above the water by placing his left hand on the back of No.1's head and taking the pistol grip with his right hand on No.1's chin. No.2 shall then proceed to give No.1 two simulated breaths of mouth to nose Rescue Breathing in approximately 4 seconds by blowing down the side of No.1's left cheek without turning his head. No.2 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen. During the breaths the patient's mouth shall be closed



No.2 shall then secure No.1 with a shoulder grip in an upright position and await arrival of the carrying party. During this time No.2 shall also grasp No.1's chin with his right hand in a pistol grip and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable the backward head tilt shall be maintained up until the patient pick up commences.

END OF HAUL-IN

Note: In circumstances where gutters or long flat beaches exist, it is recommended that the Sectional Referee shall notify all teams and judges prior to the commencement of the competition of a common procedure to be taken by teams when the "Cease Hauling - Prepare for Patient Pick Up" signal is given.

LINE FOULING

12. If the line becomes fouled, whilst No.2 is in deep water; No.2 shall release himself from the belt and give the "Assistance Required" signal. This is signalled by No.2 waving their arm to and fro above the head. On receipt of this signal the linemen shall cease hauling and No.5 shall immediately go to the reel, pick up the rescue tube, and go to the aid of No.2.
- Note:** If the assistance required signal is given at any time by Nos.1 or 2 the duty boat should also go to the immediate area and assist if necessary.
13. On reaching No.2, No.5 shall clip the rescue tube around No.1 and assist No.2 to bring No.1 towards the shore. After No.5 has provided assistance to No.2, No.4 shall recommence the haul in.
 14. When waist depth water is reached, No.5 shall unclip the rescue tube from No.1 and at the same time, No.2 assumes sole control of No.1 and shall continue to carry out his duties as detailed in the "Pick Up and Carry".
 15. No.5 shall then run out of the water with the rescue tube and place it unwound above the waterline and then return to the pick-up position.
 16. The rescue tube shall be retrieved, rewound and placed on the reel spreader bars by No.3 after releasing his control of No.1's feet. Refer to paragraph 46.
 17. If the line becomes fouled during the haul-in at any time other than in deep water, No.2 shall release himself from the belt, give the "Assistance Required" signal and continue to carry out his duties as detailed in the "Pick Up and Carry". No.5 shall move from the line towards No.2 to be of assistance if required.
 18. Under either of these circumstances No.4 shall haul in the line until the belt has reached the water's edge or until the "resuscitation in water" signal is given. If the belt reaches the water's edge before the resuscitation in water signal is given, No.4 together with No.3 shall run to a position on the water's edge approximately in line with the anticipated pick up position and await the signal.

Note: In the event of a line being fouled in such a way that it cannot be freed by the above procedures (within a period of 2 minutes (or a longer period advised by the Sectional Referee) after the last patient has been placed on his back), the team shall be advised to continue with the procedures to the extent of the capabilities of the equipment. At the completion of the event a decision shall be taken by the Sectional Referee in consultation with all the judges as to what penalty shall apply or if the event shall be re-run.

THE PICK-UP AND CARRY

19. When No.2 has given the "Cease Hauling – Prepare for Patient Pick-Up" signal, Nos.4 and 5 shall immediately drop the line without completing the current movement; No.3 shall apply the brake and run to the pick-up position.
20. Nos.3 and 4 shall then proceed to the left-hand side of No.2 and No.5 to the right-hand side of No.2 to assist with the pick-up.

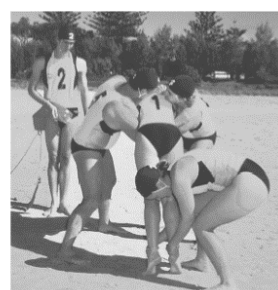
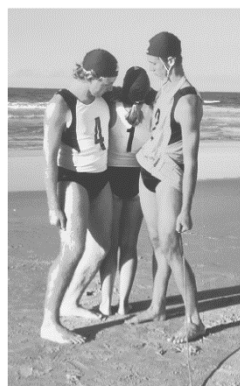
Note: To assist in providing a guide to the movements all subsequent plates have been taken on dry land.



21. When Nos.3, 4 and 5 (the carrying party) have reached No.1 and No.2, No.2 shall release his grip of No.1's left shoulder with his left arm, moving the arm to a straight position, resting against his left thigh. Then by taking a pace to the right rear with his left foot, he shall make a half left turn, fully supporting No.1 with his right arm and hip to allow No.4 to take over the grip on No.1's left shoulder and supporting the patient with his left hip.



22. No.4 shall step in behind No.1 and complete his grip by placing his right arm under No.1's right shoulder, taking over full support of No.1. At the same time, No.2 shall release his grip on No.1's right shoulder and chin and come to the front by bringing his right foot back to his left. Also adjusting the angle of his left foot to retain body balance and to bring it to the "Attention" position alongside the right foot. He shall then take a side pace to his right where he shall be facing the carrying party in a position where he can observe No.1 and assist in case of emergency. No.2 shall then discard the belt by pulling the pin and shrugging the belt from his body.



23. No.4, maintaining his grip on No.1's shoulder, shall make a right turn and turn No.1's face downwards. No.4 shall release his left arm grip on No.1 before the turn is completed to allow No.5 to secure No.1 by placing his left arm under No.1's left shoulder, keeping his (No.5) elbow close to No.1's side.
24. After No.4 releases his left arm grip, he shall stoop down by relaxing his knees, and place his left hand, palm down, on No.5's right shoulder. At the same time, No.5 shall stoop down by relaxing his knees and place his right hand, palm down on No.4's left shoulder and they shall take a shoulder grip on each other.

Note: The shoulder grip taken by Nos.4 and 5 under No.1 is as shown (either arm on top).

25. No.3, placing his right arm across No.1's right shin, shall grasp No.1's left ankle with his right hand from the front and No.1's right ankle with his left hand from the rear.



26. In lifting No.1's legs on to his left shoulder, No.3 shall support No.1's legs just below the knees with his right arm.

27. When No.1's legs are placed on his left shoulder, No.3 shall place his left hand above No.1's left knee and his right hand above the right knee, thumbs in, fingers together at any angle, elbows as close as possible to his side and thereby securing No.1. No.5 shall support No.1's head and achieve backward head tilt by cupping his left hand under the chin.



28. Team members may assist each other during the pick up if the patient is deemed to be in danger or if team members are likely to be injured by prevailing conditions.

Note: During the pickup and the march out of the water, the team members are permitted to speak with one another but only to ensure the pickup and carry are undertaken safely. No talking is allowed after the team leaves the water.

29. No.2, whilst continuing to observe No.1, shall left about turn and then, by cupping his right hand, fingers together, along No.1's forehead with the thumb across the bridge of the nose, take over the support of No.1's head to maintain an airway. No.5 shall then resume the shoulder grip on No.1.
30. On the command "Club or team name - Quick March" given by No.2, Nos.2 and 5 shall step off with the left foot, and Nos.4 and 3 with the right. No.2 shall continue to observe No.1's head and keep it supported until the carrying party has halted and No.5 has taken over support of No.1's head.

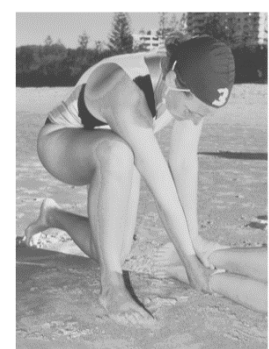
PLACING OF THE PATIENT

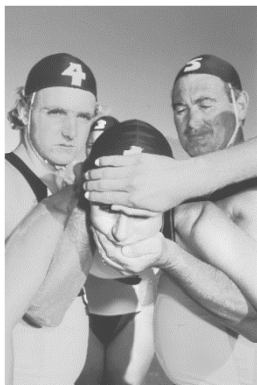
31. After leaving the water, the carrying party shall accelerate its rate of march and shall proceed by the quickest practical route to a position approximately in front of the team's reel, right wheel and halt as soon as possible.

Note: The Sectional Referee may alter the position for placing the No.1 should beach conditions or beach set up circumstances warrant.

32. No.3 shall give the command "Club or Team Name – Halt". No.1's body shall now be in a position parallel to the water's edge within the team's beach position.
33. When the team "Halts" No.3 shall:

- Whilst maintaining his grip on No.1's right leg with his hand, slide his left hand and arm over both legs of No.1;
- Slide his right hand along-side No.1's right leg and grasp No.1's right shin just above the ankle;
- Go down on his left knee maintaining a firm grip with his left hand just below the knee, and his right hand at No.1's right shin;
- Allow No.1's legs to slide off his (No.3) left shoulder (under the control of his arms), hands near No.1's knee (left hand) and at No.1's shin (right hand);
- Place No.1's legs on the sand, straightening the legs and then whilst remaining on his left knee and right foot, change the grip on the legs and move to a position at the end of No.1's feet and assist to control No.1 by grasping the ankles with his hands in a thumbs in position.





34. After the carrying party halts, No.5 shall take over support of No.1's head from No.2 with his left hand cupped under the chin, and this support shall be maintained until backward head tilt is attained by No.5 using head and pistol grip (refer paragraph 37). No.2 shall run to the water's edge and retrieve the belt. In the event the patient is laid on a team's line, No.2 shall remain with the carrying party until No.5 has declared normal breathing is absent. He shall then proceed to remove the line from under the patient to allow the return of the belt to the reel. Once the line is removed, No.2 shall then proceed to run to the water's edge to retrieve the belt.

Note: If the team halts with the line positioned under the patient or a team member, any team member can take reasonable action at any time to assist in removing the rope provided it does not result in careless handling of the patient

35. The carrying party shall then lower No.1, Nos.4 and 5 going down on their inside knees, and No.3 on his left knee. In lowering No.1, members of the carrying party shall take a short pace backwards with their feet.
36. After the carrying party have placed their respective knees on the sand, Nos.4 and 5 may at any time break their shoulder grip and slide their hands down the other's arm to take a forearm grip at the elbows.
37. The carrying party shall continue to lower the No.1 to the sand. No.5 shall then lower his other knee to attain a kneeling position. No.5 shall then support No.1's jaw with a right handed pistol grip. No.5 shall slide the left arm away from No.1's shoulder and then place his left hand on top of No.1's head applying backward head tilt with jaw support in a position so that No.1's mouth is open and turned slightly downwards towards the sand. It may be necessary for No.5 to shuffle on his knees to attain this defined position.

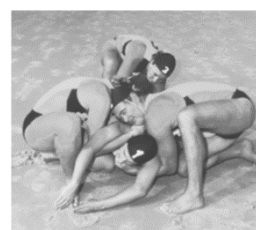
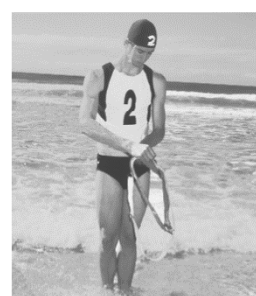
Note: When the patient is placed on the sand the grips of Nos.4 and 5 can be anywhere between the elbows and wrists.

38. No.4 shall, with his left hand and without delay, grasp No.1's right wrist and bring No.1's arm to his side, rotating his hand around No.1's wrist.

Note: When the patient is placed on the sand the grips of Nos.4 and 5 can be anywhere between the elbows and wrists.

39. No.4 shall then change his left-hand grip to a palm down hold and change his right-hand grip to a shoulder grip, palm down to control No.1. Then without delay No.4 shall lower the other knee to the sand. With No.5 maintaining control of the patient's head, Nos.4, 5 and 3 shall proceed to roll the patient onto his back maintaining their respective hand positions. Nos.3, 4 and 5 may shuffle on their knees to maintain their positions.

40. When the patient is on his back, No.5 shall look into the patient's mouth for no less than 5 seconds and declare "Fluids and solid material present". Immediately following the declaration by No.5, Nos.3, 4 and 5 shall roll the patient back onto his left side, maintaining hand positions and shuffling if necessary to maintain their positions.



41. When No.1 is on his side, No.4 shall then look into No.1's mouth for no less than 5 seconds while simulating the cleaning the mouth of mucus or foreign matter with two fingers of his right hand. No.4 shall then declare "Airway Clear".

Note: Action is simulated using a scooping motion with 2 fingers toward the sand, palm down. No less than 3 simulated scoops shall be used and fingers are not to enter the mouth.



42. No.4 shall then return to an upright position and place his right hand, palm down, on No.1's shoulder.
43. No.5 maintaining backward head tilt may adjust his position that will enable him to bend down over No.1's head. Far enough to position his left ear close to No.1's mouth and nose and assess No.1's condition by listening and observing for normal breathing. No.4 shall also observe No.1's chest. No.5, after listening and observing for a period no less than 5 seconds, shall then declare "Normal Breathing Absent".
44. After No.1 has been checked for breathing, No.5 maintaining backward head tilt on No.1 shall, if necessary, resume a kneeling position and bend over No.1's head.
45. No.4 shall then roll No.1 onto his back in a face upwards position and No.4 shall then extend No.1's left arm at right angles to his body. No.5 maintaining backward head tilt shall shuffle back on his knees.
46. After No.4 has extended No.1's left arm, No.3 shall straighten No.1's legs by grasping No.1's ankles with his hands in a thumb-in position. He shall then stand and without coming to attention and commencing on either foot, run to the reel and take up the position of reelman.
47. After No.1 has been placed in a face upwards position, No.5 shall maintain a clear airway by leaving No.1's head in a backward head tilt position. No.5 shall release his grip on the patient's head and together with No.4 shall kneel at attention or at ease, observing No.1 and awaiting the command "Operators Ready". While waiting for the command Nos.4 and 5 may alternate between the attention and at ease positions and may move independently of each other.

Note: Before the competition commences the Sectional Referee shall determine the time limit relative to the variation allowable between teams completing the haul-in and laying of the patient, i.e. 1 minute or 2 minutes. The timing shall be taken from when the patient is placed on their back a second time.

Note: At all time during the lay and assessment of the patient, teams should avoid careless handling of the patient.

HANDING OVER THE BELT

48. After No.2 has handed over control of No.1's head to No.5, and retrieved the belt, No.2 shall then wash the belt, if necessary, and assemble the belt.
49. After No.1 has been laid on his back as described, and No.3 has run to the reel, released the brake and assumed the reelman haul-in position and awaits No.2's assembly of the belt at the water's edge, No.3 may wind in any excess line and straighten the reel if necessary.
50. No.2 shall then march directly to the reel carrying the belt on his right hand (palm up in the middle of the belt with the elbow tight to the side and forearm approximately horizontal and carried straight in front of the elbow) and halt between the front handles. No.3 shall wind in the line to keep it clear of No.2. When returning to the reel No.2 shall grip the neck strap on top of the belt with his thumb.
51. If the line is fouled in any way, No.2 may assist No.3 to untangle or clear the line and after so doing, guide the line onto the reel and then take up a position with the belt in the right hand.
52. No.2 shall then:

- By raising and extending his right hand grasp the fixed "D" and the canvas of the belt (i.e. where the line is tied) with his left hand;
- By raising and extending his left hand above his head, arm to the full extent, grasp the lower "D" with his right hand and then move his arms and the belt towards No.3. In grasping the lower "D", No.2's fingers shall be together, thumb opposed and across the "D".



53. No.3 who has arrived at a position of attention, after winding in the line during No.2's approach to the reel, shall extend his left arm and grasp the fixed "D" and the canvas of the belt with his left hand. He shall then wind the line on to the reel by turning the drum with his right hand on the flange. After No.3 has grasped the belt No.2 shall release his grip on the belt and come to attention. Prior to coming to attention No.2 may assist No.3 by guiding the belt onto the reel with his right hand.
54. No.3 shall then place the belt securely on the centre of the drum of the reel and fold the neck strap approximately along the centre line of the belt. With his left hand on the flange of the drum (fingers together), the brake shall then be fastened with his right hand.
55. After fastening the brake Nos.2 and 3 shall grasp the spreader bars, and re-position the reel so that the handles are clear of the sand.



56. When the reel has been cleared of the sand, Nos.2 and 3 shall take up their correct reel positions. (It is permitted for No.3 to move his right foot first in this movement). No.2 shall position himself so his ankles are in line with the front bows of the reel. No.3 shall position himself so his ankles are in line with the end of the rear handle.
57. At the conclusion of the return of equipment and adjustment of the reel, both reel and rescue equipment must be available for immediate re-use.

"Judges – Change"



	5 Person Fourth Section Error Schedule	Points
A	Failure of No.2 to give "Cease Hauling - Prepare for Patient Pick Up" signal.	5
B	Failure of No.2 to attempt 2 breaths of Rescue Breathing.	5
C	Failure of No.5 to attempt to assess patient for fluids and solid material in mouth.	5
D	Failure of No.4 to attempt to inspect and clean mouth.	5
E	Failure to attempt to maintain an open airway after securing the No.1 until assessment is completed.	5
F	Failure of No.5 to attempt to assess breathing.	5
1.	Failure to obtain and maintain backward head tilt.	2
2.	Failure of linemen to observe the No.2 and No.1 (each person).	2
3.	No.3 failing to keep his linemen or reel under observation during haul-in.	1
4.	Linemen not in time, uniform or failing to keep control of line during haul-in.	1
5.	Failure of No.5 to prevent his team's line from interfering with another team.	2
6.	Failure of No.5 to return to his normal haul in position when he is no longer required to prevent his team line from interfering with another team.	1
7.	Incorrect method of temporary cease hauling.	1
8.	Failure of linemen to give proper care to No.1 and No.2 during the haul-in and pick up (each occasion).	1
9.	No.2 failing to signal assistance required.	2
10.	Incorrect method/use of side pace procedure.	1
11.	Linemen failing to act correctly on receiving assistance required signal.	2
12.	Patient walking.	2
13.	No.2 utilising incorrect patient grip.	1
14.	Incorrect depth for signal and/or pick up.	1
15.	No.2 failing to carry out Rescue Breathing correctly.	2
16.	No.3 failing to apply brake before leaving reel.	1
17.	Incorrect method of pick up.	1
18.	Incorrect method of No.1 carry and halt.	1
19.	Incorrect method of laying No.1 including rolling patient on back to inspect for fluids and solid material.	1
20.	Incorrect method of assessing patient condition.	2
21.	No.5 not declaring "Fluids and Solid Material Present".	1
22.	Incorrect roll of patient onto side following inspection for fluids and solid material.	1
23.	Incorrect method of inspecting and cleaning mouth.	2
24.	No.4 not declaring "Airway Clear".	1
25.	Incorrect method of assessing breathing.	2
26.	No.5 not declaring "Normal Breathing Absent".	1
27.	Carrying out rescue breathing before cleaning mouth.	2
28.	Incorrect method of laying No.1 on back.	1
29.	Incorrect return to reel by No.3 after patient lay.	1
30.	Incorrect return of rescue tube No.3 (when necessary).	1
31.	Team unable to lay No.1 on back within time limit.	1
32.	Fail to leave patient's head in backward tilt and or failure to observe patient.	2
33.	Incorrect method of returning belt.	1
34.	Incorrect arrival at reel positions by No.2, and/or No.3.	1
35.	Rescue Equipment not ready for immediate use.	2
36.	Careless handling of No.1 at any time.	1
37.	Talking other than as allowed at pickup.	1

FIFTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

The Starter announces: "R&R Teams - The Patients Are Not Breathing."

1. **"R&R Teams - Operators"** – on this command Nos.4 and 5 shall remain or kneel at attention and observing No.1.
2. **"R&R Teams - Ready"** – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward and shall place the palm of his left hand across the top of No.1's head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1's mouth slightly open. All fingers must be kept clear of No.1's throat. (This right hand grip is known as the pistol grip). No.5, using both hands, shall then ensure that No.1's head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1's nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin about 25mm above No.1's mouth and await the command to commence resuscitation. No.5 may rest his left forearm on the sand to maintain his balance if necessary.

Note: Nos.4 and or 5 may move their knees to achieve a comfortable position at any time prior to the command commence.

3. At the same time, No.4 (ECC operator), looking down shall immediately take up a position for ECC by positioning the heel of his right hand on the centre of No.1's sternum between the nipples. The fingers shall be together, pointing straight across the chest, and not resting on No.1's chest.
4. No.4 shall then grip his right wrist with the left hand and assume a position for ECC. No.4 may move his knees and body to enable the left arm to apply vertical pressure to No.1's sternum. Both arms may be slightly bent at the elbow.
5. On the command "R&R Teams - Commence", No.5 shall pinch No.1's nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1's mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.
6. No.5 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen.
7. After delivering the first breath No.5 shall relax pressure on No.1's nostrils and turn his ear briefly towards No.1's mouth to listen for and feel the air leaving the patient and to observe the patient's chest or abdomen.

After delivering the second of the two breaths No.5 relax the pressure on No.1's nostrils and turn his head towards No.1's chest and place his ear about 25mm above No.1's mouth to listen for and feel the air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1's chest or abdomen and the actions of No.4.

Note: Other than checking that No.5's head turns between the first and second breaths there is no requirement to adopt the ear position described until after the second breath has been delivered. Further, there shall be no judging of No.5's head position in relation to No.1's mouth for the delivery of the second breath.

Note: Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1's head above the water. No.4 and No.5 shall not interrupt their cycle should this procedure be necessary. Should it be necessary for No.5 to lift No.1's head clear of the water no deduction relating to incorrect rescue breathing shall be taken. Similarly, if No.4 is required to stop ECC because of the amount of water over No.1 there shall be no deduction.

8. Immediately after the delivery of the second breath of the first cycle by No.5, No.4 shall then commence the simulated delivery of 30 compressions counting aloud commencing with "1" then "5, 10, 15, 20, 25, 30" over an approximate 20 second period in an endeavour to achieve a consistent minimum rate of five (5) cycles over a 2-minute period synchronised with No.5 (Rescue Breathing Operator).



Note: One complete CPR cycle is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.

9. After No.4 has delivered the 20th compression count No.5 shall turn his head back towards No.1's mouth and await the 30th count before delivering the second cycle of Rescue Breathing.
10. No.4 shall wait until the two inflations of the next cycle are delivered before commencing the next count of 30 and so on.
11. The CPR operation shall be timed for a period of two (2) minutes by the Starter and shall then declare: "Operators Halt".
12. Upon receiving this command No.4 shall cease ECC and shall kneel at attention, observe No.1 and await the declaration by No.5. No.5 shall cease Rescue Breathing and then observing No.1's chest for no less than 5 seconds No.5 shall declare "Normal Breathing Present". No.5 shall then alter his position to support of No.1's head by placing his left hand on top of No.1's head leaving the right hand on No.1's chin, maintaining the pistol grip and coming to a position over the patient's head to allow continued observation of the patient during the lateral position procedure.



13. After the "Normal Breathing Present" declaration by No.5, No.4 shall proceed to place No.1 in the lateral position. He may move or shuffle down so that he puts his left hand under No.1's right knee and raises the leg so that the knee is in the air.
14. While maintaining contact with the patient's knee at all times, fingers and thumb together, No.4 shall then change the grip of his left hand from under the knee to on top of the knee. No.1 shall then place No.1's right forearm across No.1's chest using a thumb in or thumb out grip on No.1's right wrist.
15. No.4 shall then place his right hand on No.1's shoulder and with his left hand on No.1's right knee roll No.1 on to his side, rotating the left hand around the patient's knee to a palm up position, fingers and thumb together at all times.
16. With his left hand, No.4 shall grasp No.1's right ankle and adjust the right knee so the thigh is 90 degrees to the body. No.4 shall then replace his left hand on No.1's hip and with his right hand No.4 shall grasp No.1's right wrist and place No.1's right forearm across No.1's left arm at right angles at the elbow.
17. No.4 shall then return his right hand to No.1's shoulder to support and shall observe No.1's chest and face for continuing signs of normal breathing. No.4 may move his head to observe both the chest and face of No.1.
18. No.5 shall maintain No.1's head at backward head tilt throughout the whole operation including when the lateral position is attained and continue to observe the patient. When in the lateral position No.1's head is to be maintained approximately in line with No.1's spine with the head turned for drainage.
19. Nos.4 and 5 shall maintain their relative positions until the command "Re-form".



Note: At all times during the resuscitation of the patient and the placement of the patient into the lateral position, teams should avoid careless handling of the patient.

"Judges – Change"

	5 Person Fifth Section Error Schedule	Points
A	No.5 not attempting to ensure backward head tilt.	5
B	No.4 not attempting ECC.	5
C	No.5 not attempting to seal the nose during inflations.	5
D	Not attempting Rescue Breathing.	5
E	Not attempting to place the No. 1 into lateral position.	5
1.	Failure to obtain and maintain backward head tilt.	2
2.	Failure to correctly locate hand positions on head prior to rescue breathing.	1
3.	Failure to correctly locate hand positions for ECC.	2
4.	Failure of No.4 to attain a position to enable his left arm to apply vertical pressure to the sternum.	2
5.	Incorrect ECC procedure including failure to maintain consistent rate.	2
6.	Failure to correctly seal nose during inflations.	2
7.	Incorrect method of Rescue Breathing (i.e. mouth to nose method).	2
8.	Incorrect Rescue Breathing technique.	2
9.	Failure to elevate No.1's head out of water.	2
10.(a)	Less than 4 complete cycles and less than 2 rescue breaths.	2
10.(b)	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles.	1
10.(c)	5 complete CPR cycles to less than 6 complete CPR cycles.	nil
10.(d)	6 complete CPR cycles to less than 7 complete CPR cycles.	1
10.(e)	7 complete CPR cycles or more.	2
11.	Failure to correctly assess patient breathing.	2
12.	No.5 Not declaring "Normal Breathing Present".	1
13.	Incorrect method of placing No. 1 in lateral position.	1
14.	Incorrect lateral position (excluding head position).	1
15.	Patient head not in backward head tilt, head approximately in line with the spine and turned for drainage.	2
16.	Failure to observe No.1 while in lateral position.	1
17.	Careless handling of No.1	1
18.	Talking.	1

SIXTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

- On the command "R&R Teams - Re-form" Nos.4, 5, and No. 1 shall rise to their feet. No. 1 shall come to a position of attention and No.4 with continuous movement shall step in behind No. 1 and steady him by placing his hands, thumbs in, immediately above No. 1's elbows and grasping No. 1's upper arms for a period of approximately 5 seconds. While holding No. 1, No.4 shall, except for his arms, be in the position of attention.

Note: When coming to their feet Nos.1 and 4 shall face towards the marshalling area



- At the same time, No.5, commencing on either foot, shall run back to his reel position (ankles in line with the front bows of the reel) ready for "R&R Teams - Lift Reel". After No.4 has steadied No. 1, No.4 and No. 1 shall run directly back to their reel positions ready for "R&R Teams - Lift Reel". No. 1 shall be in line with the centre of the drum and position himself so that on the march off he is approximately 100mm outside the arm swings of Nos.2 and 3. No.4 shall take up position so his ankles are in line with the end of the rear handle. The distance out from the reel by Nos.4 and 5 is at their discretion.

Note 1: It is not necessary for Nos. 1 and 4 to commence their run back to reel positions in time.

Note 2: Re-positioning on the reel shall be attained without excessive deliberate placing or shuffling of the feet.



- When all the teams are in their reel positions the following commands shall be given by the Starter to march the teams off the competition arena:

- "R&R Teams - Lift Reel" – on this command the reel is lifted by the carrying party.
- "R&R Teams - By the Centre Quick March" – the team marches off and when near the water's edge the command "R&R Teams - Right wheel" is given. During the march off, No. 1 shall cover the axle with his arm swing approximately 100mm outside the arm swings of the carrying party. At any time during the march off No. 1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.



- Judging of the competition shall conclude on the command "R&R Teams - Right Wheel".

Note: Teams are required to continue their exit from the arena in an orderly manner.

- If during the march off the belt or tube fall from the reel, the procedure outlined in Chapter 2 Part D – Drill Procedures First Section, paragraph 7 shall apply.

	5 Person Sixth Section Error Schedule	Points
1.	Incorrect method of reform by Nos.5, 4 and 1.	1
2.	Incorrect arrival at reel positions by Nos.5, 4, and 1.	1
3.	Failure to lift reel correctly.	1
4.	Incorrect marching.	1
5.	Incorrect covering by No. 1 on reel axle for 3 or more consecutive paces	1
6.	Reel not reasonably level.	1
7.	Failure to march off approximately parallel to the wheeling and position pegs	1
8.	Dropped belt or rescue tube (each unit).	1
89	Incorrect return of dropped belt or rescue tube to reel during march off.	1
10.	Talking	1

CHAPTER 3

NON-SWIMMING 5 PERSON RESCUE AND RESUSCITATION COMPETITION

RULES AND PROCEDURES

*The words are to be relied upon to determine how the event is conducted.
The pictures are a guide only and do not take precedence over the words*

Except for minor alterations, to provide for no swimming, drill movements in this Chapter are the same as photographs and text detailed in the 5 Person Rescue and Resuscitation – Chapter 2

A – GENERAL

1. The Non-Swimming 5 Person R&R event is conducted on a similar basis to 5 Person R&R except that there shall be no swimming.

Competitions are limited to combination of ages in the U12 - U15 age groups. The U12 - U15 5 Person R&R events provides the opportunity for a flow on of competitors to older age competitions.

The Non-Swimming 5 Person R&R event may also be conducted in Masters age Divisions.

2. The Non-Swimming 5 Person R&R event rules are divided into the following segments:

- A General
- B Competition Conditions
- C Preliminary Competition Procedure
- D Drill Procedures

Note: These rules should be read in conjunction with the relevant photographs contained in this Rescue and Resuscitation Competition Manual. Refer Chapters 1 and 2.

B – COMPETITION CONDITIONS

1. Teams competing in this style of R&R competition shall consist of five members equipped with the SLSA's reel, line and belt equipment, five club competition caps numbered 1, 2, 3, 4, and 5 and costumes that comply with SLSA policy.

Note 1: In U14 and U15 events (including U13 -U15 combined events) and in Masters aged competition, the approved full-size reel, and line and belt must be used. It is permitted to use a full-size reel equipped with less than the full-length surf line. A Rescue Tube is required.

Note 2: In U12 – U13 aged events a modified three-quarter size reel with a partial length of line may be used in competition. A smaller surf belt may also be used with the three-quarter size reel. A Rescue Tube is not required when competing with the three-quarter sized reel.

Where non-rescue equipment is used (i.e. three-quarter sized reels or full sized reels with less than the full length surf line), the reel must have a minimum of 50 metres of line (to enable run down on a flat beach) and branded with a minimum of 25 mm letters "DEMONSTRATION USE ONLY".

2. Each team member shall be required to carry out his nominated duty, i.e. patient (No.1); beltman (No.2); reelman (No.3); first lineman and ECC operator (No.4); second lineman and Rescue Breathing operator (No.5).
3. The competition shall be judged on the discipline and manner in which the drill is carried out. The drill to be followed is set out in Section D.
4. Length of Paces – A pace forward or to the rear should be 500mm to 600mm and should be taken moving off with the left foot.
5. Details on competition conditions and judging procedures are as provided in Chapter 1.

C – PRELIMINARY COMPETITION PROCEDURE

1. The Marshall shall notify each team in the marshalling area its beach position. The centres of the reels shall be spaced at intervals of 6m and the front shall be facing away from the competition arena. The team having the furthest to march to its beach position shall lead the march and accordingly should be closest to the entrance to the competition arena. Numbered pegs shall be placed (spaced as above) and each team must place its reel in position on the command of the Marshall.
2. Each team shall be equipped with five approved competition caps in club colours, suitably numbered 1 to 5, worn by team members.
3. The Marshall may issue a team member with a ballot card on which the captain shall record the names of team members and their pre-selected numbers and then give the card to the "A" Judge.
4. At the command of the Marshall, all teams shall "fall-in" in their pre-determined positions on the reel. There is no requirement for the team to be in height order.
5. Immediately after the "fall-in" the "A" Judge shall utilise the ballot card to check cap numbers and names.
6. Under the supervision of the Marshall or other official appointed by the Sectional Referee the competitor who has been allotted No.2 shall check the operation and assembly of the belt.
7. The Starter or the Marshall shall notify each team in the marshalling area its beach position and the position on the beach for the laying of the patient.
8. The Starter shall then give the command "R&R Teams - Reel Positions" followed by "R&R Teams - Lift Reel" pause, "R&R Teams - Quick March". From this point to "Re-form" and "Front", each team shall act under the command of a team member.
9. "R&R Teams - Reel Positions" – The team shall take up position as follows: No.1 in line with the centre of the drum on the beach side of the reel and the remainder of the team in their predetermined marching positions on the reel.

10. "R&R Teams - Lift Reel" – Nos.2, 3, 4 and 5 shall lift the reel and the team shall ready themselves for the command "R&R Teams Quick March" and the march onto the competition area.
11. The reel must be carried on a reasonably level plane at all times. This could necessitate member(s) of the carrying party adjusting the height of the hand by bending the arm at the elbow.
12. Although the part of the competition up to the march into the arena is not judged, teams must maintain reasonable discipline. Disorderly conduct by team members shall be reported to the Sectional Referee who may take any action considered appropriate. The three Judges shall maintain constant supervision over the teams during this portion of the competition. Coaches and other people shall leave the area at the direction of the starter.

D – DRILL PROCEDURES

FIRST SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. All commands given by a team member shall be prefixed by Club or team name – followed by "the command". After the command "Front" and commands and declarations provided for in Sections 3 and 4, under normal circumstances no further word or command is given by a team member during the course of the competition, unless the belt or rescue tube falls from the reel, or as may otherwise be allowed.
2. Clearly defined markers as indicated in Diagram 1 in the Appendix shall indicate the beach position.
3. Judging of all teams shall commence when the leading team is level with the first wheeling peg and shall be signalled by whistle blast or command.

The March-on

4. On the command "R&R Teams, Quick March", teams shall proceed in a direct line from the marshalling area (i.e. on the seaward side of their respective positional marks or beach positions) carrying the reel on a reasonably level plane and No.1 cover the axle with his arm swing approximately 100mm outside the arm swings of the carrying party. When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. At the commencement of the wheel No.1 shall be in line with the wheeling peg. After completing the wheel in 6 paces, No.1 shall again be in line with the wheeling peg. During the course of the wheel No.1 shall cover the axle. At any time during the march on or wheel No.1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. A diagram setting out the correct procedure for a left wheel for an R&R team is detailed in Diagram 2 in the Appendix.
5. During the march-on, should a team believe they will be impeded by a team in front of them, or another impediment, a team member may call "Halt". The team shall then halt, remain at attention and maintain discipline. When the team considers the impediment no longer exists, a team member shall call "Quick March."
6. Should the belt fall from the reel during the march-on, the team at fault shall halt on the command of any member of the team, and No.1 shall then replace the belt and resume his original position. Following teams should be given a "Halt" by a respective team member and a "Quick March" when the team in error moves off again.
7. Should a team wheel at the wrong wheeling peg, it shall proceed to the relevant positional peg and halt. The team assigned the peg shall call a halt and wait for the team in error to leave the arena before recommencing their march on. The team in error shall then be escorted off the arena by the judges until all other teams have completed their march in and halt. The team in error shall then be directed to line up with the wheeling peg immediately before their correct peg and be given a "R&R Team - Quick March" command by the A Judge. The team shall then proceed to complete their march in procedure. The team shall incur a major deduction for the wheel at the incorrect peg. Judging shall continue as normal after the "R&R Team - Quick March" command by the A Judge.
8. The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg. When halted No. 1 shall be approximately 100mm outside the arm swing of the carry party
9. After the "Halt" the command "Down Reel" shall be given and the reel carrying party shall lower the reel.
10. On the command "Re-form" given by the team members, the team shall march forward six paces, by as direct route as possible. Nos. 1 and the members from the front handles shall shorten their paces to reach a position in line four paces behind the reel at the same time as members from the rear handles. The member from the front left handle shall march the six paces forward but moving to his right, so that when he is at "Attention" after the "About turn", he will be directly behind the centre of the drum. After both the Re-form and Front team members shall be at attention and not be touching but be no more than 50mm apart at the elbows.
11. On the command "Front" given by a team member, the team about turns.

"Judges – Change"

	U12–U15 5 Person First Section Error Schedule	Points
A	Wheeling on incorrect peg.	5
1.	Incorrect marching procedure.	1
2.	Incorrect command by team member	1
3.	Incorrect covering by No.1 on reel axle (not including wheel) for 3 or more consecutive paces	1
4.	Reel not reasonably level.	1
5.	Dropped belt or rescue tube (each unit).	1
6.	Incorrect return of dropped belt or rescue tube to reel during march on.	1
7.	Incorrect method of wheeling (including covering by No.1 for 3 or more consecutive paces).	1
8.	Incorrect halt.	1
9.	Incorrect "Down Reel".	1
10.	Incorrect position of the reel in relation to the peg	1
11.	Incorrect method of "Re-form".	1
12.	Incorrect method of "Front"	1
13.	Front left handle not centre of the drum, members more than 50 mm apart or touching, incorrect alignment	1
14.	Talking other than designated commands	1

SECOND SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. The Starter shall now give the command "R&R Teams - Positions"
2. On the command "R&R Teams - Positions", No.1 will run down the beach and enter the water approximately in front of the team's beach position and proceed to a depth of water between the knee and waist and stand firm. The Sectional Referee has a discretion to direct Nos. 1 and 2 to proceed to a different position if the conditions warrant that occurring.
3. Also, on the command "R&R Teams - Positions" No.2 shall march to his reel position two paces behind the reel and stand at attention. Nos.3, 4 and 5 shall follow a similar procedure, forming up with and on the left of No.2 with No.3 directly behind the centre of the drum. If any member moves directly forward they must take 2 steps. Each team member (Nos.3 to 5 inclusive) shall step in and come to a position of attention. On finishing the movement members shall be in line. Alignment is assessed by an end on view and provided daylight cannot be seen between bodies, the team shall be considered in line. The spacing at the time of halting after the reform, front and positions should be no more than 50mm at the elbows but not touching.
4. The Starter will now give the command "R&R Teams - Beltman Prepare".
5. On the command "R&R Teams - Beltman Prepare" No.2 (the beltman) shall take three paces forward to the side of the drum, halt, and raise his left arm outwards (right-angled at the elbow) parallel to the ground. At the same time No.3 (the reelman) shall take two paces forward to the rear of the reel (close to the right hand side). Then release the brake with his right hand (thumb on the brake or over the brake) and simultaneously grasp the belt, leaving the neck strap free, lifting it from the reel with his left hand.
6. No.3 after taking in any slack line with his right hand if necessary, shall then grasp both D's and place the belt under the left arm of No.2, neck strap to the front.
7. No.2, bringing his left elbow to his side, thus holding the belt and while retaining this elbow grip shall grasp the front of the belt with his left hand, palm up, fingers to the front, thumb inside. In reaching this position with his left hand, No. 2 may take hold of the belt and slide his hand forwards to the final position. Once No.2 has secured the belt, No. 3 shall return to the reel, left hand on drum, fingers together and right hand controlling the brake, thumb on or over the brake
8. No.2, with the belt securely held under his left arm, shall then march six paces forward to a position directly in front of the centre of the drum, and shall halt facing the water.
9. No.2 shall then grasp the canvas of the belt between the neck strap and the D's with his right-hand palm down.
10. No.2 shall then turn left about and at the same time release his grip with his left arm. After completing the left about he shall then grasp the belt with both hands by the canvas and the D's, keeping the hands at chest level.
11. No.2 shall then take one step forward and to the left with his left foot, and opening the belt with both hands, go down on his right knee and place the belt flat on the sand.
12. No.2 shall then position the centre of the belt in line with the centre of the drum and the left D of the belt in front of his left foot, between two imaginary parallel lines drawn from the tip of the heel to the outside of the small toe. If necessary to obtain the latter position, No.2 may move his left foot. During the positioning of the belt, No.2 shall look up once only to observe his position in relation to the reel.
13. No.2 shall place the neck strap flat on the sand by grasping the belt with his right hand, palm up and pulling the neck strap back between his right knee and left leg with his left hand. If necessary No.2 shall be allowed to lift the belt to access the neck strap. Then holding the canvas of the belt and the D on his left hand side with his left he shall grasp the line just inside this D (but not further than 50mm away from this D) with his right hand and shall draw the line over towards his right as far as possible. He shall then throw the line out from him towards the reel to form a loop.
14. No.2 shall then retain his grasp with his left hand, grasp both lines in his right hand within 50mm of his left thumb, fist clenched with the thumb on top and run his right hand along both lines to complete the loop, maintaining contact with the sand.
15. No.3 shall control the reel by grasping the flange of the drum with his left hand (fingers together), and the brake with his right hand (holding the handle with the clenched hand or thumb on or over the brake and fingers resting on or gripping the reel bow). Then wind in slack line, if necessary, after No.2 has completed the loop.



16. No.2 (without looking up) and No.3 shall then spring back to "Attention" simultaneously, No.2 bringing his left foot back to the right.
17. If in attempting to draw the line it is determined the line has been tied to the wrong D of the belt, the Sectional Referee shall be notified. Once the Sectional Referee confirms the error, the team shall be deducted 5 points and be given the opportunity to re-attach the line correctly to the belt. The re-tying of the line can be undertaken by a team member or with outside assistance. Once retied, the beltman shall place the belt on the sand, neck strap extended and loop formed ready for use. No.3 shall also take any action necessary to control the reel in order to assist the beltman place the belt in position. Once placed both No.2 and No.3 shall then come to attention and the team shall proceed to take up beach positions as provided for in paragraph 18.
18. Nos.2, 3, 4 and 5 shall then run down the beach to a position on the seaward side of the wheeling pegs and halt, with the teams "covering" the reel, no more than 300mm apart, in an upright position facing the water. (The reelman is permitted to step around from behind the reel right foot first and the beltman may move off either foot).

Note: Teams need not be centered on the reel nor does the spacing need to be uniform.

"Judges – Change"

	U12–U15 5 Person Second Section Error Schedule	Points
A.	Line tied to incorrect D of belt.	5
1.	Incorrect method of arriving at each individual position by team.	1
2.	No.3 not centre of the drum	1
3.	Wrong position after command "R&R Teams – Positions"	2
4.	Incorrect march out and/or method of hand over and/or receiving of belt by Nos.2 and 3	1
5.	Incorrect march out and halt by No.2	1
6.	Incorrect laying of belt including control of reel by No.3.	1
7.	Failure No.1 to run to correct position in water.	1
8.	Failure of Nos.2, 3, 4 or 5 to take up positions correctly.	1
9.	Talking	1

THIRD SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. During the changing of judges, the teams will turn and take up the position of "Team Ready" as shown, with their front (right) foot on the seaward side of the wheeling pegs, left foot back, hands on respective legs above the knee looking towards the reel. Members need not be in a uniform position.
2. On the command "R&R Teams - Beltman Go", the team members run to their respective positions.
3. No.3 (the reelman) shall run to the reel and control the drum by utilising the brake with his right hand (thumb on the brake or over the brake) and using his left hand on the flange of the drum. No.3 must keep the linemen under observation and maintain control of the brake to prevent over-running of the reel and to ensure the line does not foul. He may intermittently observe the reel to ensure that the line is under control.
4. Nos.4 and 5, moving independently, shall run to the line between the belt and the reel and take control of the line with their right hands.
5. No.2, moving independently, shall run to and don the belt and run down the beach and enter the water.
6. Nos.4 and 5, without delay and moving independently, shall run behind No.2 maintaining control of the line in their right hand. The Nos.2, 4 and 5 shall not look behind whilst running down the beach.
7. No.2 shall enter the water at his discretion providing there is no interference to other teams in the event and shall proceed in a direct line to a position behind No.1 and stand firm.
8. Spacing and covering by Nos.4 and 5 should be regulated during the run down the beach so as Nos.4 and 5 when halted should be five to seven paces apart and in front of the reel (i.e. within the line of the handles). No.5 shall be deemed to be in line unless daylight can be seen between the heads of Nos.4 and 5 when standing directly behind the reel. The linemen may halt and commence to pay out independently and when halted No.4's position shall enable him to observe any signal from No.2 and is therefore regulated by the nature of the beach and the state of the surf. No.4 shall observe No.2 at all times. After halting, No.5 is permitted to adjust his position (if necessary) prior to No.2 reaching his position behind No.1 so that he shall be in line with No.4 and the reel and five to seven paces behind No.4.



Note: Except for No.5 adjusting his position after coming to a halt, all above movements are continuous and must be carried out on the run – speed is an essential requisite to a successful rescue.

9. On arriving at their positions Nos.4 and 5, disregarding timing, shall assume the position of pay-out and commence paying out with their right hands. The linemen may pay out with short jerky movements and disregard timing until No.2 has reached his position behind No.1.
10. The line is paid out as follows: The line is held in the left hand, which is closed as in a fist, with the line running through that hand which is held stationery on top of and in the centre of the head, with the fingers resting on the head. The line is grasped immediately in front of the left hand by the right hand which is closed as in a fist. The elbows shall be square with the body at the commencement and completion of the payout movement and the right hand shall hold the line with a closed fist at the commencement of the movement. The line must be held by at least one hand at all times.
11. The right hand shall move from the head horizontally in the direction of the pay out to the full extent of the right arm, finishing the forward movement with the fingers extended and together pointing in the direction of the payout. The thumb may be used to retain the line but must remain close to and generally parallel with the fingers. With the exception of the arms, the position of "Attention" should be maintained. However, during the pay out, individual linemen may have their feet up to 150mm apart. No.5 shall observe No.4 and/or No.2.

Note: Judging of line positions and payout procedure to commence after No.2 arrives at his position behind No.1.

Note: If No.1 has run to the wrong position, No.2 shall be permitted to move with the patient to the correct position.

12. The linemen shall continue with "dummy" pay-outs (i.e. going through the actions of paying out without releasing any line) until the Starter gives the command "R&R Teams - Beltman Signal". No.2 then signals by raising one arm vertically to its full extent.

13. Nos.4 and 5, on receiving the signal from No.2 shall, taking their time from No.4:
- Cease paying out by bringing the two hands together on top of their heads;
 - Bring the line quickly to their right sides by the shortest route;
 - Change the grip of the hand on the line side of the body from palm out to palm in;
 - Assume the position of "Attention", holding the line;
 - Turn right or left to face the front if necessary.

Note: If necessary to come to attention, members may step out of any hole which may have formed

14. After the linemen have come to attention, No.3 shall rise to the position of attention and continue to observe the linemen and the reel intermittently.
15. While awaiting the command "R&R Teams - Proceed" from the Starter, Nos.4 and 5 shall stand fast at attention with the line held in one hand. No.3 shall not wind in slack line and shall stand at attention during this period, provided that should the line unwind from the reel he shall be permitted to take preventative action.
16. After giving signal and while waiting for the command "R&R Teams - Proceed" No.2 shall secure No.1 by placing his left arm under No.1's left armpit and grasping No.1's left wrist. Then, passing the right arm under No.1's other armpit; No.2 shall grasp the No.1's chin and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable during the haul-in the backward head tilt shall always be attempted. No.2 may place one foot to the rear to steady himself and continue to stand firm in approximately knee to waist deep water.



"Judges – Change"

Note: During the changing of the judges, it is permissible for Nos.4 and 5 to step out of any hole that may have been created while waiting for the command "Judges Change".

	U12–U15 5 Person Third Section Error Schedule	Points
1.	Failure of members to take up "Team Ready" position correctly.	1
2.	No.2 or lineman looking behind during run down.	1
3.	Failure of members to take up allotted team position.	2
4.	Beltman going under lines of other teams.	1
5.	Failure of members to keep control of the line (each occasion).	1
6.	Incorrect control of reel by No.3 or failure to observe linemen or reel	1
7.	Line fouling and impeding No.2.	2
8.	Failure of linemen to achieve the correct beach position for payout.	1
9.	Failure of Nos.2, 4 and 5 to carry out procedures on the run.	1
10.	Incorrect spacing of linemen during payout (below 5 paces or above 7 paces).	1
11.	Incorrect method of payout, including hand positions, timing and movement of the arms (each man).	1
12.	Failure of No.4 to observe No.2.	2
13.	Failure of No.5 to observe No.4 and/or No.2.	1
14.	Failure of linemen to cease pay out correctly.	1
15.	Incorrect procedure by No.3 after cease payout.	1
16.	Incorrect securing of patient by No.2 after beltman signals command	1
17.	Talking	1

FOURTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

This section is recorded under various headings as there are distinct areas of identifiable movements e.g. haul-in, pick-up and carry, etc.

Note: After the judges have changed, the Sectional Referee shall give the command "R&R Teams - Proceed".

The Haul-In

1. On the command "R&R Teams - Proceed", No.4 (first lineman and ECC operator) and No.5 (second lineman and Rescue Breathing operator) shall advance their left hand forward, adopt a comfortable and uniform stance, and commence to haul-in. Further, by keeping the line taut during the simulated "haul-in" Nos.4 and 5 shall constantly keep No.1 (the patient) and No.2 (the beltmán) under observation and at the same time No.3 (the reelman) shall assist in keeping the line taut.
2. On the command "R&R Teams - Proceed", No.3 shall step across with his right foot and place it outside the reel in a comfortable position. Grasping the reel handle with his right hand he shall engage with the "dogs" on the axle, and prepare to wind in the line, and guide it on to the drum with his left hand. No.3 must observe the linemen but may look at the reel intermittently.
3. During the simulated haul-in it shall be necessary for Nos.4 and 5 to allow the hands to slip along the line to maintain timing. A bent or straight arm action is permitted provided uniformity is maintained.

4. On the command by the Starter, "R&R Teams - Beltmen Signal" No.2 shall give the signal "Cease Hauling – Prepare for Patient Pick Up" with his left arm.

Note: The haul-in shall be at approximately the rate of march and be carried out for a minimum of one minute, which shall be determined by the Sectional Referee.

5. No.2 shall then lay No.1 in the water and place No.1's head in a position of backward tilt above the water by placing his left hand on the back of No.1's head and taking the pistol grip with his right hand on No.1's chin. No.2 shall then proceed to give No.1 two simulated breaths of mouth to nose Rescue Breathing in approximately 4 seconds by blowing down the side of No.1's left cheek without turning his head. No.2 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen. During the breaths the patient's mouth shall be closed.
6. No.2 shall then secure No.1 with a shoulder grip in an upright position and remain in approximately knee depth water at mean water level until the carrying party arrives. During this time No.2 shall also grasp No.1's chin with his right hand in a pistol grip and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable the backward head tilt shall be maintained up until the patient pick up commences.



The Pick-up and Carry

7. When No.2 has given the "Cease Hauling – Prepare for Patient Pick Up" signal, Nos.4 and 5 shall immediately drop the line without completing the current movement. No.3 shall apply the brake and run to the pick-up position.
8. Nos.3 and 4 shall then proceed to the left-hand side of No.2 and No.5 to the right-hand side of No.2 to assist with the pick-up.

Note: To assist in providing a guide to the movements all subsequent plates have been taken on dry land.

9. When Nos.3, 4 and 5 (the carrying party) have reached No.1 and No.2, No.2 shall release his grip of No.1's left shoulder with his left arm, moving the arm to a straight position, resting against his left thigh. Then, by taking a pace to the right rear with his left foot, he shall make a half left turn, fully supporting No.1 with his right arm and hip to allow No.4 to take over the grip on No.1's left shoulder and supporting the patient with his left hip.
10. No.4 shall step in behind No.1 and complete his grip by placing his right arm under No.1's right shoulder taking over full support of No.1. At the same time, No.2 shall release his grip in No.1's right shoulder and chin and come to the front, by bringing his right foot back to his left. Further, adjusting the angle of his left foot to retain body balance and to bring it to the "Attention" position alongside the right foot. He shall then take a side pace to his right where he shall be facing the carrying party in a position where he can observe No.1 and assist in case of emergency. No.2 shall then discard the belt by pulling the pin and shrugging the belt from his body.
11. No.4, maintaining his grip on No.1's shoulder shall make a right turn and turn No.1's face downwards. No.4 shall release his left arm grip on No.1 before the turn is completed to allow No.5 to secure No.1 by placing his left arm under No.1's left shoulder, keeping his (No.5) elbow close to No.1's side.

12. After No.4 releases his left arm grip, he shall stoop down by relaxing his knees, and place his left hand, palm down, on No.5's right shoulder. At the same time, No.5 shall stoop down by relaxing his knees and place his right hand, palm down on No.4's left shoulder and they shall take a shoulder grip on each other.
Note: The shoulder grip taken by Nos.4 and 5 under No. 1 is as shown (either arm on top).
13. No.3 placing his right arm across No.1's right shin, shall grasp No.1's left ankle with his right hand from the front and No.1's right ankle with his left hand from the rear.
14. In lifting No.1's legs on to his left shoulder, No.3 shall support No.1's legs just below the knees with his right arm.
15. When No.1's legs are placed on his left shoulder, No.3 shall place his left hand above No.1's left knee and his right hand above the right knee, thumbs in, fingers together at any angle, elbows as close as possible to his side thereby securing No.1. No.5 shall then support No.1's head and achieve backward head tilt by cupping his left hand under the chin.
16. No.2, whilst continuing to observe No.1, shall then left about turn and then take over the support of No.1's head, by cupping his right hand, fingers together, along No.1's forehead with the thumb across the bridge of the nose. No.5 shall then resume the shoulder grip on No.1.
17. Team members may assist each other during the pick-up if the patient is deemed to be in danger or if team members are likely to be injured by prevailing conditions.
Note: During the pickup and during the march out of the water, the team members are permitted to speak with one another but only to ensure the pickup and carry are undertaken safely. No talking is allowed after the team leaves the water.
18. On the command "Club or team name - Quick March" given by No.2, Nos.2 and 5 shall step off with the left foot, and Nos.4 and 3 with the right. No.2 shall continue to observe No.1's head and keep it supported until the carrying party has halted, and No.5 has taken over support of No.1's head.

Placing of the Patient

19. After leaving the water, the carrying party shall accelerate its rate of march and shall proceed by the quickest practical route to a position approximately in front of the team's reel, right wheel, and halt as soon as possible.
Note: The Sectional Referee may alter the position for placing No.1 should beach conditions or beach set up circumstances warrant.
20. No.3 shall give the command "Club or Team Name – Halt". No.1's body should now be in a position parallel to the water's edge within the team's beach position.
21. When the team "Halts" No.3 shall:
 - a) Whilst maintaining his grip on No.1's right leg with his hand, slide his left hand and arm over both legs of No.1.
 - b) Place his right hand alongside No.1's right leg and grasp No.1's right shin just above the ankle.
 - c) Go down on his left knee maintaining a firm grip with his left hand just below the knee, and his right hand at No.1's right shin.
 - d) Allow No.1's legs to slide off (No.3) left shoulder (under the control of his arms), hands near No.1's knee (left hand) and at No.1's shin (right hand).
 - e) Place No.1's legs on the sand, straightening the legs and then whilst remaining on his left knee and right foot, change the grip on the legs and move to a position at the end of No.1's feet and assist to control No.1 by grasping the ankles with his hands in a thumbs in position.
22. After the carrying party halts, No.5 shall take over support of No.1's head from No.2 with his left hand cupped under the chin, and this support shall be maintained until backward head tilt is attained by No.5 using head and pistol grip – refer to paragraph 25. No.2 shall run to the water's edge and retrieve the belt. In the event the patient is laid on a team's line, No.2 shall remain with the carrying party until No.5 has declared normal breathing is absent. He shall then proceed to remove the line from under the patient to allow the return of the belt to the reel. Once the line is removed, No.2 shall then proceed to run to the water's edge to retrieve the belt.
Note: If the team halts with the line positioned under the patient or a team member, any team member can take reasonable action at any time to assist in removing the rope provided it does not result in careless handling of the patient.
23. The carrying party shall then lower No.1, Nos.4 and 5 going down on their inside knees, and No.3 on his left knee. In lowering No.1, members of the carrying party shall take a short pace backwards with their feet.
24. After the carrying party have placed their respective knees on the sand, Nos.4 and 5 may at any time break their shoulder grip and slide their hands down the other's arm to take a forearm grip at the elbows.

25. The carrying party shall continue to lower the No.1 to the sand while at the same time releasing the forearm grip. No.5 shall then lower his other knee to attain a kneeling position. No.5 shall then support No.1's jaw with a right handed pistol grip. No.5 shall slide the left arm away from No.1's shoulder and then place his left hand on top of No.1's head applying backward head tilt with jaw support in a position so that No.1's mouth is open and turned slightly downwards towards the sand. It may be necessary for No.5 to shuffle on his knees to attain this defined position.

Note: When the patient is placed on the sand the grips of Nos.4 and 5 can be anywhere between the elbows and wrists.

26. No.4 shall, with his left hand, grasp No.1's right wrist and bring No.1's arm to his side, rotating his hand around No.1's wrist.
27. No.4 shall then change his left hand grip to a palm down hold and change his right hand grip to a shoulder grip, palm down to control No.1. Then without delay No.4 shall lower the other knee to the sand. With No.5 maintaining control of the patient's head, Nos.4, 5 and 3 shall proceed to roll the patient onto his back maintaining their respective hand positions. Nos.3, 4 and 5 may shuffle on their knees to maintain their positions.
28. When the patient is on his back, No.5 shall look into the patient's mouth for no less than 5 seconds and declare "Fluids and solid material present". Immediately following the declaration by No.5, Nos.3, 4 and 5 shall roll the patient back onto his left side, maintaining hand positions and shuffling if necessary to maintain their positions.
29. When No.1 is on his side No.4 shall then look into No.1's mouth for no less than 5 seconds while simulating the cleaning of the mouth of mucus or foreign matter with two fingers of his right hand. No.4 shall then declare "Airway Clear".

Note: Action is simulated using a scooping motion with 2 fingers toward the sand, palm down. No less than 3 simulated scoops should be used and fingers are not to enter the mouth.

30. No.4 shall then return to an upright position and place his right hand, palm down, on No.1's shoulder.
31. No.5, maintaining backward head tilt may adjust his position that will enable him to bend down over No.1's head. Far enough to position No.5's left ear close to No.1's mouth and nose to assess No.1's condition by listening and observing for normal breathing. No.4 shall also observe No.1's chest. No.5, after listening and observing for a period no less than 5 seconds shall then declare "Normal Breathing Absent".
32. After No.1 has been checked for breathing, No.5, maintaining backward head tilt on No.1, shall if necessary resume a kneeling position and bend over No.1's head.
33. No.4 shall then roll No.1 onto his back in a face upward position. No.4 shall then extend No.1's left arm at right angles to his body. No.5, maintaining backward head tilt, will shuffle back on his knees.
34. After No.4 has extended No.1's left arm, No.3 shall straighten No.1's legs by grasping No.1's ankles with his hands in a thumbs-in position. He shall then stand and without coming to attention and commencing on either foot run to the reel and take up the position of reelman.
35. After No.1 has been placed in a face upwards position, No.5 shall maintain a clear airway by leaving No.1's head in a backward head tilt position. No.4 shall release his grip on the patient's head and together with No.5 shall kneel at attention or at ease, observing No.1 and awaiting the command "Operators Ready". While waiting for the command Nos.4 and 5 may alternate between the attention and at ease positions and may move independently of each other.

Note: Before the competition commences the Sectional Referee shall determine the time limit relative to the variation allowable between teams completing the haul-in and laying of the patient, i.e. 1 minute or 2 minutes. The timing shall be taken from when the patient is placed on their back a second time.

Note: At all times during the lay and assessment of the patient, teams should avoid careless handling of the patient.

Handing over the Belt

36. After No.2 has handed over control of No.1's head to No.5 and retrieved the belt, No.2 shall then wash the belt if necessary and assemble it.
37. After No.1 has been laid on his back as described and No.3 has run to the reel released the brake and assumed the reelman haul-in position and awaits No.2's assembly of the belt at the water's edge. No.3 may wind in any excess line and straighten the reel if necessary.
38. No.2 shall then march directly to the reel carrying the belt on his right hand (palm up in the middle of the belt with the elbow tight to the side & forearm approximately horizontal and carried straight in front of the elbow) and halt between the front handles. No.3 shall wind in the line to keep it clear of No.2. When returning to the reel No.2 shall grip the neck strap on top of the belt with his thumb
39. If the line is fouled in anyway, No.2 may assist No.3 to untangle or clear the line and after doing so, guide the line onto the reel and then take up a position with the belt in the right hand.

40. No.2 shall then:
 - a) By raising and extending his right hand, grasp the fixed "D" and the canvas of the belt (i.e. where the line is tied) with his left hand.
 - b) By raising and extending his left hand above his head, arm to the full extent, grasp the lower "D" with his right hand and then move his arms and the belt towards No.3. In grasping the lower "D", No. 2's fingers shall be together, thumb opposed and across the "D".
41. No.3, who has arrived at a position of attention, after winding in the line during No.2's approach to the reel, shall extend his left arm to the full extent and grasp the fixed "D" and the canvas of the belt with his left hand. He shall then wind the line on to the reel by turning the drum with his right hand on the flange. After No.3 has grasped the belt No.2 shall release his grip on the belt and come to attention. Prior to coming to attention No.2 may assist No.3 by guiding the belt onto the reel with his right hand.
42. No.3 shall then place the belt securely on the centre of the drum of the reel and fold the neck strap approximately along the centre line of the belt. With his left hand on the flange of the drum, the brake shall then be fastened with his right hand.
43. After fastening the brake Nos.2 and 3 shall grasp the spreader bars and re-position the reel so that the handles are clear of the sand.
44. When the reel has been cleared of the sand, Nos.2 and 3 shall take up their correct reel positions. (It is permitted for No.3 to move his right foot first in this movement). No.2 shall position himself so his ankles are in line with the front bows of the reel. No.3 shall position himself so his ankles are in line with the end of the rear handle
45. At the conclusion of the return of equipment and adjustment of the reel, both reel and rescue equipment must be available for immediate re-use

"Judges – Change"

	U12–U15 Person Fourth Section Error Schedule	Points
A	Failure of No.2 to give “Cease Hauling – Prepare for Patient Pick-Up” signal.	5
B	No.2 failing to attempt 2 breaths of Rescue Breathing.	5
C	Failure No.5 to attempt to assess patient for fluid and solid material in mouth.	5
D	No.4 failing to attempt to inspect and clean mouth.	5
E	Failure to attempt to maintain an open airway after securing the No.1 until assessment is completed.	5
F	Failure of No.5 to attempt to assess breathing.	5
1.	Failure to obtain and maintain backward head tilt	2
2.	Failure of linemen to observe the No.2 and No.1 (each person).	2
3.	No.3 failing to keep his linemen or reel under observation during haul-in.	1
4.	Linemen not in time, uniform or failing to keep control of line during haul-in.	1
5.	No.2 failing to carry out Rescue Breathing correctly.	2
6.	No.3 failing to apply the brake before leaving the reel	1
7.	Incorrect method of pick up.	1
8.	Incorrect method of No.1 carry and halt.	1
9.	Incorrect method of laying No.1 including roll patient on back to inspect for fluid and solid material.	1
10.	Incorrect method of assessing patient condition	2
11.	No.5 not declaring “Fluids and Solid Materials Present”.	1
12.	Incorrect roll of patient onto side following inspection for fluid and solid material.	1
13.	Incorrect method of inspecting and cleaning mouth.	2
14.	No.4 not declaring “Airway Clear”	1
15.	Incorrect method of assessing breathing.	2
16.	No.5 not declaring “Normal Breathing Absent”.	1
17.	Carrying out rescue breathing before clearing the airway.	2
18.	Incorrect method of laying No.1 on back.	1
19.	Incorrect return to reel by No.3 after patient lay.	1
20.	Fail to leave patient’s head in backward tilt and or fail to observe patient.	2
21.	Incorrect method of returning belt.	1
22.	Incorrect arrival at reel positions by Nos.2 and/or 3.	1
23.	Rescue Equipment not ready for immediate use.	2
24.	Careless handling of No.1 at any time.	1
25.	Talking other than as allowed in the pickup.	1

FIFTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

The Starter announces: "R&R Teams - The Patients Are Not Breathing."

1. "R&R Teams - Operators" – on this command Nos.4 and 5 shall remain or kneel at attention and observing No.1.
2. "R&R Teams - Ready" – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward and shall place the palm of his left hand across the top of No.1's head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1's mouth slightly open. All fingers must be kept clear of No.1's throat. (This right hand grip is known as the pistol grip). No.5, using both hands, shall then ensure that No.1's head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1's nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin about 25mm above No.1's mouth and await the command to commence resuscitation. No.5 may rest his left forearm on the sand to maintain his balance if necessary.

Note: Nos.4 and or 5 may move their knees to achieve a comfortable position at any time prior to the command commence.

3. No.5, using both hands, shall then ensure that No.1's head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1's nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin over and about 25mm from No.1's mouth and await the command to commence resuscitation. No.5 may rest his left forearm on the sand to maintain his balance if necessary. Nos.4 and 5 may move their knees to achieve a comfortable position at any time prior to the command "Commence"
4. At the same time, No.4 (ECC operator), looking down shall immediately take up a position for ECC by positioning the heel of his right hand on the centre of No.1's sternum between the nipples, fingers together, pointing straight across the chest, and not resting on No.1's chest
5. No.4 shall then grip his right wrist with the left hand and assume a position for ECC, No.4 may move his knees and body to enable the left arm to apply vertical pressure to No.1's sternum. Both arms may be slightly bent at the elbows.
6. On the command "R&R Teams - Commence", No.5 shall pinch No.1's nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1's mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.
7. No.5 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen.
8. After delivering the first breath No 5 shall relax pressure on No.1's nostrils and turn his ear briefly towards No.1's mouth to listen for and feel the air leaving the patient and to observe the patient's chest or abdomen. After delivering the second of the two breaths, No.5 relaxes the pressure on No.1's nostrils and turn his head towards No.1's chest and places his ear about 25mm above No.1's mouth to listen for and feel the air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1's chest or abdomen and the actions of No.4.

Note: Other than checking that No.5's head turns between the first and second breaths there is no requirement to adopt the ear position described until after the second breath has been delivered. Further, there shall be no judging of No.5's head position in relation to No.1's mouth for the delivery of the second breath

Note: Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1's head above the water. No.4 and No.5 should not interrupt their cycle should this procedure be necessary. Should it be necessary for No.5 to lift No.1's head clear of the water no deduction relating to incorrect rescue breathing shall be taken. Similarly, if No.4 is required to stop ECC because of the amount of water over No.1 there shall be no deduction.

9. Immediately after the delivery of the second breath of the first cycle by No.5, No.4 shall then commence the simulated delivery of 30 compressions counting aloud commencing with "1" then "5, 10, 15, 20, 25, 30" over an approximate 20 second period in an endeavour to achieve a consistent minimum rate of five (5) cycles over a 2-minute period synchronised with No.5 (Rescue Breathing Operator).

Note: One complete CPR cycle is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.

10. After No.4 has delivered the 20th compression count No.5 shall turn his head back towards No.1's mouth and await the 30th count before delivering the second cycle of Rescue Breathing.

11. No.4 shall wait until the two inflations of the next cycle are delivered before commencing the next count of 30 and so on.
12. The CPR operation shall be timed for a period of two (2) minutes by the Starter and shall then declare: "R&R Teams - Operators Halt".
13. Upon receiving this command No.4 shall cease ECC and shall kneel at attention, observe No.1 and await the declaration by No.5. No.5 shall cease Rescue Breathing and then observing No.1's chest for no less than 5 seconds No.5 shall declare "Normal Breathing Present". No.5 shall then alter his position to support of No.1's head by placing his left hand on top of No.1's head, leaving the right hand on No.1's chin maintaining the pistol grip and coming to a position over the patient's head to allow continued observation of the patient during the lateral position procedure.
14. After the "Normal Breathing Present" declaration by No.5, No.4 shall proceed to place No.1 in the lateral position. He may then move or shuffle down so that he puts his left hand under No.1's right knee and raises the leg so that the knee is in the air.
15. While maintaining contact with the patient's knee at all times, fingers and thumb together, No.4 shall then change the grip of his left hand from under the knee to on top of the knee. No.1 shall then place No.1's right forearm across No.1's chest using a thumb in or thumb out grip on No.1's right wrist.
16. No.4 shall then place his right hand on No.1's shoulder and with his left hand on No.1's right knee roll No.1 on to his side rotating the left hand around the patient's knee to a palm up position, fingers and thumb together at all times.
17. With his left hand, No.4 shall grasp No.1's right ankle and adjust the right knee so the thigh is 90 degrees to the body. No.4 shall then replace his left hand on No.1's hip and with his right hand No.4 shall grasp No.1's right wrist and place No.1's right forearm across No.1's left arm at right angles at the elbow.
18. No.4 shall then return his right hand to No.1's shoulder to support and shall observe No.1's chest and face for continuing signs of normal breathing. No.4 may move his head to observe both the chest and face of No.1.
19. No.5 shall maintain No.1's head at backward head tilt throughout the whole operation including when the lateral position is attained and continue to observe the patient. When in the lateral position No.1's head is to be maintained approximately in line with No.1's spine with the head turned for drainage.
20. Nos.4 and 5 shall maintain their relative positions until the command "Re-form".

Note: At all times during the resuscitation of the patient and the placement of the patient into the lateral position, teams should avoid careless handling of the patient.

"Judges – Change"

	U12–U15 5 Person Fifth Section Error Schedule	Points
A	No.5 not attempting to ensure backward head tilt.	5
B	No.4 not attempting to locate the correct hand position for ECC.	5
C	No.5 not attempting to seal the nose during inflations.	5
D	Not attempting Rescue Breathing.	5
E	Not attempting to place the No. 1 into lateral position.	5
1.	Failure to obtain and maintain backward head tilt.	2
2.	Failure to correctly locate hand positions on head prior to rescue breathing.	1
3.	Failure to correctly locate positions for ECC.	2
4.	Failure of No.4 to attain a position to enable his left arm to apply vertical pressure to the sternum.	2
5.	Incorrect ECC procedure including failure to maintain a consistent rate.	2
6.	Failure to correctly seal nose during inflations.	2
7.	Incorrect method of Rescue Breathing (i.e. mouth to nose method).	2
8.	Incorrect Rescue Breathing technique.	2
9.	Failure to elevate No.1's head out of water.	2
10.(a)	Less than 4 complete cycles and less than 2 rescue breaths.	2
10.(b)	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles.	1
10.(c)	5 complete CPR cycles to less than 6 complete CPR cycles.	nil
10.(d)	6 complete CPR cycles to less than 7 complete CPR cycles.	1
10.(e)	7 complete CPR cycles or more.	2
11.	Failure to correctly assess patient breathing.	2
12.	No.5 not declaring "Normal Breathing Present".	1
13.	Incorrect method of placing No.1 in lateral position.	1
14.	Incorrect lateral position (excluding head position).	1
15.	Patient head not in backward head tilt, approximately in line with spine and turned for drainage.	2
16.	Failure to observe No.1 while in lateral position.	1
17.	Careless handling of No.1.	1
18.	Talking.	1

SIXTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. On the command "R&R Teams - Re-form" Nos.4, 5 and No.1 shall rise to their feet. No.1 shall come to a position of attention and No.4 with continuous movement shall step in behind No.1 and steady him by placing his hands, thumbs in immediately above No.1's elbows and grasping No.1's upper arms for a period of approximately five seconds. While holding No.1, No.4 shall, except for his arms, be in the position of attention.
- Note:** When coming to their feet Nos.1 and 4 shall face towards the marshalling area.
2. At the same time, No.5, commencing on either foot, shall run back to his reel position (ankles in line with the front bows of the reel) ready for "Lift Reel".
3. After No.4 has steadied No.1, No.4 and No.1 shall run directly back to their reel positions ready for "Lift Reel". No.1 shall be in line with the centre of the drum and position himself so that on the march off he is approximately 100mm outside the arm swings of Nos.2 and 3. No.4 shall take up position so his ankles are in line with the end of the rear handle. The distance out from the reel by Nos.4 and 5 is at their discretion.

Note 1: It is not necessary for Nos.1 and 4 to commence their run back to reel positions in time

Note 2: Re-positioning on the reel shall be attained without excessive deliberate placing or shuffling of the feet.

4. When all the teams are in their reel positions the following commands shall be given by the Starter to march the teams off the competition arena:
 - a) "R&R Teams - Lift Reel" – On this command, the reel is lifted by the carrying party.
 - b) "R&R Teams - By the Centre, Quick March" the team marches off and when near the water's edge - "R&R Teams - Right Wheel". During the march off No.1 shall cover the axle with his arm swing approximately 100mm outside the arm swings of the carrying party. At any time during the march off No.1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.
5. If during the march off the belt or tube fall from the reel, the procedure outlined in Chapter 2 Part D - Drill Procedures First Section, paragraph 6 shall apply.
6. Judging of the competition shall conclude on the command "R&R Teams - Right Wheel".

Note: Teams are required to continue their exit from the arena in an orderly manner.

	U12–U15 5 Person Sixth Section Error Schedule	Points
1.	Incorrect method of reform by Nos.5, 4 and 1.	1
2.	Incorrect arrival at reel positions by Nos.5, 4, and 1.	1
3.	Failure to lift reel correctly.	1
4.	Incorrect marching.	1
5.	Incorrect covering by No.1 on reel axle for more than 3 consecutive paces.	1
6.	Reel not reasonably level.	1
7.	Failure to march off approximately parallel to the wheeling peg and position pegs.	1
8.	Dropped belt or rescue tube (each unit).	1
9.	Incorrect return of dropped belt or rescue tube to reel during march off.	1
10.	Talking.	1

CHAPTER 4

2 PERSON RESCUE AND RESUSCITATION COMPETITION

RULES AND PROCEDURES

*The words are to be relied upon to determine how the event is conducted.
The pictures are a guide only and do not take precedence over the words.*

A. GENERAL

1. The 2 person R&R event provides opportunities to introduce rescue and resuscitation techniques to the younger members **as well as conducting competition for older age categories.** The event requires a rescuer to provide care, to a patient who is not breathing, followed by assessment and cardiopulmonary resuscitation (CPR) above the waterline to “revive” the patient.
2. The conditions of the event have been divided into the following segments:
 - A. General
 - B. Competition Conditions
 - C. Error Schedule
 - D. Preliminary Competition Procedures
 - E. Drill Procedures
3. It should be noted that the length of pace varies from that of other divisions and therefore allowances are to be made in relation to relative competition movements.

B. COMPETITION CONDITIONS

1. Teams competing in 2 Person R&R shall consist of two members **in single or a combination of genders and ages as determined by an Organising Authority for a competition.**
2. Each team member shall be required to carry out his nominated duty i.e., patient (No.1) rescue and CPR operator (No.2).
3. The competition shall be judged on the discipline and manner in which the drill is carried out. The drill to be followed is set out in Section D.
4. Dead Heats shall be determined in the same manner as other R&R events except that due to the lifesaving content in the sections being varied, the order of usage of section determination is altered to 2-3-1-4.
5. Length of Paces – A pace forward or to the rear should be 350mm to 500mm and should be taken moving off with the left foot.
6. Other details on competition conditions and judging procedures are as provided in Chapter 1.

C. ERROR SCHEDULE

The schedule covers errors that can be made during competition. The drill must be carried out in accordance with the information given in this manual and this schedule is used to indicate the value of errors so that points can be allotted. Any error not provided for shall be decided by the judge/s concerned together with the Sectional Referee.

1. Error Classification – Points allotment or errors are classified into five categories:

Total Disqualification	(D)		
Major	(10)	Minor	(2)
Serious	(5)	Observed	(1)

2. Total Disqualifications–These penalties are applicable to all sections or to the sections in which they can occur. All judges on that team and the Sectional Referee must agree. If there is disagreement the decision shall be deferred until the end of the competition when the matter shall be placed before those judges and the Sectional Referee for a decision. Total disqualification is recorded in the deductions section of the judge’s card by marking the relative error indicator “AA”, “BB”, etc. as referred to below.

Note: Total disqualification from the event and any additional penalty that may be imposed by SLSA.

- AA Abusing any official in the competition arena. BB. Impersonation or unauthorised competing.
- CC Any member deliberately tying the incorrectly numbered cap onto their head after a ballot for positions
- DD Willful jostling or obstructing so as to impede another’s progress or competing unfairly.
- EE Acting in a manner prejudicial to the good name of SLSA.

Errors or Allotments (10 points)

- A Jostling or obstructing (not willfully) as to impede another’s progress.
- B Receiving and acting upon outside assistance or signals.
- C Breaking ranks through indisposition (for over 3 minutes).

D. PRELIMINARY COMPETITION PROCEDURES

1. The teams will fall in (height order to be decided by the team) on their respective positional pegs facing the competition area.
2. A ballot to determine the operative positions of each competitor in each team shall be conducted by the official nominated by the Sectional Referee. The ballot shall be affected by utilising two marbles (numbered 1 and 2) placed in a bag. Judges must check the competitors are not attempting to defeat the purpose of the ballot.
3. Numbered caps are to be issued to the members and name recorded on the ballot card – No. 1 shall act as patient and No. 2 acts as rescuer. The caps are then tied on by the competitors.
4. The teams shall proceed in a direct line from the marshalling area (i.e. on the seaward side of their respective positional marks or beach positions). When they are in alignment with respect to their beach positions they left wheel at the command of a team member and march up the beach.
5. All commands given by a team member shall be prefixed by the Club or Team Name followed by the commands – “Left Wheel”, Halt” and “Front” which must be given. Other than the preceding commands and the making of the declarations in Sections 2 and 3, no talking is permitted.
6. Clearly defined markers, as indicated in Diagram 3 in the Appendix, shall indicate the beach positions.



E – DRILL PROCEDURES

FIRST SECTION

1. On the command of “R&R Teams – Quick March”, the teams will move off with their left foot, covering on the left, no more than 100mm apart at the elbows, but not touching, marching rate 110 to 120 paces per minute, and the correct length of pace (350 to 500mm). For teams to be considered as not covering, there must be daylight visible between the team members for at least 3 consecutive paces. Similarly, a deduction for not maintaining the correct distance apart can only be taken if the team is at fault for 3 or more consecutive paces.
2. Judging of all teams shall commence when the leading team is level with the first wheeling peg and shall be signalled by whistle blast or command.
3. On approaching the team’s wheeling peg, a team member will give the command to “Left Wheel”. The team will, on drawing level with their wheeling peg, commence to wheel, taking six paces around the peg, with the pivot member being 900mm out from the peg and the other member maintaining spacing and dressing. At the conclusion of the wheel the team shall again be level with the wheeling peg.
4. Should a team wheel at the wrong wheeling peg, it shall proceed to the relevant positional peg and halt. The team assigned the peg shall call a halt and wait for the team in error to leave the arena before recommencing their march on. The team in error shall then be escorted off the arena by the judges until all other teams have completed their march in and halt. The team in error shall then be directed to line up with the wheeling peg immediately before their correct peg and be given a “R&R Team - Quick March” command by the A Judge. The team shall then proceed to complete their march in procedure. The team shall incur a major deduction for the wheel at the incorrect peg. Judging shall continue as normal after the “R&R Team - Quick March” command by the A Judge.
5. The team will then march straight up the beach and on the command “Team Halt” given by a team member, will halt with the pivot member being approximately two paces behind and approximately 900mm to the right of the marker peg.
6. A team member will give the command “Front”, and on this command, the team will about turn and arrive at a position of attention. After the front the team members shall be no more than 100mm apart at the elbows but not touching.



7. On the command of "R&R Teams - Positions" given by the Starter or other official appointed by the Sectional Referee the patient, identified as No. 1 as a result of the ballot, shall march to a position approximately two paces to the left of the marker peg and stand at attention. The rescuer, identified as No.2, shall march to the left of No. 1, and come to a position of attention not more than 50mm from No. 1 at the elbows but not touching and in line with No. 1. Alignment is assessed by an end on view and provided no daylight can be seen between bodies the team shall be considered in line.



8. On the command "R&R Teams - Patient Go", No. 1 shall run down the beach to a designated line and go down in a sitting position facing the marshalling area, with legs parallel to the water's edge and give No.2 the required signal (right arm raised vertically above the head, fingers and thumb together and arm fully extended, palm facing the sea).

Note: The Starter is not to give the "Rescuer Go" command until satisfied the correct team members have taken up position after the "Patient Go" command.

Note: In the event the wrong team member runs down as patient the A judge shall alert the Starter. The A judge shall then arrange for the team members to swap positions so the correct team member adopts the patient position. After the swap has been completed and the correct patient gives the signal, the Starter will proceed to give the "Rescuer Go" command



9. On the command "R&R Teams - Rescuer Go", No.2 runs down the beach to a position to the right and towards the rear of No. 1, steps across with the left foot, and goes down on the right knee so that No.2's left thigh is at right angles to the water's edge. No.2 shall then place his left hand on the back of No. 1's head and then by sliding the right hand under No. 1's right arm and taking a pistol grip of No. 1's jaw with the right hand, place No. 1's head in a position of backward head tilt.



10. No.2 shall maintain a clear airway by continuing backward head tilt with the pistol grip. No.2 shall then deliver two simulated breaths of mouth to nose Rescue Breathing in approximately four (4) seconds by blowing down the side of No. 1's cheek without turning his head. No.2 shall have his eyes looking towards No. 1's chest to observe, to the best of his ability, the rise and fall of No. 1's chest or abdomen. During the delivery of the breaths the patient's mouth shall be closed.



11. No.2 shall then place his left arm under No. 1's left armpit and take up a shoulder grip, and then lower his left knee to the sand whilst maintaining the backward head tilt position with the right hand.



"Judges Change"

	2 Person First Section Error Schedule	Points
A	Wheeling on incorrect peg.	5
B	No.1 not attempting to signal.	5
C	Failure to attempt to obtain and maintain an open airway after securing the patient.	5
D	No.2 not attempting 2 breaths of simulated Rescue Breathing.	5
1.	Incorrect method of marching.	1
2.	Incorrect command by team member.	1
3.	Failure to cover when marching for 3 or more consecutive paces.	1
4.	Failure to maintain spacing for 3 or more consecutive paces.	1
5.	Incorrect method of wheeling.	1
6.	Incorrect method of halt.	1
7.	Pivot member halting in wrong position.	1
8.	Incorrect method of front.	1
9.	Incorrect method of arriving at beach positions.	1
10.	Wrong position after command "R&R Teams Positions".	2
11.	Team not in line.	1
12.	Wrong member going on "Patient Go".	2
13.	No.1 giving incorrect signal.	1
14.	Failure No.2 to take up correct position following signal.	1
15.	Failure to correctly locate hands on head prior to rescue breathing.	1
16.	Failure to obtain and maintain an open airway after securing the patient.	2
17.	Incorrect Rescue Breathing technique.	2
18.	Incorrect support of patient after completion of rescue breathing.	1
19.	Talking.	1

SECOND SECTION

Note: During lowering and treatment of No.1 it is permissible for No.2 to shuffle on his knees or lift his knees off the sand to achieve the various positions detailed below.

1. On the command "R&R Teams - Fluids and Solid Material are Present - Proceed", No.2 shall release the pistol grip with his right hand, take a double shoulder grip, and then lower and turn No.1's body onto his left side on the sand.



2. No.2 shall release the shoulder grip after the placing of No.1 on the sand. Further, No.2 shall maintain control of No.1 by gripping No.1's right shoulder with the left hand.
3. Without delay No.2 shall then lean over No.1 and grip No.1's left wrist with his right hand and extend the left arm at 90 degrees to the body and then No.2, with his right hand, will grasp No.1's right wrist and bring No.1's arm to the side, rotating the hand around No.1's wrist.
4. No.2 shall then take control of No.1's head by placing his left hand on top of No.1's head and moving the head to a position of backward head tilt.
5. No.2 shall, after adjusting his position if he wishes, bend over No.1 and while maintaining back-ward head tilt with his left hand shall open the mouth with his right hand and then look into the mouth. Then using two fingers No.2 shall simulate cleaning the mouth for no less than 5 seconds. No.2 shall then declare "Airway Clear".

Note: Action is simulated using a scooping motion with 2 fingers towards the sand, palm down. No less than 3 simulated scoops should be used and fingers are not to enter the mouth.



6. No.2 shall then return the right hand to No.1's chin in the pistol grip and then maintaining backward head tilt and adjusting his position if necessary to bend over No.1's head, shall position the left ear close to No.1's mouth and nose and assess No.1's condition by listening and observing No.1 for no less than 5 seconds. No.2 shall then declare "Normal Breathing Absent". No.2 shall, if necessary, resume a kneeling position while maintaining his hand positions on No.1's head.



7. No.2 shall then lower No.1's head gently to the sand. No.2 may shuffle to a position and shall then place his right hand on No.1's right wrist and hip and then his left hand on No.1's shoulder and gently roll No.1 onto his back by moving backward and rotating the hands with fingers and thumb cupped in support of No.1.



8. No.2 shall then move to a position at No.1's head and place the left hand on top of No.1's head then grip No.1's chin with the right hand in the pistol grip and apply backward head tilt.



9. After backward head tilt is achieved No 2 shall then release the head, kneel at attention or at ease and continue to observe No.1 awaiting the command "Operators Ready". While waiting for the command No.2 may alternate between the attention and at ease position.

Note: At all times No.2 should avoid careless handling of No.1.

"Judges – Change"



	2 Person Second Section Error Schedule	Points
A	Failure to attempt to inspect and clean mouth.	5
B	Failure to attempt to assess breathing.	5
C	Failure to attempt to establish and maintain an open airway.	5
1.	Incorrect method of rolling No. 1 onto side.	1
2.	Failure to obtain and maintain an open airway.	2
3.	Incorrect method of inspecting and cleaning mouth.	2
4.	Failure to declare "Airway Clear".	1
5.	Incorrect method of assessing breathing.	2
6.	Failure to declare "Normal Breathing Absent".	1
7.	Assess breathing before clearing the airway.	2
8.	Incorrect method of rolling No. 1 onto sand.	1
9.	Failure to obtain and maintain an open airway after patient rolled onto sand.	2
10.	Failure to leave patient's head in backward tilt and or failure to observe patient.	2
11.	Careless handling of No. 1.	1
12.	Talking.	1

THIRD SECTION

Note: During this section it is permissible for No.2 to shuffle on his knees or lift his knees off the sand to achieve the various positions detailed.

The Starter will now announce “R&R Teams - The Patients are not breathing”.

1. “Operators” – on this command No.2 shall remain or kneel at attention and observing No.1.
2. “Ready” – on this command No.2 shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.2 shall look down and lean forward and shall place the palm of his left hand across the top of No.1’s head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1’s mouth slightly open. All fingers must be kept clear of No.1’s throat. (This right-hand grip is known as the pistol grip).
3. No.2, using both hands, shall then ensure that No.1’s head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall position his left hand ready to seal No.1’s nose by utilising the thumb and index finger of his left hand. No.2 shall then place his chin about 25mm above No.1’s mouth and await the command to commence resuscitation. No.2 may rest his left forearm on the sand to maintain his balance if necessary. No.2 shall have his eyes looking towards No.1’s chest to observe, to the best of his ability, the rise and fall of No.1’s chest or abdomen.
4. On the command “Commence”, No.2 shall pinch No.1’s nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1’s mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.
5. After delivering each breath No.2 shall relax pressure on No.1’s nostrils and turn his ear briefly towards No.1’s mouth to listen for and feel the air leaving the patient and to observe the patient’s chest or abdomen.



Note: Should it be necessary for No.2 to lift No.1’s head clear of the water encroaching on the beach there shall be no deduction relating to incorrect rescue breathing or ECC.

Note: There will be no judging No.2’s ear position over the mouth. No.2’s chin position over the mouth shall only be judged on the first breath of each cycle.

6. Immediately following completion of the second inflation and the turning of the head to observe the chest, No.2 shall remove his hands from No.1’s head and chin without relaxing No.1’s head and may shuffle to a position to be able to undertake simulated one-person ECC on No.1. No.2 shall position the heel of his right hand on the centre of No.1’s sternum between the nipples. The fingers shall be together, pointing straight across the chest, and not resting on No.1’s chest.
7. No.2 shall, without delay, then grip his right wrist with the left hand and assume a position for ECC by moving his knees and body, if necessary, to enable the left arm to apply vertical pressure to No.1’s sternum. Both arms may be slightly bent at the elbow.
8. No.2 shall then commence the simulated delivery of 30 compressions counting aloud commencing with “1” then “5, 10, 15, 20, 25, 30” over an approximate 20 second period.
9. Immediately following completion of the 30th simulated compression No.2 shall relocate his hands to the head of No.1 and simulate the delivery of the next cycle of CPR.



Note: One complete cycle of CPR is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.

10. The CPR operation shall be timed for a period of two (2) minutes by the Starter and who shall then declare: “Operators Halt”.
11. Upon receiving this command No.2 shall immediately cease the cycle and if necessary, change position so that his left hand is in a position to seal the nose and his right hand is in a pistol grip on the patients jaw and his left ear is approximately 25mm above the patient’s mouth. At all times backward head tilt is to be maintained. No.2 after observing No.1’s chest for no less than 5 seconds shall declare “Normal Breathing Present”. No.2 shall maintain the head tilt with the left hand and move to a position to place his right hand under No.1’s right knee and lift the knee so that the sole of No.1’s right foot is flat on the sand. No.2 shall then place No.1’s right arm across No.1’s chest by gripping No.1’s right wrist with his right hand.



12. No.2 shall then place his right hand on No.1's right hip, and his left hand on No.1's right shoulder palm up and gently roll No.1 on to his left side rotating his hands to support the patient. No.2 shall then move forward and place his left hand on the top of No.1's head and obtain backward head tilt. No.2 shall then replace the right hand behind the patient's right knee and adjust it so the thigh is 90 degrees to the body. Then by grasping No.1's right wrist, place the forearm across the left arm so that the right fore-arm is at right angles at the elbow.
13. No.2, while still maintaining head tilt with the left hand, shall also support No.1 by placing his right hand on No.1's hip. No.2 shall also continue to observe No.1. When in the lateral position No.1's head is to be maintained approximately in line with No.1's spine with the head turned for drainage.

Note: At all times No.2 should avoid careless handling of No.1

"Judges – Change"

	2 Person Third Section Error Schedule	Points
A	Not attempting to ensure backward head tilt.	5
B	Not attempting Rescue Breathing.	5
C	Not attempting to seal the nose during inflations.	5
D	Not attempting to place No.1 in lateral position.	5
1.	Failing to obtain and maintain backward head tilt.	2
2.	Failure to correctly locate hands on head prior to rescue breathing.	1
3.	Failure to correctly locate hand positions for ECC.	2
4.	Failure of No.2 to attain position to enable his left arm to apply vertical pressure to the sternum.	2
5.	Incorrect ECC procedure including failure to maintain consistent rate.	2
6.	Incorrect hand positions on head.	1
7.	Failing to correctly seal the nose during inflations.	2
8.	Incorrect method of Rescue Breathing, (i.e. mouth to nose method).	2
9.	Incorrect Rescue Breathing technique.	2
10.(a)	Less than 4 complete cycles and less than 2 rescue breaths.	2
10.(b)	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles.	1
10.(c)	5 complete CPR cycles to less than 6 complete CPR cycles.	nil
10.(d)	6 complete CPR cycles to less than 7 complete CPR cycles.	1
10.(e)	7 complete CPR cycles or more.	2
11.	Failure to correct assess patient breathing.	2
12.	Failure to declare "Normal breathing present".	1
13.	Incorrect method of placing No.1 into lateral position.	1
14.	Incorrect lateral position (excluding head position).	1
15.	Patient head not in backward head tilt, head approximately in line with spine and turned for drainage.	2
16.	Failure to observe No.1 during while in lateral position.	1
17.	Careless handling of No.1.	1
18.	Talking.	1

FOURTH SECTION

1. On the command "R&R Teams - Re-form", given by the Starter, No.2 and No.1 shall rise to their feet independently. No. 1 shall come to a position of attention and with continuous movement No.2 shall step in behind and steady No.1 by placing the hands, thumbs in, immediately above No.1's elbows and grasping No.1's upper arms for a period of approximately five seconds. While holding No. 1, No 2 shall, except for his arms, otherwise be in the position of attention.

Note: when coming to their feet Nos. 1 and 2 shall face towards the marshalling area.



2. After No.2 has steadied No.1, both shall run directly to behind their beach positions facing the water and halt. After both members have halted, No.1 shall then step into line with and adjacent to the marker peg followed by No.2 who shall step into line so that he is no more than 50mm from No.1 at the elbows but not touching both standing at attention with No.1's ankles approximately in line with and not more than 300mm from the marker peg. In taking up their positions, Nos. 1 and 2 may move the right foot first and may swing the arms.

Note 1: It is not necessary for Nos. 1 and 2 to commence their run back to beach positions in time.

Note 2: In coming to a halt and stepping into line the team members may do so independently and may look down before coming to attention to ensure they have achieved the correct position on the marker peg.



3. On the command "R&R Teams - By the Centre – Quick March", given by the Starter, the teams shall step off with the left foot, march down the beach (toward the water), No.2 covering off No.1. On the command "R&R Teams - Right Wheel", given by the Starter, JUDGING WILL CEASE, and the teams will right wheel and march off the area. The conditions for taking a deduction for covering and not keeping a proper distance during the march off shall be the same as for the march in – refer to paragraph 1 section 1. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.

Note: The team members shall be no more than 100mm apart at the elbows, but not touching during the march off.

	2 Person Fourth Section Error Schedule	Points
A	Running back to incorrect team position peg.	5
1.	Incorrect method of re-form.	1
2.	Team not running to their beach positions.	1
3.	Incorrect take up individual position on peg.	1
4.	No.1 not in line with peg and/or not within 300mm of peg.	1
5.	Incorrect method of marching.	1
6.	Failure to cover when marching off for 3 or more consecutive paces.	1
7.	Failure to maintain spacing when marching off for 3 or more consecutive paces.	1
8.	Failure to march off approximately parallel to the wheeling and position peg.	1
9.	Talking.	1

CHAPTER 5

6 PERSON RESCUE AND RESUSCITATION COMPETITION

RULES AND PROCEDURES

*The words are to be relied upon to determine how the event is conducted.
The pictures are a guide only and do not take precedence over the words.*

† Denotes similar text and photographs as detailed in the
5 Person Rescue and Resuscitation Competition – Chapter 2

A – GENERAL

1. The 6 person R&R was the original version of R&R and required an open ballot to determine the duties of the six team members. New methods and allocation of duties have evolved, and the event now requires draws for the competitive rescue tube and belt swims and drill ballots for line and reel positions, a pre-nominated patient. The event now also requires the use of a rescue tube to initially recover the patient and the application of deep-water expired air resuscitation. The remainder of the team then goes through the same basic process of rescue and resuscitation as provided for in the 5 person R&R.
2. Similarly, the conditions pertaining to the conduct of this event have been segmented into the following:
 - A General
 - B Competition Conditions
 - C Preliminary Competition Procedure
 - D Drill Procedures

Note: These rules should be read in conjunction with the relevant photographs contained in this R&R Competition Manual. Refer Chapters 1 and 2.

B – COMPETITION CONDITIONS

1. Teams competing in this event shall consist of six members equipped with the Association's approved reel, line and belt equipment, an approved rescue tube, six club competition caps numbered 1, 2, 3, 4, 5, 6 and costumes that comply with SLSA policy.
2. The swimming buoys should be laid as detailed in Chapter 1, B2 and in the manner described in the current SLSA Surf Sports Manual. Should conditions warrant it being impossible to lay swimming buoys for the safe conduct of the event at a minimum of 120m the Sectional Referee shall at his discretion be permitted to lay the buoys at a shorter distance.
3. Before the competition commences the Sectional Referee shall determine the time limit relative to the variation allowable between teams completing the haul-in and laying of the patient, i.e. 1 minute or 2 minutes.
4. The competition shall be judged on the discipline and manner in which the drill is carried out, as well as the swimming ability of the competing teams. The drill to be followed is set out in this chapter.
5. Swimming Points Allotment – The team winning the swim in each event shall not be allotted any points, and there shall be an allotment of 0.02 for each second the remaining teams are behind the fastest team. All times should be calculated to the nearest second, and each heat must be considered separately.

Example	Team 1	Team 2	Team 3
Swimming Times Rescuer and Beltman	8 m 47 s	9 m 05 s	9 m 45 s
Difference from fastest team	0	18 s	58 s
Swimming Points	0	0.36	1.16

Note: If a team winning the swimming section incurs total disqualification later in the competition, the second team shall not be allotted any points for the swimming section. Points scored by the remaining teams shall be adjusted accordingly.

6. Swimming Times – The swimming time allowed for the rescuer and beltman is 10 minutes each. In extenuating circumstances, the Sectional Referee shall have power to extend the time limit before disqualification. Provided that all teams are notified before commencement of the event and provided also that no extension of time shall be made which allows a total time greater than 15 minutes, for each swimmer (rescuer and beltman). However, in very adverse conditions, (rough sea, severe side sweep, or poor visibility), consideration should be given to transferring to another venue, bearing in mind the following:
 - Risk to competitors (duty of care)
 - Inadequacy of equipment available (we do have other rescue means)
 - Interruption to the other carnival sections (limited areas)
 - Disruption to the competitors' carnival program for other events
 - Denigration of the event (no spectator appeal).

In the event that no suitable alternative venue is available or in other extenuating circumstances, the event may be conducted without the swim section.

C – PRELIMINARY COMPETITION PROCEDURES

The following preliminary procedures, although forming part of the competition and are carried out under the supervision of the Marshall or the Judges, are not judged as part of the event. Where specific movements, e.g. "Quick March" etc., are utilised in the actual competition, to avoid repetition the detailed description appears in Chapter 1, Part E.

1. The centres of the reels shall be spaced at intervals of 6m, and the front shall be facing away from the competition arena. The team having the furthest to march to its beach position shall lead the march, and accordingly should be

closest to the entrance to the competition arena. Numbered pegs shall be placed (as shown) and each team must place its reel in position on the command of the Marshall.

2. Each team must be equipped with six approved competition caps in club colours, suitably numbered 1 to 6. The Marshall may provide the team captain with a ballot card to be completed with the names of all team members in order as provided for in clause 5, prior to the "fall-in".
3. During the competition No.1 shall act as patient, No.2 beltman, No.3 reelman, No.4 first lineman and cardiac operator, No.5 second lineman and resuscitator and No.6 rescue tube operator.
4. Each team must provide its own rescue tube for the R&R competition and it must be of a type approved by SLSA. The rescue tube shall be carried by the competitor marching on the side of the reel furthest away from the wheeling peg. The tube shall be held in the competitor's right hand during the march into the competition arena.
5. At the command of the Marshall, all teams shall "fall-in" in their predetermined marching positions on the reel. Teams do not need to be in height order.
6. The various positions of the 6 Person competition shall be determined in the following manner:
 - (a) No.1 shall be nominated and shall be given marble No.1.
 - (b) Nos.2 and 6 shall be determined by ballot between two nominated swimmers drawing marbles numbered 2 and 6 from a bag.
 - (c) Nos.3, 4 and 5 shall be determined by a separate ballot from the remaining three competitors drawing marbles numbered 3, 4 and 5 from a bag.
7. The competitor shall call aloud his name and the number drawn. Judges must check that competitors are not attempting to defeat the purpose of the ballot by taking an unnecessarily long time to draw the marble.
8. The competitor's number shall be marked against the appropriate names as listed on the ballot card by the "A" Judge, to be passed on to the Marshall or other officials nominated by the Sectional Referee.
9. The marbles shall then be collected and checked by the "B" Judge. As the marble is collected from the patient the "C" Judge (or "A" Judge, if only two judges are allotted to his team) shall then hand the cap numbered the same as the marble that the competitor handed to the "B" Judge.
10. The competitors will then tie the caps on their heads and after they have completed the tying, they shall await the command to move to their reel positions.



Note: A judge should remain in observation of the team following the allocation and tying of caps and the recording of names.

11. Under the supervision of the Marshall or other official nominated by the Sectional Referee the competitor who has drawn No.2 shall check the operation and assembly of the belt.
12. The Starter or the Marshall shall notify each team in the marshalling area of its beach position and the buoy to which its members will swim. They will also be notified time limit for the swim, the position on the beach for the laying of the patient and the time limit relative to the haul-in (1 or 2 minutes).
13. The Starter shall then give the command "R&R Teams - "Lift Reel" and "R&R Teams - Quick March". From this point to "Re-form" and "Front" each team shall act under the command of a team member.
14. "R&R Teams - Reel Positions" – The team shall take up positions as follows: No.1 in line with the centre of the drum on the beach side of the reel and the rest of team in their predetermined marching positions on the reel and the centre of the drum on the water side of the reel. There is no requirement to be in height order.
15. "R&R Teams - Lift Reel" The carrying party shall lift the reel and at the same time, the team member on the seaward side of the drum shall grasp the rescue tube in his right hand. The team shall then ready themselves for the command "R&R Teams - Quick March" and the march onto the competition area.
16. The reel must be carried on a reasonably level plane at all times. This could necessitate members(s) of the carrying party adjusting the height of the hand by bending the arm at the elbow.
17. Although the part of the competition up to the march into the arena is not judged, teams must maintain reasonable discipline. Disorderly conduct by team members shall be reported to the Sectional Referee who may take any action considered appropriate. The three Judges shall maintain constant supervision over the teams during this portion of the competition. Coaches and other people shall leave the area at the direction of the Starter.



D – DRILL PROCEDURES

FIRST SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. All commands given by a team member shall be prefixed by "Club or team name – followed by "the command". After the command "Front" and commands and declarations provided for in Sections 3 and 4, under normal circumstances no further word or command is given by a team member during the course of the competition, unless the belt falls from the reel or as may otherwise be allowed.
2. Clearly defined markers as indicated in Diagram 1 in the Appendix shall indicate the beach positions.
3. Judging of all teams shall commence when the leading team is level with the first wheeling peg and shall be signalled by whistle blast or command.

The March-on

4. On the command "R&R Teams, Quick March", teams shall proceed in a direct line from the marshalling area (i.e. on the seaward side of their respective positional marks or beach positions) carrying the reel on a reasonably level plane and Nos. 1 and the member carrying the tube covering the axle with their arm swings approximately 100mm outside of the arm swing carrying party. When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. At the commencement of the wheel Nos. 1 and the member carrying the tube shall be in line with the wheeling peg. After completing the wheel in 6 paces, Nos. 1 and the member carrying the tube shall again be in line with the wheeling peg. During the course of the wheel they both shall cover the axle. At any time during the march on or wheel either member can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. A diagram setting out the correct procedure for left wheel for an R&R team is given in Diagram 2 in the Appendix.
5. During the march on, should a team believe it will be impeded by a team in front of them or another impediment, a team member may call "Halt". The team shall then halt, remain at attention and maintain discipline. When the team considers the impediment no longer exists, a team member shall call "Quick March."
6. Should the belt fall from the reel during the march-on or the march off the beach, the team at fault shall halt on the command of any member of the team, and No. 1 shall then replace the belt and resume his original position. Following teams should be given a "Halt" by a respective team member and a "Quick March" when the team in error moves off again. If the member carrying the tube drops it, he shall call "Halt". He shall then retrieve the tube, return to his position and call "Quick March".
7. Should a team wheel at the wrong wheeling peg, it shall proceed to the relevant positional peg and halt. The team assigned the peg shall call a halt and wait for the team in error to leave the arena before recommencing their march on. The team in error shall then be escorted off the arena by the judges until all other teams have completed their march in and halt. The team in error shall then be directed to line up with the wheeling peg immediately before their correct peg and be given a "R&R Team - Quick March" command by the A Judge. The team shall then proceed to complete their march on procedure. The team shall incur a major deduction for the wheel at the incorrect peg. Judging shall continue as normal after the "R&R Team - Quick March" command by the A Judge.
8. Wheeling pegs should be placed (when facing the water) in line with the positional peg and the corresponding swimming buoy. The Sectional Referee should endeavour to place the line of wheeling pegs and the line of positional pegs approximately 12 to 15 paces apart and as close to the water's edge as possible. This will eliminate long runs down the beach by the linemen and so make the pay-out similar to actual rescue conditions.
9. The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg or mark. When halted Nos. 1 and the member carrying the tube shall be approximately 100mm outside the arm swings of the carrying party.
10. After "Halt" the command "Down Reel" shall be given and the reel carrying party shall lower the reel. At the same time as the reel is lowered the member carrying the tube, looking down, shall place the rescue tube on the sand in line with and approximately 300mm from his right foot, keeping his left hand closed at all times. Once the reel and rescue tube are lowered all team members shall all rise together.



11. On the command “Re-form”, given by a team member, the team shall march forward six paces, by as direct a route as possible. Nos. 1, the member carrying the tube and the members from the front handles shall shorten their paces to reach a position in line 4 paces behind the reel at the same time as the members from the rear handles. The member from the front left handle shall march the 6 paces forward but moving to his right, so that when he is at “Attention” after the “About Turn”, he will be directly behind the centre of the drum. After both the Re-form and Front team members shall be at attention and not be touching but be no more than 50mm apart at the elbows.
12. On the command “Front”, given by a team member, the team about turns.



“Judges – Change”

	6 Person First Section Error Schedule	Points
A	Wheeling on incorrect peg.	5
1.	Incorrect marching procedure.	1
2.	Incorrect command by team member	1
3.	Incorrect covering by No. 1 or member carrying the tube on reel axle (not including wheel) for 3 or more consecutive paces.	1
4.	Reel not reasonably level.	1
5.	Dropped belt or rescue tube (each unit).	1
6.	Incorrect return of belt or rescue tube during march on.	1
7.	Incorrect method of wheeling (including covering by Nos. 1 and member carrying the tube for 3 or more consecutive paces).	1
8.	Incorrect halt.	1
9.	Incorrect “Down Reel and/or Tube”.	1
10.	Incorrect position of the reel in relation to the peg.	1
11.	Incorrect method of “Re-form”.	1
12.	Incorrect method of “Front”.	1
13.	Member from left front handle not centre of the drum, members more than 50 mm apart or touching, incorrect alignment.	1
14.	Talking other than designated commands.	1

SECOND SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. The starter shall now give the command "R&R Teams - Positions".

2. On the command "R&R Teams - Positions", No.1 shall run down the beach enter the water and swim out to the specified buoy and without signalling his arrival, move to the seaward side of the buoy. Also, on the command "R&R Teams - Positions", No.2 shall march to his reel position two paces behind the reel and stand at attention. Nos.3, 4, 5 and 6 shall follow a similar procedure, forming up with and on the left of No.2 with No.3 directly behind the centre of the drum. If any member moves directly forward, they must take 2 paces. Each team member (Nos.2 to 6 inclusive) shall step in and come to a position of attention. On finishing the movement team members shall be in line. Alignment is assessed by an end on view and provided daylight cannot be seen between bodies, the team shall be considered in line. The spacing at the time of halting after the reform, front and positions should be no more than 50mm at the elbows but not touching.



3. The command, "R&R Teams –Beltman Prepare" shall now be given by the starter.
4. On the command "R&R Teams - Beltman Prepare" No.2 shall take three paces forward to the side of the drum, halt and raise his left arm outwards (right angled at the elbow) parallel to the ground. At the same time, No.3 shall take two paces forward to the rear of the reel (close to the right hand side). He shall release the brake with his right hand (thumb on the brake or over the brake) and simultaneously shall grasp the belt, leaving the neck strap free, lifting it from the reel with his left hand, palm uppermost, thumb on top, until his arm is fully extended.
5. † No.3, after taking in any slack line with his right hand, if necessary, shall then grasp both D's and place the belt under the left arm of No.2, neck strap to the front.
6. † No.2, bringing his left elbow to his side, thus holding the belt and while retaining this elbow grip shall grasp the front of the belt with his left hand, palm up, fingers to the front thumbs inside. In reaching this position with his left hand, No.2 may take hold of the belt and slide his hand forwards to the final position. Once No.2 has secured the belt, No.3 shall return to the reel, left hand on drum, fingers together and right hand controlling the brake, thumb on or over the brake.
7. † No.2, with the belt securely held under his left arm, shall then march six paces forward to a position directly in front of the centre of the drum, and shall halt facing the water.
8. † No.2 shall then grasp the canvas of the belt between the neck strap and the D's with his right-hand palm down.
9. † No.2 shall then turn left about and at the same time release his grip with his left arm. After completing the left about turn, he shall then grasp the belt with both hands by the canvas and the D's, keeping the hands at chest level.
10. † No.2 shall then take one step forward and to the left with his left foot and opening the belt with both hands, go down on his right knee and place the belt flat on the sand.
11. † No.2 shall then position the centre of the belt in line with the centre of the drum and the left D of the belt in front of his left foot, between two imaginary parallel lines drawn from the tip of the heel and the outside of the small toe. If necessary to obtain the latter position, No.2 may move his left foot. During the positioning of the belt, No.2 shall be look up once only to observe his position in relation to the reel.
12. † No.2 shall place the neck strap flat on the sand by grasping the belt with his right hand, palm up and pulling the neck strap back between his right knee and left leg with his left hand. If necessary, No.2 shall be allowed to lift the belt to access the neck strap. Then holding the canvas of the belt and the D on his left-hand side with his left hand, he shall grasp the line just inside this D (but no further than 50mm from this D) with his right hand and shall draw the line over towards his right as far as possible. He shall then throw the line out from him towards the reel to form a loop.
13. † No.2 shall then retain his grasp with his left hand, grasp both lines in his right hand within 50mm of his left thumb, fist clenched with the thumb on top and run his right hand along both lines to complete the loop, maintaining contact with the sand.
14. † No.3 shall control the reel by grasping the flange of the drum with his left hand (fingers together) and the brake with his right hand (holding the handle with the clenched hand or thumb on or over the brake and fingers resting on or gripping the reel bow). Then wind in slack line, if necessary, after No.2 has completed the loop.
15. † No.2 (without looking up) and No.3 shall then spring back to "Attention" simultaneously, No.2 bringing his left foot back to the right.



16. If in attempting to draw the line it is determined the line has been tied to the wrong D of the belt, the Sectional Referee shall be notified. Once the Sectional Referee confirms the error, the team shall be deducted 5 points and be given the opportunity to re-attach the line correctly to the belt. The re-tying of the line can be undertaken by a team member or with outside assistance. Once re-tied, the beltman shall place the belt on the sand, neck strap extended and loop formed ready for use. No.3 shall also take any action necessary to control the reel in order to assist the beltman place the belt in position. Once placed both No.2 and No.3 shall then come to attention and the team shall proceed to take up beach positions as provided for in paragraph 17.
17. Nos.2, 3, 4 and 5 shall then run down the beach to a position on the seaward side of the wheeling pegs and halt, with the teams "covering" the reel, no more than 300mm apart, in an upright position facing the water. (The reelman is permitted to step around from behind the reel right foot first and the beltman may move off either foot). Nos.2, 3, 4 and 5 need not be centred on the reel nor does the spacing between them need to be uniform.



18. At the same time No.6 shall allow Nos.4 and 5 to move away and then pick up the rescue tube with his right hand and run to a position in line with and approximately 1m to the left of No.5. No.6 shall then don the belt part of the rescue tube over either shoulder and hold the rescue tube in either hand. After taking up their positions, No.6 may raise one arm and then don swimming goggles if necessary. Once in place No.6 shall resume his position of attention. Team members required to swim may secure their goggles around the neck, on their head or in their swimming costumes during the previous sections of the drill.
19. On the command "R&R Teams - Rescuer Go", No.6 (the rescue tube operator or "rescuer") shall run down the beach enter the water and swim out to the specified buoy.
20. On arrival at the buoy, No.6 shall place his forearm over the top of the buoy and he shall then signal by raising his other arm vertically to its full extent and this signal shall determine the arrival at the buoy. The swim time shall be from "R&R Teams - Rescuer Go" until this signal is given.
21. No.6 shall then move to the seaward side of the buoys, secure No.1 in the rescue tube and then place No.1's head in a position of backward tilt, close off No.1's mouth and deliver two (2) breaths of Rescue Breathing using the mouth to nose method. (This procedure shall be observed by the judge in the boat and failure to attempt this procedure shall be reported by the judge in the boat).
22. In the event of No.6 exceeding the swimming time as provided for in clause B-6, the team shall be disqualified. Where No.6 exceeds the time limit, the Sectional Referee shall relay the information to the Judge in Boat who shall inform the No.6 on that buoy or swimming to that buoy



"Judges – Change" – at an appropriate interval after the command "R&R Teams - Rescuer Go".

	6 Person Second Section Error Schedule	Points
A	Line tied to incorrect D of belt.	5
1.	Incorrect method of arriving at each individual position by team.	1
2.	No. 3 not centre of the drum	1
3.	Wrong position after command "R&R Teams – Positions"	2
4.	Incorrect method of march out and or hand over and/or receiving of belt by Nos.2 and 3	1
5.	Incorrect march out and halt by No. 2	1
6.	Incorrect laying of belt including control of reel by No.3.	1
7.	Failure of Nos.2, 3, 4, 5 or 6 to take up positions correctly.	1
8.	Talking	1

THIRD SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. † During the changing of Judges, the teams will turn and take up the position of "Team Ready" as shown with their front (right) foot on the seaward side of the wheeling pegs, left foot back, hands on respective legs above the knees looking towards the reel. The team need not be in a uniform position. After taking up their positions, No.2 may raise one arm and then don swimming goggles if necessary. Once in place No.2 shall resume his "Team Ready" position. Team members required to swim may secure their goggles around the neck, on their head or in their swimming costumes during the previous sections of the drill.
2. † On the command "R&R Teams - Beltman Go" the team shall run to their respective positions.
Note: It is preferred that No.1 reaches his buoy prior to the arrival of No.6 who should also reach the buoy prior to the arrival of No.2 but should No.6 arrive before No.1, No.6 is not permitted to signal until No.1 has arrived. Similarly, No.2 is not permitted to signal until No.6 has arrived.
3. † No.3 (the reelman) shall run to the reel and control the drum by utilising the brake with his right hand (thumb on the brake or over the brake) and using his left hand on the flange of the drum. No.3 must keep the linemen under observation and maintain control of the brake to prevent over running of the reel and to ensure the line does not foul. He may intermittently observe the reel to ensure that the line is under control.
4. Nos.4 and 5, moving independently, shall run to the line between the belt and the reel and take control of the line with their right hands.
5. No.2, moving independently, shall run to and don the belt and run down the beach and enter the water.
6. † Nos.4 and 5, without delay, and moving independently, shall run behind No.2 and maintaining control of the line in their right hand. Nos.2, 4 and 5 shall not look behind whilst running down the beach.
7. † No.2 shall enter the water at his discretion providing there is no interference to other teams in the event. If necessary, he shall step over (and not under) other lines.
8. † Spacing and covering by Nos.4 and 5 should be regulated during the run down the beach so as Nos.4 and 5 when halted should be five to seven paces apart in line with the reel and individually (i.e. within the line of the handles). No.5 shall be deemed to be in line unless daylight can be seen between the heads of Nos. 4 and 5 when standing directly behind the reel. The linemen may halt independently and when halted No.4's position shall enable him to observe any signal from Nos.2 and 6 and is therefore regulated by the nature of the beach and the state of the surf. No.4 shall observe No.2 at all times. After halting No.5 shall observe No.4 and/or No.2 and is permitted to adjust his position (if necessary) prior to the beltman commencing to swim so that he shall be in line with No.4 and the reel and five to seven paces behind No.4.
Note: Except for No.5 adjusting his position after coming to a halt, all above movements are continuous and must be carried out on the run.
9. On arriving at their positions Nos.4 and 5, disregarding timing, shall assume the position of pay-out and commence paying out with their right hands. The linemen may pay-out with short, fast, jerky movements and disregard timing, until the beltman has commenced swimming.
10. † The line is paid out as follows:
 The line is held in the left hand which is closed as in a fist, with the line running through that hand which is held stationery on top of and in the centre of the head, with the fingers resting on the head. The line is grasped immediately in front of the left hand by the right hand which is closed as in a fist. The elbows shall be square with the body at the commencement and completion of the payout movement and the right hand shall hold the line with a closed fist at the commencement of the movement. The line must be held by at least one hand at all times.
11. † The right hand shall move from the head horizontally in the direction of the payout to the full extent of the right arm, finishing the forward movement with the fingers extended and together pointing in the direction of the payout. The thumb may be used to retain the line but must remain close to and generally parallel with the fingers. With the exception of the arms and turning the head if necessary to observe No.2, the position of "Attention" should be maintained. However, during the pay-out, individual linemen may have their feet up to 150mm apart. No.5 shall observe No.4 and/or No.2.
Note: Judging of the positions and payout procedure to commence after No.2 commences to swim.
12. "Dummy" pay-outs (i.e. going through the actions of paying out without releasing any line) by No.4 are unnecessary. If the beltman requires no line, the linemen shall cease paying out and remain at the position as shown. To cease the pay-out, No.5 shall be allowed one extra movement after No.4 has ceased paying out. To recommence the pay-out, No.4 shall start moving his right arm forward and No.5 takes up the timing on the second movement of No.4's arm.
13. † No.4 may incline left or right according to the sweep of the line, turning to the front after the completion of the pay-out and the hands are at the side.
14. † In the event of the supply of line becoming exhausted, No.3 shall run down the beach and inform Nos.4 and 5 and return immediately to control the reel.

15. † Nos.4 and 5 shall obtain another reel and bring it into position, i.e. immediately in front of and in line with the original reel. It shall be permissible for the belt to be removed from the second reel, before this is brought into the competition arena.
16. No.4 shall return to his position and carry out the duty of first lineman whilst Nos.3 and 5 shall join the lines, using a fisherman's knot.
17. † No.5 shall then remove the original reel behind the team's beach position, and resume his position on the line (or beach, as applicable) after giving the command "Pay-out", if necessary.
18. During the obtaining of a new reel it shall be the duty of No.3 to continually observe No.2.
19. In providing a new reel, all drill movements shall be carried out on the run.
20. † No.5 at his own discretion may move from his position on the line during the pay-out to observe No.2. All movements by No.5 shall be on the run.

Note: No.5 shall not leave the competition arena or receive outside assistance.

21. † No.5 may enter the water to clear seaweed from the line, etc. He may advise the team of No.2's arrival at the buoy, by moving to a position in front of No.4's beach position and signalling with his right arm raised in a vertical position. No.5 shall move to resume his position on the line when No.4 has assumed the position of attention after ceasing pay-out.
22. † No.2 shall swim to his allotted buoy and shall place his forearm (either arm) over the top of the buoy. He shall then signal his arrival by raising his other arm vertically to its full extent. No. 1 and No.6 shall remain clear of and to the seaward side of the buoy.
23. After all beltmen have reached the buoys and signalled, No.6 shall transfer No. 1 over the buoy ropes to No.2. No.6 shall then proceed over the ropes to the shore side of the buoys, unclip the rescue tube and remove it from around No. 1.
24. No.2 will have secured No. 1 by placing his left arm under No. 1's left armpit and grasping No. 1's left wrist. Then passing the right arm under No. 1's other armpit, No.2 shall grasp No. 1's chin and move the head backward to obtain head tilt for the purpose of improving the airway. Where practicable during the haul-in, the backward head tilt shall always be attempted. When No.2 has to lift No.1 over broken waves, it may be more practical to alter his grip to the shoulder grip position.
25. † Nos.4 and 5, on receiving the signal from No.2, shall, taking their time from No.4:
 - a) Cease paying out by bringing the two hands together on top of their heads;
 - b) Bring the line quickly to their right sides by the shortest route;
 - c) Change the grip of the hand on the line side of the body from palm out to palm in;
 - d) Assume the position of "Attention", holding the line;
 - e) Turn right or left to face the front if necessary.



Note: If necessary to come to attention, members may step out of any hole which may have formed

26. After the linemen have come to attention, No.3 shall rise to the position of attention and continue to observe the linemen and the reel intermittently.
27. Where sea conditions obscure observation by the linemen, the Sectional Referee, at his discretion, may instruct the Judge in the boat to signal the arrival of each Nos.6 and 2 at the buoys.
28. In the event of No.2 exceeding the swimming time as provided for in clause B-6, the team shall be disqualified. Where No.2 exceeds the time limit, the Sectional Referee shall relay the information to the Judge in Boat who shall inform the No.2 on that buoy or swimming to that buoy.
29. † While awaiting the command "Proceed" from the Starter, Nos.4 and 5 shall stand fast at attention with the line held in one hand. No.3 shall not wind in slack line, and shall stand at attention during this period, provided that should the line unwind from the reel he shall be permitted to take preventative action.

"Judges – Change"

Note: During the changing of judges, it is permissible for Nos.4 and 5 to step out of any hole that may have been created while waiting for the command "Judges Change".

	6 Person Third Section Error Schedule	Points
A	No.6 not attempting to deliver 2 simulated breaths of Rescue Breathing at the buoy.	5
1.	Failure of members to take up "Team Ready" position correctly.	1
2.	No.2 or linemen looking behind during run down.	1
3.	Failure of members to take up allotted team position.	2
4.	Beltman going under lines of other teams.	1
5.	Failure of members to keep control of the line (each occasion).	1
6.	Incorrect control of reel by No.3 and/or failure to observe lineman or reel	1
7.	Line fouling and impeding No.2.	2
8.	Failure of linemen to achieve the correct beach position for payout.	1
9.	Failure of Nos.2, 4 and 5 to carry out procedures on the run.	1
10.	Incorrect spacing of linemen during payout (below 5 paces or above 7 paces).	1
11.	Incorrect method of pay out, including hand positions, timing and movement of the arms (each person).	1
12.	Failure of No.4 to observe No.2 or No.6.	2
13.	Failure of No.5 to observe No.4 and/or No.2.	1
14.	Team failing to act correctly when line runs out.	2
15.	Failure of No.3 to observe No.2 while new reel being obtained.	2
16.	Failure of No.6 and or No.2 to touch buoy correctly (to be taken ONLY after confirmation from the judge in boat (each person))	2
17.	Failure of linemen to cease pay out correctly.	1
18.	Failure of No.3 to intermittently observe linesmen and reel after cease payout.	1
19.	Talking other than as required in the event the line runs out	1

FOURTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

This section is recorded under various headings, as there are distinct areas of identifiable movements e.g. haul-In; pick-up and carry, etc.

Note: After all beltmen have reached the buoys, signalled, secured their patients and judges have changed, the Starter shall give the command “R&R Teams - Proceed”. From this time until the beltman and patient are hauled into waist depth water, the rescue tube operator shall swim, or endeavour to remain, in close proximity to the beltman and patient.

Note: If the Judges observe the assistance required signal by either the patient, rescuer or beltman, the Sectional Referee shall be notified immediately.

The Haul-In

1. † On the command “R&R Teams - Proceed”, No.4 (first lineman and ECC Operator) and No.5 (second lineman and Rescue Breathing operator) shall advance their left hands forward, adopt a comfortable uniform posture and stance, and commence to haul-in. Nos.4 and 5 during the haul-in, shall constantly keep No.1 (the patient) and No.2 (the beltman) under observation.
2. † Also, on the command “R&R Teams - Proceed”, No.3 shall step across with his right foot and place it outside the reel in a comfortable position. Grasping the reel handle with his right hand, he shall engage with the dogs on the axle, and commence to wind in the line, guiding it on to the drum with his left hand. No.3 may, when necessary, place his left foot on the bottom spreader bar of the reel or his knee on top spreader bar, to steady it during the haul-in. No.3 must observe the linemen but may look at the reel intermittently.
3. During the haul-in it shall be permissible for Nos.4 and 5 to allow the hands to slip along the line to maintain timing. A bent or straight arm action is permitted provided uniformity is maintained in both timing and technique.
4. † Great care should be exercised that Nos.1 and 2 are not drawn through breaking waves, which are liable to break over them. No.4 shall, if necessary, signal “Cease Hauling–” by extending his left arm, palm facing seawards, at right angles to the body. On observing the signal No.5 shall bring his hands together, fists clenched by his right side and remain in this position until No.4 resumes the haul in.
5. No.4, by taking his left hand to the line in a circular movement and at the same time No.5, by sliding his left hand along the line to the full extent of their arms shall resume the haul-in. It is not necessary for Nos.4 and 5 to cease hauling for unbroken waves over which No.2 can lift No.1.
6. Should the current sweep the line to an angle that affects No.4’s natural haul in position, Nos.4 and 5 may haul-in taking side paces in the direction the line has taken, taking the time from No.4 and maintaining as far as possible a direct line between the reel and No.4, with No.5 adjusting the length of his side paces to suit. At the conclusion of any side paces unless daylight can be seen between the heads of Nos.4 and 5 the linesmen shall be considered to have achieved a direct line to the reel.
7. † When moving across, Nos.4 and 5 shall move the left leg with the left arm and the right leg with the right arm. If necessary, Nos.4 and 5 may move independently to keep the line straight. If it becomes necessary for No.4 to move sideways, No.5 may move off immediately in step with him or, he may allow him to take one complete pace before stepping off. Nos.4 and 5 may halt together or independently as necessary.
8. As the linesmen move sideways the reelman may adjust the reel so that it remains facing the linesman. The reelman may be permitted to let go the handle and/or the line in order to move the reel.
9. No.5 may at any time leave the line to remove objects fouling the line or to assist generally in the observation of Nos.1 and 2 but there is no obligation to do so. No.5 shall leave the line at any time to prevent their team’s line from interfering with another team. While holding the line off another team No.5 may be permitted to haul in in any fashion with no requirement to be in time with No.4. No.5 shall return to his normal duties in the event he is no longer required to hold the line off another team to avoid interference

Note: No.5 shall not leave the competition arena or receive outside assistance

10. When No.2 is in a position to do so (i.e. between waist and knee depth of water at mean water level) he shall give the signal “Cease Hauling – Prepare for Patient Pick Up” with his left arm. In determining his correct position for pick-up, No.2 shall be permitted to turn his head to view the shore. No.6 shall remain with Nos.1 and 2, observing both and be ready to offer assistance if required. During this time it will not be necessary for No.6 to be at attention.

Note: Prior to arriving at the position where the signal is given by the beltman, the patient shall remain in the water and not walk backwards with the beltman.

11. No.2 shall then lay No.1 in the water and place No.1’s head in a position of backward tilt above the water by placing his left hand on the back of No.1’s head and taking the pistol grip with his right hand on No.1’s chin. No.2 shall then proceed to give No.1 two simulated breaths of mouth to nose Rescue Breathing in approximately 4 seconds by blowing down the side of No.1’s left cheek without turning his head. No.2 shall have his eyes looking towards No.1’s chest to observe, to the best of his ability, the rise and fall of No.1’s chest or abdomen. During the breaths the patient’s mouth shall be closed. No.2 shall then secure No.1 with a shoulder grip in an upright position and await the arrival of the carrying party.

12. During this time No.2 shall also grasp No.1's chin with his right hand in a pistol grip and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable the backward head tilt shall be maintained up until the patient pick up commences.

Note: In circumstances where gutters or long flat beaches exist, it is recommended that the Sectional Referee shall notify all teams and judges prior to the commencement of the competition of a common procedure to be taken by teams when the "Cease Hauling - Prepare for Patient Pick Up" signal is given.

Line Fouling

13. If the line becomes fouled, whilst No.2 is in deep water, No.2 shall release himself from the belt and give the "Assistance Required" signal. This is signalled by No. 2 waving their arm to and fro above the head. On receipt of this signal, the linemen shall cease hauling and No.6 shall immediately go to the aid of No.2.

Note: If the assistance required signal is given at any time by Nos. 1 or 2 the duty boat should also go to the immediate area and assist if necessary.

14. On reaching No.2, No.6 shall clip the rescue tube around No.1 and assist No.2 to bring No.1 towards the shore. After No.6 has provided assistance to No.2, the linemen shall recommence the haul-in.
15. When the pick-up position is reached, No.6 shall unclip the rescue tube from No.1 and at the same time, No.2 assumes sole control of No.1 and shall continue to carry out his duties as detailed in "The Pick-up and Carry" section.
16. No.6 shall remain with Nos.1 and 2, observing both and be ready to offer assistance if required.
17. If the line becomes fouled during the haul-in at any time other than in deep water, No.2 shall release himself from the belt, give the "Assistance Required" signal and continue to carry out his duties as detailed in "The Pick-up and Carry" section.
18. To retrieve the belt in either case, No.2 shall, after the carrying party has halted and No.5 has taken control of No.1's head, run to the water's edge. He will then pick up the belt, wash it, if necessary, re-assemble it and march back to the reel carrying the belt in his right hand (palm up in the middle of the belt) and halt between the front handles. (If necessary, No.3 shall straighten the reel prior to No.2 arriving at the reel). He shall then hand the belt over to No.3 in the manner described in paragraphs 54(a) and (b).
19. Under either of these circumstances Nos.4 and 5 shall haul-in the line until the belt has reached the water's edge or the "Cease Hauling - Prepare for Patient Pick Up" signal is given. If the belt reaches the water's edge before the cease hauling-prepare for patient pick up signal is given, Nos.4, 5 and 3 shall run to a position on the water's edge approximately in line with the anticipated pick up position and await the signal.

Note: In the event of a line being fouled in such a way that it cannot be freed by the above procedures (within a period of 2 minutes (or a longer period advised by the Sectional Referee) after the last patient has been placed on his back), the team shall be advised to continue with the procedures to the extent of the capabilities of the equipment. At the completion of the event a decision shall be taken by the Sectional Referee in consultation with all the judges as to what penalty shall apply or if the event shall be re-run.

The Pick-Up and Carry

22. When No.2 has given the "Cease Hauling - Resuscitation in Water" signal, Nos.4 and 5 shall immediately drop the line without completing the current movement; No.3 shall apply the brake and run to the pick-up position.
23. † Nos.3 and 4 shall then proceed to the left hand side of No.2, and No.5 to the right hand side of No.2 to assist with the pick-up. No.6 shall, if necessary, move to the same side of the carrying party as Nos.2 and 5, opposite No.3 and far enough away so as not to interfere with the pick-up of the patient. No.6 shall face towards the shore, with the rescue tube in his right hand, maintaining observation of the patient. As far as possible No.6 shall maintain a position approximate to attention.

Note: To assist in providing a guide to the movements all subsequent plates have been taken on dry land.

24. † When Nos.3, 4 and 5 (the carrying party) have reached Nos.1 and 2, No.2 shall release his grip of No.1's left shoulder with his left arm moving the arm to a straight position, resting against his left thigh. Then taking a pace to the right rear with his left foot, shall make a half left turn fully supporting No.1 with his right arm and hip to allow No.4 to take over his grip on No.1's left shoulder and supporting the patient his left hip.
25. † No.4 shall step in behind No.1 and complete his grip by placing his right arm under No.1's right shoulder, taking over full support of No.1. At the same time, No.2 shall release his grip on No.1's right shoulder and chin and come to the front by bringing his right foot back to his left, adjusting the angle of his left foot to retain body balance and to bring it to the "Attention" position alongside the right foot. He shall then take a side pace to his right where he shall be facing the carrying party in a position where he can observe No.1 and assist in case of emergency. No.2 shall then discard the belt by pulling the pin and shrugging the belt from his body.
26. † No.4, maintaining his grip on No.1's shoulder, shall make a right turn and turn No.1's face downwards. No.4 shall release his left arm grip on No.1 before the turn is completed to allow No.5 to secure No.1 by placing his left arm under No.1's left shoulder, keeping his (No.5) elbow close to No.1's side.
27. † After No.4 releases his left arm grip, he shall stoop down by relaxing his knees, and place his left hand, palm down, on No.5's right shoulder. At the same time, No.5 shall stoop down by relaxing his knees and place his right hand, palm down, on No.4's left shoulder and they shall take a shoulder grip on each other.

Note: The shoulder grip taken by Nos.4 and 5 under No.1 is as shown, either arm on top.

28. † No.3, placing his right arm across No.1's right shin, shall grasp No.1's left ankle with his right hand from the front and No.1's right ankle with his left hand from the rear. In lifting No.1's legs on to his left shoulder, No.3 shall support No.1's legs just below the knees with his right arm.
29. † When No.1's legs are placed on his left shoulder, No.3 shall place his left hand above No.1's left knee and his right hand above the right knee, thumbs in, fingers together at any angle, elbows as close as possible to his side thereby securing No.1. No.5 shall then support No.1's head and achieve backward head tilt by cupping his left hand under the chin.
30. No.2, whilst continuing to observe No.1, shall left about turn, and then take over the support of No.1's head to maintain the airway. No.2 shall support No.1's head by cupping his right hand along No.1's forehead and fingers together with the thumb across the bridge of the nose. No.5 shall then resume the shoulder grip on No.1.
31. Team members may assist each other during the pick up if the patient is deemed to be in danger or if team members are likely to be injured by prevailing conditions.

Note: During the pickup and the march out of the water, the team members are permitted to speak with one another but only to ensure the pickup and carry are undertaken safely. No talking is allowed after the team leaves the water

32. On the command "Club or team name - Quick March", given by No.2, Nos.2, 5 and 6 shall step off with the left foot, and Nos.4 and 3 with the right. No.2 shall continue to observe No.1's head and keep it supported until the carrying party has halted, and No.5 has taken over support of No.1's head. During the march up the beach by the carrying party, No.6 shall continue to observe the carrying party.



Placing of the Patient

33. † After leaving the water, the carrying party, including No.6, shall accelerate its rate of march and shall proceed by the quickest practical possible route to a position approximately opposite and in front of the team's reel, right wheel, and halt as soon as possible. When the carrying party undertakes the right wheel, No.6 shall also right wheel and come to a halt with the carrying party. No.6 shall remain at attention holding the rescue tube and continue to observe the patient until No.5 declares "Fluids and solid material present". He shall then run back to a position beside the reel, discard the tube, wind it up and place in the sand. No.6 shall then take up his position on the side of the reel and await the command "lift reel". No.6 shall be on the left hand side of the reel when looking out to sea and in line with the centre of the drum. No.6 shall position himself so that on the march off, he is approximately 100mm outside the arm swing of the carrying party.

Note: Should it be necessary for No.3 to straighten the reel, No.6 is permitted to adjust both his and the tube's position in relation to the reel.

Note: The Sectional Referee may alter the position for placing the No.1 should beach conditions or beach set up circumstances warrant

34. † No.3 shall give the command "Club or Team Name – Halt". No.1's body should now be in a position parallel to the water's edge approximately opposite the team's beach position.
35. † When the team "Halts" No.3 shall:
 - a) Whilst maintaining his grip on No.1's right leg with his hand, slide his left hand and arm over both legs of No.1.
 - b) Slide his right hand alongside No.1's right leg and grasp No.1's right shin just above the ankle.
 - c) Go down on his left knee maintaining a firm grip with his left hand just below the knee, and his right hand at No.1's right shin.
 - d) Allow No.1's legs to slide off his (No.3) left shoulder (under the control of his arms), hands near No.1's knee (left hand) and at No.1's shin (right hand).
 - e) Place No.1's legs on the sand, straighten the legs and then whilst remaining on his left knee and right foot, change the grip on the legs and move to a position at the end of No.1's feet and assist to control No.1 by grasping the ankles with his hands in a thumbs in position.
36. † After the carrying party halts, No.5 shall take over support of No.1's head from No.2 with his left hand cupped under the chin and this support shall be maintained until backward head tilt is attained by No.5 using head and pistol grip – refer to paragraph 38). No.2 shall run to the water's edge and retrieve the belt. In the event the patient is laid on a team's line, No.2 shall remain with the carrying party until Nos.4 and 5 have completed their assessments and the patient is on his back. He shall then proceed to remove the line from under the patient to allow the return of the belt to the reel. Once the line is removed, No.2 shall then proceed to run to the water's edge to retrieve the belt.

Note: If the team halts with the line positioned under the patient or a team member, any team member can take reasonable action at any time to assist in removing the rope provided it does not result in careless handling of the patient.

37. † The carrying party shall then lower No. 1, Nos.4 and 5 going down on their inside knees, and No.3 on his left knee. In lowering No. 1, members of the carrying party shall take a short pace backwards. After the carrying party have placed their respective knees on the sand Nos.4 and 5 may at any time break their shoulder grip and slide their hands down the other's arm to take a forearm grip at the elbows.
 38. † The carrying party shall continue to lower the patient to the sand while at the same time releasing the forearm grip. No.5 shall then lower his other knee to attain a kneeling position. No.5 shall then support No. 1's jaw with a right handed pistol grip. No.5 shall slide the left arm away from No. 1's shoulder and then place his left hand on top of No.1's head, applying backward head tilt with jaw support in a position so that No. 1's mouth is open and turned slightly downwards towards the sand. It may be necessary for No.5 to shuffle on his knees to attain this defined position.
- Note:** When the patient is placed on the sand the grips of Nos.4 and 5 can be anywhere between the elbows and wrists
39. † No.4 shall, with his left hand, and without delay, grasp No. 1's right wrist and bring No. 1's arm to his side, rotating his hand around No. 1's wrist.
 40. No.4 shall then change his left hand grip to palm down hold, and change his right hand grip to a shoulder grip, palm down to control No.1 Then without delay No.4 shall lower the other knee to the sand. With No.5 maintaining control of the patient's head, Nos. 4, 5 and 3 shall proceed to roll the patient onto his back maintaining their respective hand positions. Nos.3, 4, and 5 may shuffle on their knees to maintain their positions.
 41. When the patient is on his back, No.5 shall look into the patient's mouth for no less than 5 seconds and declare "fluids and solid material present". Immediately following the declaration by No.5, Nos.3, 4 and 5 shall roll the patient back onto his left side, maintaining hand positions and shuffling if necessary to maintain their positions.
 42. †When No. 1 is on his side No.4 shall then look into No. 1's mouth for no less than 5 seconds while simulating the cleaning of the mouth of mucus or foreign matter with two fingers of his right hand. No.4 shall then declare "Airway Clear".

Note: Action is simulated using a scooping motion with 2 fingers towards the sand palm down. No less than 3 simulated scoops should be used and fingers are not to enter mouth.

43. † No.4 shall then return to an upright position and place his right hand, palm down, on No. 1's shoulder.
44. † No.5, maintaining backward head tilt may adjust his position that that will enable him to bend down over No. 1's head. Far enough to position No.5's left ear close to No. 1's mouth and nose to assess No. 1's condition by listening and observing for normal breathing. No.4 shall also observe No. 1's chest. No.5, after listening and observing for a period not less than 5 seconds shall then declare "Normal Breathing Absent".
45. After No. 1 has been checked for breathing, No.5, maintaining backward head tilt on No. 1, shall, if necessary, resume a kneeling position and bend over No. 1's head.
46. † No.4 shall then roll No. 1 onto his back in a face upward position. No.4 shall then extend No. 1's left arm at right angles to his body. No.5, maintaining backward head tilt, will shuffle back on his knees.
47. No.3 shall straighten No. 1's legs by grasping No. 1's ankles with his hands in a thumbs-in position.
48. After No.4 has extended No. 1's left arm No.3 shall then stand and without coming to attention and commencing on either foot, run to the reel, release the brake, take up the haul in position and await the return of the belt by No.2.
49. †After No. 1 has been placed in a face upwards position, No.5 shall maintain a clear airway by leaving No. 1's head in a backward head tilt position. No.4 shall release his grip on the patient's head and together with No 5 shall kneel at attention or at ease, observing No.1 and awaiting the command "R&R Teams - Operators Ready". While waiting for the command Nos.4 and 5 may alternate between the attention and at ease positions and may move independently of each other

Note: Before the competition commences the Sectional Referee shall determine the time limit relative to the variation allowable between teams completing the haul-in and laying of the patient, i.e. 1 minute or 2 minutes. The timing shall be taken from when the patient is placed on their back a second time.

Note: At all times during the lay and assessment of the patient, teams should avoid careless handling of the patient.

Handing Over the Belt

50. When No.2 runs to the water's edge to retrieve the belt. No.2 shall wash the belt if necessary and assemble the belt. While No.2 assembles the belt No.3 may wind in any excess line and straighten the reel if necessary.
 51. No.2 shall then march directly to the reel carrying the belt on his right hand (palm up in the middle of the belt with the elbow tight to the side & forearm approximately horizontal and carried straight in front of the elbow) and halt between the front handles. No.3 shall wind in the line to keep it clear of No.2. When returning to the reel No. 2 shall grip the neck strap on top of the belt with his thumb. If the line is fouled in anyway, No.2 may assist No.3 to untangle or clear the line and after doing so, guide the line onto the reel and then take up a position with the belt in his right hand. No.2 shall then
- (a) By raising and extending his right hand grasp the fixed "D" and the canvas of the belt (i.e. where the line is tied) with his left hand;

- (b) By raising and extending his left hand above his head, arm to the full extent, grasps the lower "D" with his right hand and then move his hands and the belt towards No.3. In grasping the lower "D", No.2's fingers shall be together, thumb opposed and across the "D".
- 52. No.3 shall extend his left hand to the full extent and grasp the fixed "D" and the canvas of the belt with his left hand. He shall then wind the line onto the reel by turning the drum with his right hand on the flange. After No.3 has grasped the belt No.2 shall release his grip on the belt and come to attention. Prior to coming to attention No.2 may assist No.3 by guiding the belt onto the reel with his right hand.
- 53. No.3 shall then place the belt securely on the centre of the drum of the reel and fold the neck strap approximately along the centre line of the belt. With his left hand on the flange of the drum (fingers together), the brake shall then be fastened with his right hand.
- 54. After fastening the brake Nos.2 and 3 shall grip the spreader bars and re-position the reel so that the handles are clear of the sand.
- 55. When the reel has been cleared of the sand, Nos.2 and 3 shall take up their correct reel positions. (It is permitted for No.3 to move his right foot first in this movement) No.2 shall position himself so that his ankles are in line with the front bows of the reel. Distance from the reel shall be at the discretion of No.2. No.3 shall position himself so his ankles are in line with the end of the rear handle.
- 56. At the conclusion of the return of equipment and adjustment of the reel, both reel and rescue equipment must be available for immediate re-use

"Judges – Change"

	6 Person Fourth Section Error Schedule	Points
A	Failure of No.2 to give Cease Hauling – Prepare for Patient Pick Up signal.	5
B	No.2 failing to attempt 2 breaths of Rescue Breathing.	5
C	Failure No.5 to attempt to assess patient for fluids and solid material in mouth.	5
D	No.4 failing to attempt to inspect and clean mouth.	5
E	Failure to attempt to maintain an open airway after securing the No.1 until assessment is completed.	5
F	Failure of No. 5 to attempt to assess breathing.	5
1.	Failure to obtain and maintain backward head tilt	2
2.	Failure of linemen to observe the No.2 and No.1 (each person).	2
3.	No.3 failing to keep his linemen or reel under observation during haul-in.	1
4.	Linemen not in time, uniform or failing to keep control of line during haul-in.	1
5.	Failure of No.5 to prevent his team line from interfering with another team	2
6.	Failure of No.5 to return to his normal haul in position when he is no longer required to prevent his team line from interfering with another team	1
7.	Incorrect method of temporary cease hauling	1
8.	Failure of linemen to give proper care to No.1 and No.2 during the haul-in and pick up (each occasion).	1
9.	No.2 failing to signal assistance required.	2
10.	Incorrect method/use of side pace procedure.	1
11.	Linemen failing to act correctly on receiving assistance required signal.	2
12.	Patient walking	2
13.	No.2 utilising incorrect patient grip	1
14.	Incorrect depth for signal and/or pick up.	1
15.	No.2 failing to carry out Rescue Breathing correctly.	2
16.	No.6 fail to observe No.2 and No.1 pending arrival of carry party.	1
17.	No.3 failing to apply the brake before leaving the reel	1
18.	Incorrect method of pick up.	1
19.	Incorrect method of No.1 carry and halt, including marching and observation of carrying party by No.6.	1
20.	Incorrect method of laying No.1 including rolling patient on back to inspect for fluids and solid material.	1
21.	incorrect method of assessing patient condition	2
22.	No.5 not declare “Fluids and Solid Material Present”	1
23.	Incorrect roll of patient onto side following inspection for fluids and solid material.	1
24.	Incorrect method of inspecting and cleaning mouth.	2
25.	No.4 not declaring “Airway Clear”.	1
26.	Incorrect method of assessing breathing.	2
27.	No.5 not declaring “Normal Breathing Absent”	1
28.	Carry out rescue breathing before clearing the airway	2
29.	Incorrect method of laying No.1 on back.	1
30.	Incorrect return to reel by No.3 after patient lay.	1
31.	Team unable to lay No.1 on back within time limit.	1
32.	Fail to leave patient’s head in backwards tilt and or fail to observe patient.	2
33.	Incorrect method of returning rescue equipment (separate deduction for each piece of equipment).	1
34.	Incorrect arrival at reel positions by Nos.2, 3 or 6.	1
35.	Rescue equipment not ready for immediate use	2
36.	Careless handling of No.1 at any time	1
37.	Talking other than as allowed in the pick up	1

FIFTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. The Starter announces: "R&R Teams - The Patients Are Not Breathing."
2. "R&R Teams - Operators" – on this command Nos.4 and 5 shall remain or kneel at attention and observing No.1.
3. † "R&R Teams - Ready" – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward, and shall place the palm of his left hand across the top of No.1's head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1's mouth slightly open. All fingers must be kept clear of No.1's throat. (This right hand grip is known as the pistol grip).
4. No.5, using both hands, shall then ensure that No.1's head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1's nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin about 25mm above No.1's mouth and await the command to commence resuscitation. No.5 may rest his left forearm on the sand to maintain his balance if necessary.
Note: Nos.4 and 5 may move their knees to achieve a comfortable position at any time prior to the command "commence".
5. At the same time, No.4 (ECC operator), looking down shall immediately take up a position for ECC by positioning the heel of his right hand on the centre of No.1's sternum between the nipples, fingers together, pointing straight across the chest, and not resting on No.1's chest
6. † No.4 shall then position the heel of his right hand on No.1's sternum at the centre of the chest, fingers together, pointing straight across the chest, and not resting on No.1's chest.
 No.4 shall then grip his right wrist with the left hand and assume a position for ECC. No.4 may move his knees and body to enable the left arm to apply vertical pressure to No.1's sternum. Both arms may be slightly bent at the elbows.
7. On the command "Commence", No.5 shall pinch No.1's nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1's mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.
8. No.5 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen.
9. After delivering the first breath No.5 shall relax pressure on No.1's nostrils and turn his ear briefly towards No.1's mouth to listen for and feel the air leaving the patient and to observe the patient's chest or abdomen.
 After delivering the second of the two breaths No.5 relax the pressure on No.1's nostrils and turn his head towards No.1's chest and place his ear about 25mm above No.1's mouth to listen for and feel the air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1's chest or abdomen and the actions of No.4.
Note: Other than checking that No.5's head turns between the first and second breaths there is no requirement to adopt the ear position described until after the second breath has been delivered. Further, there shall be no judging of No.5's head position in relation to No.1's mouth for the delivery of the second breath.
Note: Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1's head above the water. No.4 and No.5 should not interrupt their cycle should this procedure be necessary. Should it be necessary for No.5 to lift No.1's head clear of the water no deduction relating to incorrect rescue breathing shall be taken. Similarly if No.4 is required to stop ECC because of the amount of water over No.1 there shall be no deduction.
10. Immediately after the delivery of the second breath of the first cycle by No.5, No.4 shall then commence the simulated delivery of 30 compressions counting aloud commencing with "1" then "5, 10, 15, 20, 25, 30" over an approximate 20 second period in an endeavour to achieve a consistent minimum rate of five (5) cycles over a 2-minute period synchronised with No.5 (Rescue Breathing Operator).
Note 1: Other than checking that No.5's head turns between the first and second breaths there is no requirement to adopt the ear position described until after the second breath has been delivered. Further, there shall be no judging of No.5's head position in relation to No.1's mouth for the delivery of the second breath
Note 2: One complete CPR cycle is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.
11. After No.4 has delivered the 20th compression count No.5 shall turn his head back towards No.1's mouth and await the 30th count before delivering the second cycle of Rescue Breathing.
12. No.4 shall wait until the two inflations of the next cycle are delivered before commencing the next count of 30 and so on.
13. The CPR operation shall be timed for a period of two (2) minutes by the Starter and shall then declare: "R&R Teams - Operators Halt".

14. Upon receiving this command No.4 shall cease ECC and shall kneel at attention, observe No.1 and await the declaration by No.5. No.5 shall cease Rescue Breathing and then observing No.1's chest for no less than 5 seconds No.5 shall declare "Normal Breathing Present". No.5 shall then alter his support of No.1's head by placing his left hand on top of No.1's head and leaving the right hand on No.1's chin maintaining the pistol grip and coming to a position over the patient's head to allow continued observation of the patient during the lateral position procedure.
15. After the "Normal Breathing Present" declaration by No.5, No.4 shall proceed to place No.1 in the lateral position. He may then move or shuffle down so that he puts his left hand under No.1's right knee and raises the leg so that the knee is in the air.
16. While maintaining contact with the patient's knee at all times, fingers and thumb together, No.4 shall then change the grip of his left hand from under the knee to on top of the knee. No.1 shall then place No.1's right forearm across No.1's chest using a thumb in or thumb out grip on no.1's right wrist.
17. No.4 shall then place his right hand on No.1's shoulder and with his left hand on No.1's right knee roll No.1 on to his side, rotating the left hand around the patient's knee to a palm up position, fingers and thumb together at all times.
18. With his left hand, No.4 shall grasp No.1's right ankle and adjust the right knee so the thigh is 90 degrees to the body. No.4 shall then replace his left hand on No.1's hip and with his right hand No.4 shall grasp No.1's right wrist and place No.1's right forearm across No.1's left arm at right angles at the elbow.
19. No.4 shall then return his right hand to No.1's shoulder to support and shall observe No.1's chest and face for continuing signs of normal breathing. No.4 may move his head to observe both the chest and face of No.1
20. No.5 shall maintain No.1's head at backward head tilt throughout the whole operation including when the lateral position is attained and continue to observe the patient. When in the lateral position No.1's head is to be maintained approximately in line with No.1's spine with the head turned for drainage.
21. Nos.4 and 5 shall maintain their relative positions until the command "Re-form"

Note: At all times during the resuscitation of the patient and the placement of the patient into the lateral position, teams should avoid careless handling of the patient.

"Judges – Change"

	6 Person Fifth Section Error Schedule	Points
A	No.5 not attempting to ensure backward head tilt.	5
B	No.4 not attempting to locate the correct hand position for ECC.	5
C	No.5 not attempting to seal the nose during inflations.	5
D	Not attempting Rescue Breathing.	5
E	Not attempting to place No.1 in the lateral position.	5
1.	Failure to obtain and maintain backward head tilt.	2
2.	Failure to correctly locate hand positions on head prior to rescue breathing.	1
3.	Failure to correctly locate hand positions for ECC.	2
4.	Failure of No.4 to attain a position to enable his left arm to apply vertical pressure to the sternum.	2
5.	Incorrect ECC procedure including failure to maintain consistent rate	2
6.	Failure to correctly seal nose during inflations.	2
7.	Incorrect method of Rescue Breathing (i.e. mouth to nose method).	2
8.	Incorrect Rescue Breathing technique.	2
9.	Failure to elevate No.1's head out of water.	2
10(a).	Less than 4 complete cycles and less than 2 rescue breaths.	2
10(b).	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles.	1
10(c).	5 complete CPR cycles to less than 6 complete CPR cycles.	nil
10(d).	6 complete CPR cycles to less than 7 complete CPR cycles.	1
10(e).	7 complete CPR cycles or more.	2
11.	Failure to correctly assess patient breathing.	2
12.	No.5 not declaring "Normal Breathing Present".	1
13.	Incorrect method of placing No.1 in lateral position.	1
14.	Incorrect lateral position (excluding head position).	1
15.	Patient head not in backward head tilt, approximately in line with the spine and turned for drainage.	2
16.	Failure to observe No.1 while in lateral position.	1
17.	Careless handling of No.1.	1
18.	Talking.	1

SIXTH SECTION

The words are to be relied upon to determine how the event is conducted. The pictures are a guide only and do not take precedence over the words.

1. † On the command "R&R Teams - Re-form", Nos. 1, 4 and 5 shall rise to their feet. No. 1 shall come to a position of attention and No. 4, with continuous movement, shall step in behind No. 1 and steady him by placing his hands, thumbs in, immediately above No. 1's elbows and grasping No. 1's upper arms for a period of approximately five seconds. While holding No. 1, No. 4 shall, except for his arms, otherwise be in the position of attention.

Note: When coming to their feet Nos. 1 and 4 shall face towards the marshalling area.



2. At the same time, No. 5 commencing on either foot, shall run back to his reel position (ankles in line with the front bows of the reel) ready for "Lift Reel".
3. After No. 4 has steadied No. 1, both members shall run directly back to their reel positions ready for "Lift Reel". No. 1 shall be in line with the centre of the drum and approximately 100mm outside the elbows of Nos. 2 and 3. No. 4 shall take up position so his ankles are in line with the end of the rear handle. The distance out from the reel by Nos. 4 and 5 is at their discretion.

Note 1: It is not necessary for Nos. 1 and 4 to commence their run back to reel positions in time.

Note 2: Repositioning on the reel shall be attained without excessive deliberate placing or shuffling of the feet.



4. When all the teams are in their reel positions the following commands shall be given by the Starter to march the teams off the competition arena:
 - a) "R&R Teams - Lift Reel" – on this command, the reel carrying party shall lift the reel. At the same time No. 6 shall go down in like manner and looking down pick up the rescue tube in his left hand from the sand. He shall also rise in time with the carrying party.
 - b) "R&R Teams - By the Centre – Quick March", and when near the water's edge, "R&R Teams - Right Wheel". During the march off Nos. 1 and 6 shall cover the axle with their arm swings approximately 100mm outside the arm swings of the carrying party. At any time during the march off Nos. 1 and 6 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.
5. If during the march off, the rescue tube or belt is dropped, the procedure outlined in paragraph 6, Section 1 shall apply.
6. Judging of the competition shall conclude on the command "Right Wheel".

Note: Teams are required to continue their exit from the arena in an orderly manner.



	6 Person Sixth Section Error Schedule	Points
1.	Incorrect method of reform by Nos.5, 4 and 1.	1
2.	Incorrect arrival at reel positions by Nos.5, 4, and 1.	1
3.	Failure to lift reel and or tube correctly.	1
4.	Incorrect marching.	1
5.	Incorrect covering by No.1 and No.6 on reel axle (for 3 or more consecutive paces)	1
6.	Reel not reasonably level.	1
7.	Failure to march off approximately parallel to the wheeling and position pegs	1
8.	Dropped belt or rescue tube (each unit).	1
9.	Incorrect return of dropped belt or tube during march off.	1
10.	Talking	1

RESCUE AND RESUSCITATION COMPETITION MANUAL
APPENDIX

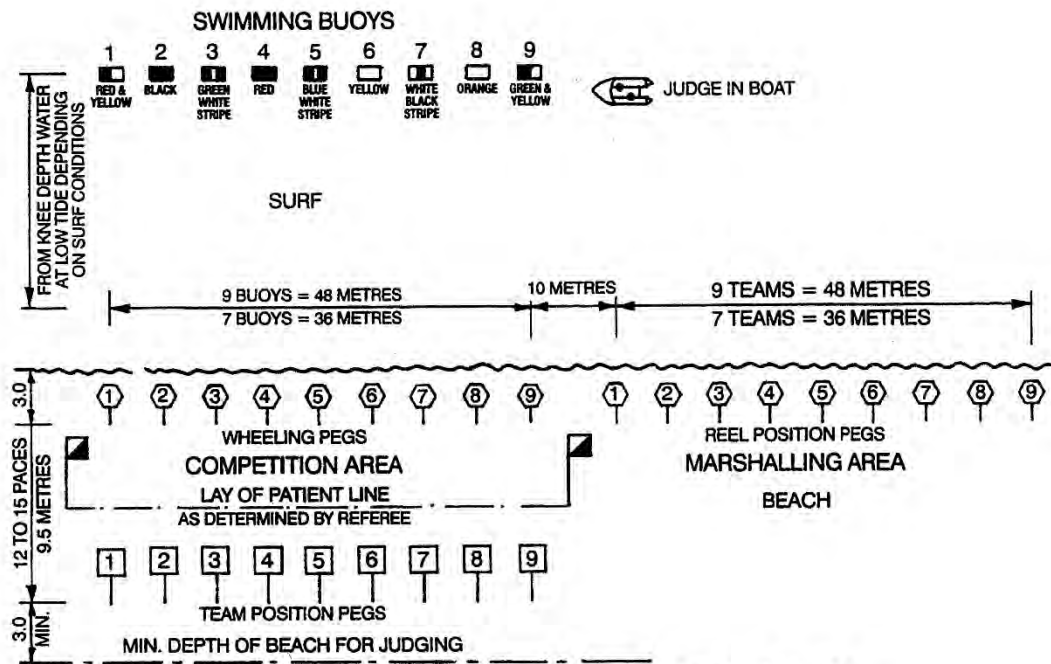


DIAGRAM 1 - LAYOUT PLAN OF R & R AREA
NOT TO SCALE - ALL DIMENSIONS APPROXIMATE ONLY

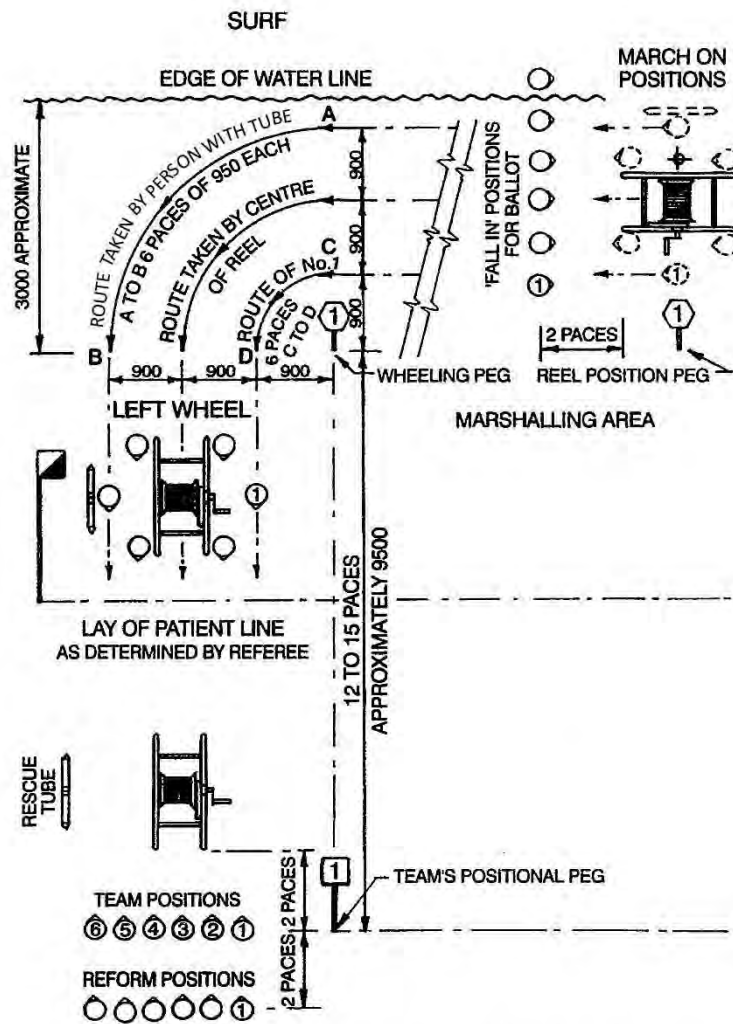


DIAGRAM 2 – PLAN OF 6-PERSON R & R DRILL
MARSHALLING – LEFT WHEEL & TEAM POSITIONS
 NOT TO SCALE – ALL DIMENSIONS APPROXIMATE ONLY

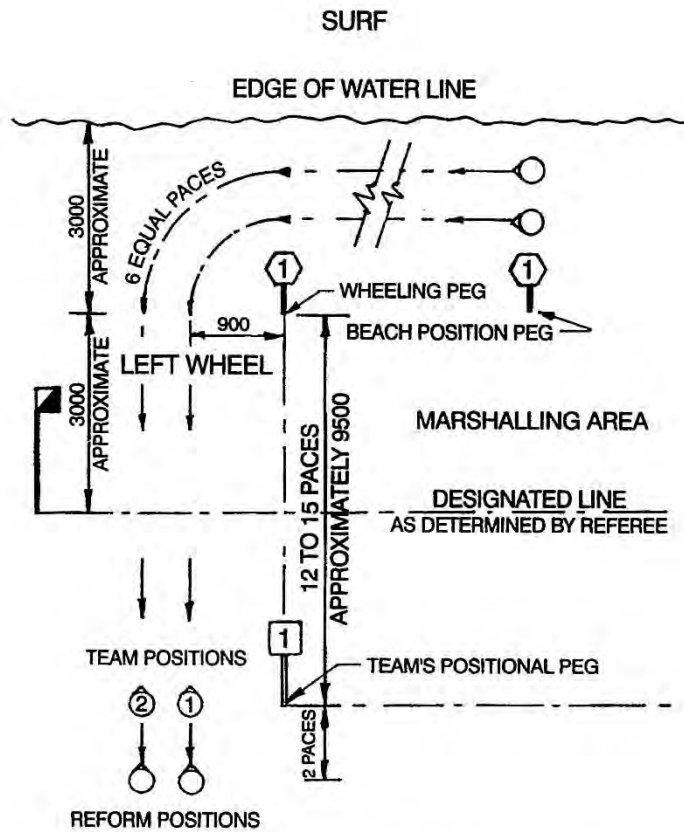
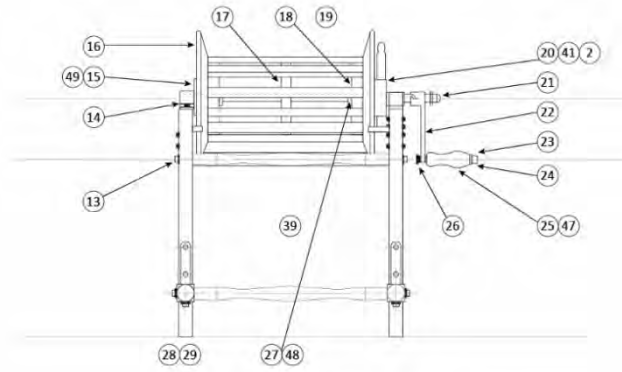
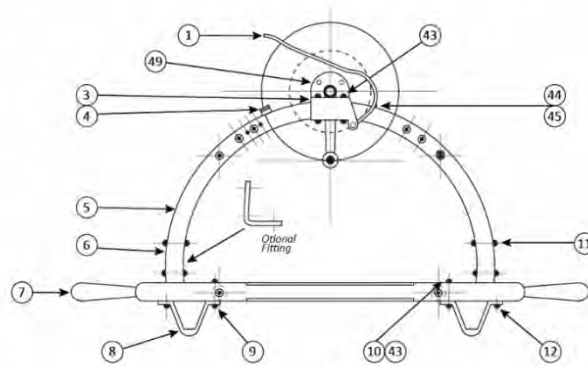


DIAGRAM 3 – PLAN OF 2-PERSON R & R DRILL
MARSHALLING – LEFT WHEEL & TEAM POSITIONS
 NOT TO SCALE – ALL DIMENSIONS APPROXIMATE ONLY

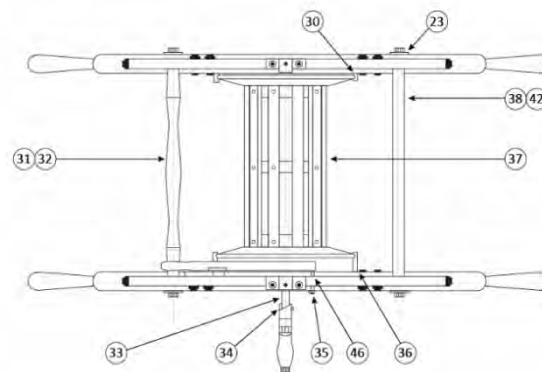
SURF REEL



DRAWING: Rear Elevation of Surf Reel.



DRAWING: Side Elevation of Surf Reel.



DRAWING: Surf Reel Plan View

SURF REEL SPECIFICATIONS

ITEM	DESCRIPTION	NUMBER REQUIRED	MATERIAL
1	Brake Band 558 x 6 x 25	1	Brass
1	Brake Band 558 x 6 x 25	1	Brass
1	Brake Band 558 x 6 x 25	1	Brass
2	Wood Screw No. x 50	12	Brass
3	Bearing Casting	1	Gun Metal
4	Brake Clip and Chock Casting	1	Gun Metal
5	Arch 1422 x 32 x 32	2	Ash
6	Strap Casting	4	Gun Metal
7	Handle 1410 x 44 x 44	2	Qld. Maple or Coachwood
8	Foot Bracket Casting	4	Gun Metal
9	Nut 6 mm	26	Brass
10	Washer 6 mm	24	Brass
11	Bolt 6 mm x 50	20	Brass
12	Nut 5 mm	4	Brass
13	Cap Nut 13 A/F x 14	8	Brass
14	Bearing Casting	1	Gun Metal
15	Flange Casting	1	Gun Metal
16	Drum Flange 380 Dia. x 32	2	Blondwood or Cedar
17	Batten Support 203 Dia. x 25	1	Qld. Maple or Coachwood
18	Batten Support 200 Dia. x 32	2	Qld. Maple or Coachwood
19	Nail (Flat Head) 2 Dia. x 38	33	Copper
20	Brake Drum Casting or 100 x 32 Wooden Block with Brake Lining	1	Gun Metal
21	Special Nut Casting	1	Gun Metal
22	Handle Casting	1	Gun Metal
23	Washer 10 mm Standard	10	Brass
24	Hex. Nut (Special) 19 A/F x 19	1	Brass
25	Handle Grip 44 Dia. x 125	1	Coachwood
26	Lock Nut 10 mm	1	Brass
27	Dog 38 x 48 x 6	2	Brass
28	Spreader 38 Dia. x 546	2	Cedar
29	Tie Rod 10 Dia. x 648	2	Brass
30	Chock Pin Casting	2	Gun Metal
31	Spreader 35 Dia. x 560	1	Stainless Steel or Cedar (top front spreader bar may be either single or split)
32	Tie Rod 10 Dia. x 635	2	Brass
33	Shaft 19 Dia. x 733	1	Stainless Steel

ITEM	DESCRIPTION	NUMBER REQUIRED	MATERIAL
34	Taper Pin No. 4 Taper x 38	1	Stainless Steel
35	Nut 10 mm	1	Brass
36	Chock Pin Casting	2	Gun Metal
37	Batten 441 x 32 x 13	11	Qld. Maple or Coachwood
38	Tubing 32 O.D. x 28 I.D. x 560	1	Stainless Steel
39	Hook (Small cup hook or V-clip)	1	Brass
40	Wood Screw No. 5 x 13	2	Brass
41	Brake Support 100 Dia. x 32	1	Qld. Maple or Coachwood
42	Plug 28 Dia. x 38	2	Cedar
43	Bolt 6 mm x 64	6	Brass
44	Strap Casting	1	Gun Metal
45	C'sk. Hd. Rivet 6 Dia. x 14	2	Copper
46	Pivot Pin 11 Dia. x 60	1	Brass
47	Handle Axle 10 Dia. x 60	1	Stainless Steel
48	Wood Screw No. 10 x 19	6	Brass
49	Wood Screw No. 10 X 25	8	Brass

SLSA Surf Reel Notes:

- The surf reels used in U14 and under March Past events and **U12 to U13 aged (but not U13 - U15 combined aged)** R&R competition may be reduced to approximately 75% of those outlined in this specification. Such reels should be branded in minimum 25mm letters "Demonstration Use Only".
- For March Past and **the non-swimming 5 Person R&R event** where it is permitted to use a reel equipped with less than the full length surf line, the internal diameter of the drum may be increased, or an insert used provided that the reel is branded in minimum 25mm letters "Demonstration Use Only".

Surf Reel Line Specifications

- Laid cotton (may be waxed), braided synthetic, or other construction approved by SLSA
- Minimum length: 250 metres (suggested 420 metres)
- Minimum Diameter: 6.00 mm (cleared of excess wax, etc.)
- Minimum Breaking Strain (at time of manufacture): 273kg
- For March Past and U15 and under R&R it is permitted to use a reel equipped with less than the full length surf line. Where such equipment is used the reel must be branded in minimum 25mm letters "Demonstration Use Only".

SURF LINE TESTING GAUGE SPECIFICATIONS

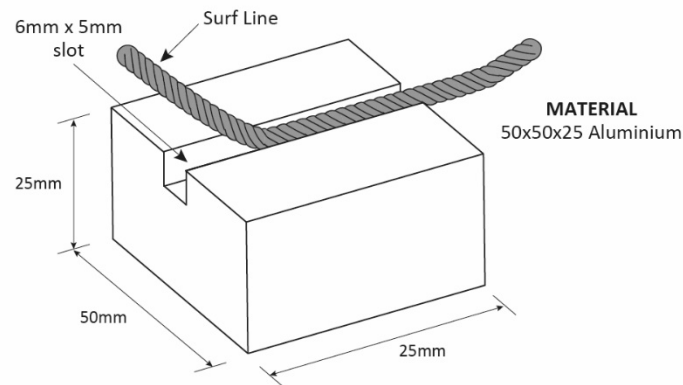
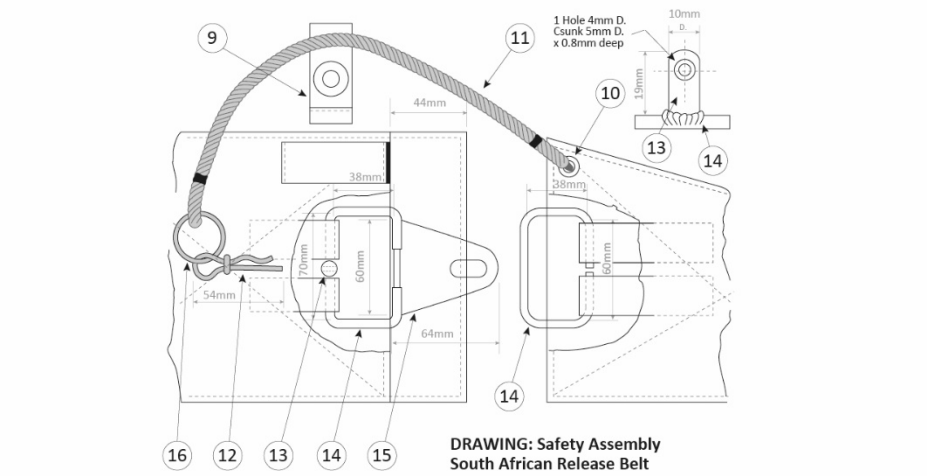
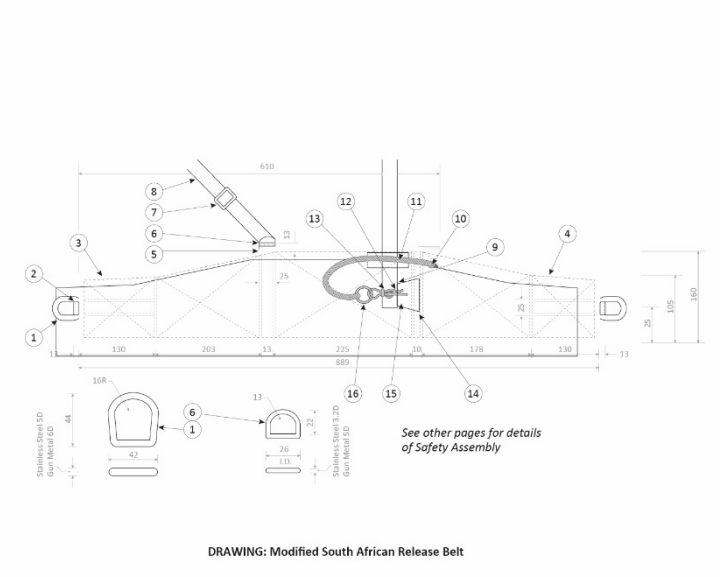


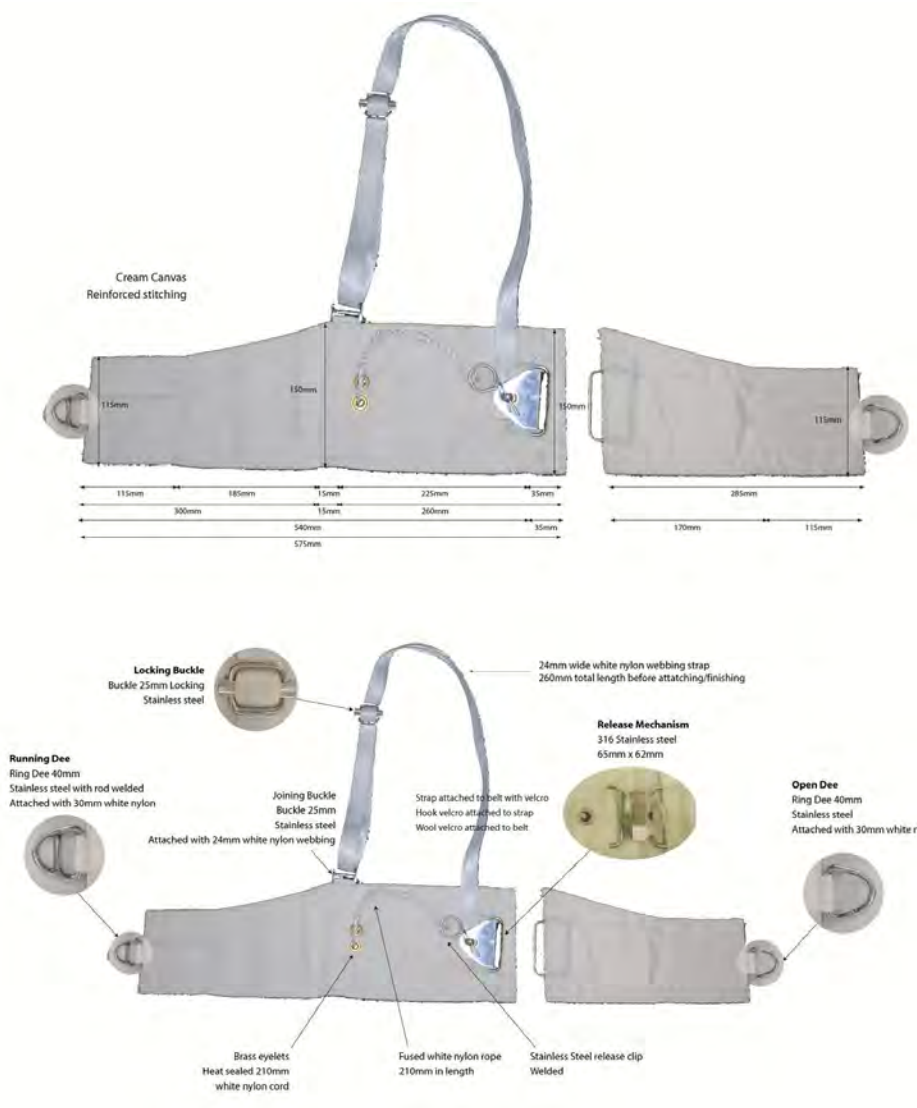
FIGURE 12: SURF LINE TESTING GAUGE

MODIFIED SOUTH AFRICAN RELEASE BELT



MODIFIED SOUTH AFRICAN RELEASE BELT SPECIFICATIONS

ITEM	DESCRIPTION	NUMBER REQUIRED	MATERIAL
1	Line Dee Casting	2	Stainless Steel or Gun Metal
2	Dee Holder 25 x 250 long	2	Webbing
3	540g Canvas 160 x 610 or synthetic equivalent	2	Trop. Treated Canvas
4	540g Canvas 160 x 308 or synthetic equivalent	2	Trop. Treated Canvas
5	Neckstrap Dee Holder 25 x 300 long	1	Webbing
6	Dee (Internal) 17 x 22	1	Stainless Steel or Gun Metal
7	Buckle (Brace Type Clip)	1	Stainless Steel or Brass
8	Neckstrap 25 x 1422 long	1	Webbing
9	Eyelet 11 mm I.D. x 22 mm O.D.	2	Brass
10	Eyelet 6 mm I.D. x 12 mm O.D.	1	Brass
11	Cord for Pin 254 mm free length	1	Cord after splicing
12	Safety Pin 3.2 mm dia., 32 mm free travel "Rex Sargeant Pin" also approved	1	Stainless Steel
13	Stud 10 mm dia. x 19 mm	1	Stainless Steel or Brass
14	Hinge Release Supports, 5 mm dia.	2	Stainless Steel
15	Release Hinge 1.2 mm thick	1	Stainless Steel
16	Safety Pin Pull Ring, 25 mm Dia. x3 mm	1	Stainless Steel
The Eyelet and Safety Pin Cord may be located either on the top of the short section of the belt canvas (as shown in the "Drawing: Modified South African Release Belt") or in the centre of the long section of the belt canvas.			

"FINEPRINT" SURF BELT

Note: Surf Belts attached to Junior Reels may be approximately 75% of the specifications detailed in this Appendix.

COMMONLY USED KNOTS

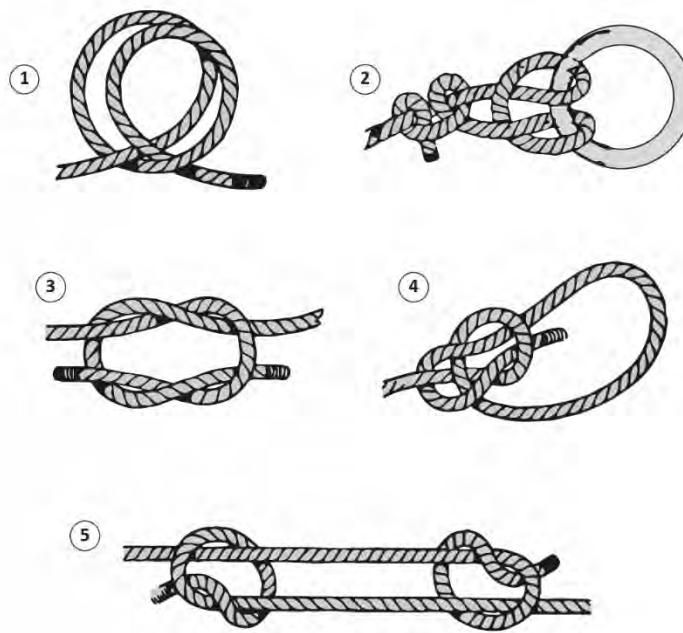


Figure 1: The Clove Hitch is used for making a rope fast to a bar or ring. With one or two half-hitches (**Figure 2**) it is the knot to be used for joining a surf line to a belt and should also be used for making a rope fast to the eye of an anchor.

Figure 3: The Reef Knot is not generally suitable for surf work, except First Aid Bandaging.

Figure 4: The Bowline is used for making a loop that will not slip.

Figure 5: The Fisherman's Knot this knot is used when joining two surf lines together. Make a simple knot on one rope, with the end of the other rope, then tie a similar knot on the first rope, with the second rope. Pull the standing parts and the knots will remain fast.