

2025/26 LITTLE NIPPER & NIPPER COMPETITION

Guide

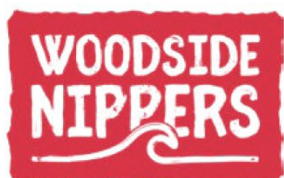


Table of Contents

Foreword.....	2
Useful Resources & Information	2
SLSWA Conduct and Behaviour	3
Fuel to Go & Play Little Nipper & Nipper Carnival Qualification Requirements & Procedures	4
2025/26 Little Nipper & Nipper Competitive Age Groups Overview	5
Competition Age Categories.....	5
Photographs at SLSWA events	5
Clothing and Equipment.....	6
Competitor Board Specifications.....	6
Being SunSmart	7
Fuel to Go & Play	8
Officials Requirements	9
Water Safety/First Aid Requirements	9
Requirements at Carnivals	9
Marshalling	9
Equipment Handlers.....	9
Event Time Limits	10
Fuel to Go & Play WA Country Championships.....	10
2026 Fuel to Go & Play WA Nipper Champs.....	10
Nipper Qualification for Nipper Champs	10
Fuel to Go & Play Regional Championships	11
Online Entries.....	11
Results	11
EVENT DESCRIPTIONS & BASIC RULES.....	12
Ironman/woman.....	12
Cameron Relay.....	12
Board Rescue	12
Surf Race & Surf Teams.....	13
Board Race & Board Relay	13
Beach Flags	13
Beach Sprint & Beach Relay	14
Beach Run	14

Foreword

Surf sports competition plays a major role in the preparation of a surf lifesaver to meet the physical standards necessary for saving lives in the surf. Over the years the competition element of surf lifesaving has evolved from an aid to the physical preparation of a lifesaver to its own identity and plays a major part in the social development of a lifesaver.

This Little Nipper & Nipper Competition Guide is designed to guide team managers, age group managers, officials, coaches, parents/supporters and club office bearers/administrators through the basic systems and processes around getting nippers and youth involved in surf sports whilst following some general guidelines and principles in order to creating an even and fair playing field.

Useful Resources & Information

SLSA Bulletins, Circulars and Policies – these need to read by all team managers, coaches and officials in addition to the [37th Edition of the Surf Sports Manual](#) and subsequent updates. These can be found within the [SLSA Members Hub](#).

SLSWA Circulars and Bulletins

www.mybeach.com.au/members/circulars-and-bulletins

Please note that SLSWA Bulletins, Circulars and verbal & written communications will overrule the Surf Sports Manual in certain circumstances particularly when the safety of members is deemed at an unacceptable risk. If you see a discrepancy in a course from what is in the Surf Sports Manual, please do not assume it is a mistake that needs fixing.

SLSWA Little Nipper and Nipper Surf Sports Calendar

All information relating to each of the events can be found here. There are links to download this Competition Guide and the Event Programs.

www.mybeach.com.au/events

Play by the Rules

www.playbytherules.net.au

The Play by the Rules website provides information, tools and resources to help deal with discrimination, harassment and child safety issues in sport. Some of the tricky topics include Team Selection, Abusive spectators, Complaints and much more to help you in your role being an Age Manager, Coach, Spectator, Administrator and Officials.



SLSWA Code of Fair Play

SLSWA expects all members involved in lifesaving surf sports to co-operate to ensure a positive public image and to participate in a spirit of goodwill and sportsmanship. Any incidents or behaviour likely to cause embarrassment or damage to the reputation and/or image of SLSA or lifesaving competition will be dealt with swiftly and appropriately.

Clubs are reminded that they are responsible for the conduct and behaviour of their supporters and parents. Any unbecoming conduct or behaviour emanating from members or supporters may be subject to action by a Disciplinary Committee.

Refer to the [37th Edition of the Surf Sports Manual](#) Rules: 2.26 SLSA Breach of Rules, 2.27 SLSA Code of Behaviour, 2.27.2 Code of Fair Play, 2.28 Abuse/inappropriate Behaviour, 2.29 Competing Unfairly and the table outlined on page 3 of this document.

Acknowledgements:

Surf Life Saving Australia

Surf Life Saving Western Australia

Healthway, promoting the Fuel to Go & Play message

Department of Local Government, Sport and Cultural Industries

SLSWA Conduct and Behaviour

Members agree to abide by the SLSA and SLSWA codes of conduct. Various club roles have additional requirements as below:

TEAM MANAGERS	AGE GROUP MANAGERS
• Be responsible for the safety and well-being of team members and officials when travelling with a team. • Maintain a 'duty of care' towards team members and accountability for the management of the team. • Have a sound knowledge of SLSA/SLSWA policies, responsibilities, and competition rules, and ensure that the conduct of the team is in accordance with these policies and guidelines. • Foster a collaborative approach to the management of the team. • Ensures their club provides the correct personnel and equipment. • Will promote fair play and respect amongst their team. • Be a positive role model for surf lifesavers and SLSA.	• Be responsible for the overall safety and well-being of the age group. • Be responsible for the group's learning. • Take time to plan and prepare the activities delivered to the group, utilising the SLSWA age-appropriate resources. • Foster a collaborative approach to the management of the group. • Instil enjoyment and fun in what they do. • Promote fair play and respect amongst their team. • Be a positive role model for surf lifesavers and SLSA.
COACHES	OFFICIALS
• Be responsible for matters concerning the coaching, training and development of surf lifesavers. • Provide positive feedback to participants. • Treat all participants equally. • Maintain a 'duty of care' towards others and accountability for matters relating to training and competition. • Have a sound working knowledge of SLSA/SLSWA policies, rules and regulations and coaching techniques. • Actively discourage the use of performance enhancing drugs, alcohol, tobacco and illegal substances. • Ensure that any physical contact with others is; a) appropriate to the situation b) necessary for the persons skill development • Provide a safe environment for training and competition. • Be a positive role model for surf lifesavers and SLSA.	• Be responsible for matters concerning the conduct of competition on event day as advised by the SLSWA Event Management Team • Maintain a 'duty of care' towards others and accountability for matters relating to competition. • Have a sound working knowledge of SLSA/SLSWA policies, rules and regulations. • Be impartial and accept the responsibility for all actions taken. • Ensure that any physical contact with others is; a) appropriate to the situation b) necessary for the persons skill development • Provide a safe environment for competition. • Be respectful and considerate of others. • Must wear appropriate clothing. • Be a positive role model for surf lifesavers and SLSA.
CLUB ADMINISTRATORS/OFFICERS	PARENTS/SPECTATORS
• Be fair, considerate and honest with others. • Operate within the rules of SLSA/SLSWA. • Resolve conflicts fairly and promptly through established procedures. • Maintain strict impartiality. • Show concern and caution towards others. • Ensure every competitor has the correct awards entered on SurfGuard. • Ensure all competitors are entered appropriately. • Be a positive role model for others.	• Remember that their child participates in surf lifesaving for their own enjoyment. • Focus on their child's efforts and performance rather than winning and losing. • Show appreciation for good performance by all participants. • Never ridicule or yell at their child or other children for making a mistake. • Respect officials' decisions and teach their children to do likewise. • Not physically or verbally abuse or harass anyone associated with the competition. • Will not impede when an event is under way. • Be a positive role model for others.
COMPETITORS	WATER SAFETY
• Abide by the rules and spirit of the competition. • Will marshal promptly when called. • Will not impede any other competitor intentionally or interfere with their equipment. • Will respect the decisions made by the officials.	• Will decide if a competitor needs assistance and step in where necessary. • Will not assist a competitor who is still competing which gives them an advantage.

Fuel to Go & Play Little Nipper & Nipper Carnival Qualification Requirements & Procedures

Competition Evaluation Guidelines

To maintain our safety and lifesaving standards, SLSWA has set a standard of competency that nipper members must achieve before being eligible to compete in nipper carnivals. Woodside Nipper members will not be deemed competent until the assessment has been awarded in SurfGuard. A Woodside Nippers Competition Skill Evaluation is an assessment for those who wish to participate in any water-based event, including Cameron Relay, at any interclub, state carnivals or events. The swim course must reflect the following distances: 100m for U8-U9, 150m for U10, 200m for U11-U13 and conditions must be considered when setting out the course.

Please refer to [SLSWA Circular - 27, 25/26 – Woodside Nipper & SLSWA Youth Program and Requirements 2025/26](#) for further information.

To be able to compete at nipper carnivals the following guidelines must be adhered to. All competitors must:

- Have completed their Nipper Preliminary Evaluation successfully before their first club nipper ocean-based activity and the club must have entered the details on SurfGuard.
- For ocean competitors, they must complete their Competition Skills Evaluation successfully before the first carnival they are entering, and the club must have entered the details in SurfGuard.
- Fall into the appropriate age category (refer to next page).
- Be entered prior to the advertised time and date of closing.



2025/26 Little Nipper & Nipper Competitive Age Groups Overview

AGE GROUP	BIRTH DATE	COMPETITION	EDUCATION
Under 8	1/10/2017 – 30/09/2018	Minimum 100m open water swim in less than 6 minutes	Surf Aware One
Under 9	1/10/2016- 30/09/2017	Minimum 100m open water swim in less than 6 minutes	Surf Aware Two
Under 10	1/10/2015- 30/09/2016	Minimum 150m open water swim in less than 8 minutes	Surf Safe One
Under 11	1/10/2014 – 30/09/2015	Minimum 200m open water swim in less than 8 minutes	Surf Safe Two
Under 12	1/10/2013 – 30/09/2014	Minimum 200m open water swim in less than 8 minutes	Surf Smart One
Under 13	1/10/2012 – 30/09/2013	Minimum 200m open water swim in less than 7 minutes	Surf Smart Two



Competition Age Categories

Age categories are taken from a common birth date calculated as at midnight on the 30th September of each calendar year (2025). The age group for a competitor is then determined by how old they are on, at midnight of 30 September 2025.

Age category conditions:

- U7 and below are not permitted to compete at any state-based SLSWA administered carnival.
- U9 participants are not eligible to compete up in U10 team events.
- Competitors may go up one age group in team events only. They cannot go up age groups in individual events.

Photographs at SLSWA events

Please note, any participant images captured by official SLSWA photographers will remain the property of SLSWA and may be used in promotional materials. This is a condition of entry for any SLSWA event.

*Note: Before any photographs are taken by any person(s), the photographers must register with the Event Manager. Once completed, the photographer will be given a Media Identification Vest to be worn for the duration of the event and must be returned on completion of the event.

Clothing and Equipment

1. All Little Nipper and Nipper competitors must wear their Woodside Nipper hi-vis vest for ALL water events.
2. T-shirts and/or rash vests may be worn under the Woodside Nipper hi-vis vests in ocean events.
3. Wetsuits are NOT allowed to be worn for all nipper age groups at any events unless the Carnival Referee decides otherwise for swimming races, including any race which includes a swimming component. (i.e., Board Rescue or Ironman).
4. The wearing of footwear shall not be permitted in beach run, beach sprint, beach relay or beach flag events unless specifically allowed by the Referee due to the prevailing beach surface conditions.
5. Swimwear worn by males shall not extend above the navel or below the knee.
6. Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may also be worn.
7. SLSA will allow both male and female competitors to wear “modesty” swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Further, any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.



Competitor Board Specifications

AGE CATEGORY	EQUIPMENT USE
U/8 – U/10	Soft ‘Nipper’ Boards – Max length 2.0m
U/11 – U/13	Composite or Soft ‘Nipper’ Boards – Max length 2.0m. Minimum Structural weight – 4.5kg

Soft U8 – U10



Composite U11 – U13





Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun

Protect yourself in **five ways** from skin cancer



SLIP

on sun
protective
clothing



SLOP

on SPF30
or higher
sunscreen



SLAP

on a sun
protective
hat



SEEK

shade



SLIDE

on sunglasses

protection.

Where it is not possible to avoid peak UV and heat periods, as is the case with most of our Nipper Carnivals, the following interim steps are recommended to be taken to minimise the risk of overexposure to UV and heat illness:

1. Slip on cool, covering clothing that covers as much skin as possible

- Sun-protective clothing should be worn by officials, volunteers and competitors when not actively competing.
- Tops/jerseys should be made from UPF (UV protection factor) 50+ material and have long sleeves and a collar. These should also be loose fitting and lightweight.
- Where the competition vests do not provide adequate sun protection or when marshalling for an event, participants are reminded to apply SPF 50+ sunscreen to all exposed skin and wear covering clothing whilst waiting for their race.

2. Slop on SPF 30+ broad spectrum sunscreen – make sure you slop on a lot and reapply it every two hours

- SPF 30+ broad-spectrum, water-resistant sunscreen is promoted.
- Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after swimming.
- Sunscreen should be stored below 30°C and replaced once it is past the use-by date.
- Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).

3. Slap on a hat that shades your face, neck and ears

- Wide-brimmed or bucket style hats are recommended for club use. Caps and visors do not provide adequate sun protection to the face, ears and neck.

4. Seek shade – it might be a tree, a verandah or an umbrella

- When not actively participating or between individual events, competitors and supporters should rest in shaded areas.
- Where there is insufficient natural or built shade, temporary shade structures are provided in each competition arenas for officials and marshalling competitors. Spectators/supporters are encouraged to bring their own temporary shade (e.g., tents or umbrellas).
- Participants and officials rotate to cooler, shaded areas.

5. Slide on some sunglasses – make sure they are wrap-around style and labelled AS 1067

- Competitors and supporters are advised to wear sunglasses that meet the Australian standard.

Fuel to Go & Play

Surf Life Saving demands endurance, strength and speed for your child(ren) to perform at their best!

How your child(ren) fuel and nourish their bodies before, during and after nippers training and events is key. Our friends at Fuel to Go & Play share their top tips to ensuring your nippers have the Fuel to Go & Play!

Nipper fuelling

The night before:

The meal the night before training or events is key to building your nippers energy stores; prioritise a meal rich in healthy carbohydrates, vegetables and a source of protein. Family meals such as spaghetti Bolognese, chicken parmigiana with pasta and a side salad, homemade burgers and wedges or homemade pizzas with lots of vegies are delicious and simple fuelling ideas.

Before bed give your child(ren) a sweet after dinner snack to give their muscles another top-up.

Tasty fuelling ideas include:

- Fruit, muesli and yoghurt
- Homemade pikelets
- Weetbix with milk and fruit
- Small glass of warm or cold flavoured milk.

Too nervous to eat something? Then a milk based drink is a great option for children to sip on in the lead up to their event.

For Carnival Days with back-to-back events, it's important that there are plenty of fuelling snacks to choose from to ensure your child's muscles stores don't reach empty!

Fuelling snacks

Less than 2 hours between events:

- Fruit or fruit cups
- Frozen grapes
- Dried fruit
- Popcorn or pretzels
- Cereal bites
- Breakfast drinks
- 99% juice
- Pikelets, crumpets or English muffins with a small amount of jam.
- Power balls
- Mini muffins
- Small flavoured milks

Recovery:

To keep your child performing at their best it is important they recover with healthy food and drinks! **Fuelling recovery ideas include:**

- Chicken and salad wrap with water
- Egg pasta salad with water
- Burger loaded with salad
- Sushi and water.

Morning:

Did you know your children's bodies still use energy while they sleep? So, their muscles energy stores need a top-up before they leave the house. For early morning events fuel up with an easy carbohydrate rich snack, such as:

- Smoothies with banana, oats and milk
- Breakfast drinks, small flavoured milks
- Porridge with fruit
- Wholegrain cereals with fruit and milk
- Toast with your favourite toppings i.e peanut paste and banana.

More than 2 hours between events:

- Sandwich or wrap with lean meats and veggies
- Small flavoured milk, smoothies, or breakfast drinks
- Sushi
- Muesli cups with yoghurt and fruit.

WATER WINS!

Participating in Nipper activities is not usually long enough to require a sports drink. Having a fuelling snack with water beforehand and recovering with a meal and water is enough to replace fluids and electrolytes lost through sweat!

For fuelling recipes visit the Fuel to Go & Play website: www.fuelto.go.com.au/recipes

Officials Requirements

Prior to an event, clubs may be advised of the number of Officials they will be required to provide. This will be based on the number of entries they have made into the event.

Water Safety/First Aid Requirements

A roster will be sent to clubs when it is necessary for them to assist with Water Safety. At these events, clubs may be required to provide an IRB driver and crew team, water safety personnel and first aid personnel. This is to ensure we maintain a good standard of water safety and general duty of care to our members.

- Water Safety Personnel need a minimum qualification of a proficient Nipper Rescue Certificate. All rostered clubs are required to supply a rescue tube or rescue board (for SRC/BM only) and orange cap/vest for their water safety member.
- First Aid personnel need a minimum qualification of a proficient Bronze Medallion.

When a roster is necessary, it will be available with the carnival program, which can be downloaded from the relevant carnival listed on the mybeach [website calendar](#).

Requirements at Carnivals

- All competitors must enter the race with a club competition cap and Woodside Nipper hi-vis lycra yellow vest (water events).
- Substitution of competitors in team events between heats and finals is allowed but only those who compete in the final will receive a medal at the Championship events.
- If a competitor does not complete the course correctly, they are able to go back and correct themselves providing they haven't yet crossed the finish line.
- All team events require tagging (except Beach Relay and Surf Teams). Tagging must be visible and hand to hand, or part of the outgoing competitor's body while their toes are behind the start line.
- Spectators may cheer & encourage competitors, but they must not impede the race or enter the competition arena.
- Water Safety Personnel and handlers are not to interfere with the progress of a race unless the safety of competitors has been compromised.
- When heats, quarter finals and semi-finals are required, a minimum of 3 individual or teams will be taken through to the next round.

Marshalling

Before each event, the Sectional Referee (or their marshal) will call upon competitors to marshal for the next event. Those competitors that have entered the event must present themselves to the appropriate arena official.

- All competitors must marshal in their club competition cap and with the equipment they need (i.e., Woodside Nipper hi-vis lycra yellow vest for water events, board, goggles etc.) if requested.
- Marshalling can take some time while heat numbers are organised, so during this time ONE team manager may enter the marshalling area if needed.
- All competitors must be SunSmart and marshal in a hat and top which covers their shoulders until their race is called to the start line.

Equipment Handlers

In some events that require an equipment handler (refer to individual event descriptions on page 13), a parent, another competitor or an age manager can assist their competitor(s) by removing their boards out of the way when transitioning in a team event. A handler is not considered to be a competitor but shall be required to:

- (i) Comply with all instructions of the arena officials.
- (ii) Make every effort to ensure that they, or the equipment that they are handling, does not impede another competitor, otherwise their competitor may be subject to disqualification.

Event Time Limits

All water events may be subject to a time limit which shall be advised to competitors prior to the commencement of the event.

- In Cameron Relay, Board Relay and Board Rescue events where the winning team is across the finish line, any other teams with members yet to enter the water may be withdrawn from the event.
- In Iron races, once the winner is across the finish line, any other competitor yet to enter the water for the final leg may be withdrawn from the event.

Fuel to Go & Play WA Country Championships

The 2026 Fuel to Go & Play WA Country Champs will be a standalone event run over the same weekend as the 2026 Fuel to Go & Play Country Carnival. Clubs eligible to compete at this event are listed below:

Albany	City of Bunbury	Dongara Denison	Margaret River
Binningup	Dalyellup Beach	Esperance Goldfields	Port Bouvard
Broome	Dampier	Geraldton	Secret Harbour
Busselton	Denmark	Mandurah	Smiths Beach
Champion Bay			

Medals will be presented at this event for the first three place getters.

2026 Fuel to Go & Play WA Nipper Champs

Nipper Qualification for Nipper Champs

The Fuel to Go & Play Nipper Qualifier will be held at **Sorrento Beach on Saturday 7 and Sunday 8 February 2026.**

- Only the following events will be qualified for prior to the Nipper Champs: Beach Sprint, Beach Flags, Board Race, Ironman/woman and Board Rescue.
- All events at the Nipper Qualifier will be open to all clubs (metro and regional).
- Events will run through, with a minimum of three teams or individuals going through per round, to the stage where the following competitor qualification numbers per qualifier event for 2025 Fuel to Go & Play WA Nipper Champs are achieved (note that **Regional Championships** and **Sunset Challenge** also contribute to the total number of qualifiers below):

DISCIPLINE	NIPPER CHAMPIONSHIP QUALIFICATION PROCESS (per gender age group)
Beach Sprint	Top 17 qualify for State Championships
Beach Flags	Top 17 qualify for State Championships
Board Rescue	Top 16 teams qualify for State Championships
Board Race	Top 34 qualify for State Championships
Ironman/woman	Top 34 qualify for State Championships

- These events will then commence at the semi-final/final stage at the Nipper Championships.
- Clubs are strongly encouraged to utilise Nipper events to select their strongest competitors in each discipline for the Nipper Qualifier.

Full details about the qualification process are in [Circular 7, 25/26 – Regional Championships & Qualifying for the 2025/26 Nipper Championships](#).

Fuel to Go & Play Regional Championships

Four regions will conduct the Fuel to GO & Play Regional Championships in the 2025/26 season. These events will provide an additional opportunity for regional clubs to compete against each other in a smaller scale event with nearby clubs. As this is a championship, medals will be presented for the first three place getters. As well as the Regional Championship the Broome Sunset Challenge, already held, provided an opportunity for Broome and Dampier Nippers back in July.

Nippers will have/have had the opportunity to qualify for the Fuel to Go & Play WA Nipper Championships either via their local Regional Championships/Sunset Challenge or if unsuccessful at the Fuel to Go & Play Nipper Qualifier.

Below is a list of clubs within each region:

REGIONS	CLUBS
Sunset Challenge	Broome Dampier
Mid-West	Champion Bay Geraldton Dongara Denison
Peel	Secret Harbour Mandurah Port Bouvard
South West	Binningup Busselton City of Bunbury Dalyellup Beach Margaret River Smiths Beach
Great Southern	Denmark Albany Esperance Goldfields

Online Entries

For events run by SLSWA e.g., Qualifier & Championships:

Please contact your club administrator or competition manager/director for club-specific entry procedures. If club members are permitted by the club to do entries, do them via the online entry system prior to the advertised time & date of closing. It is the Club's responsibility to check that their competitors are proficient and hold the appropriate awards to ensure each competitor entered is eligible to compete. Random checks will be undertaken during the season. Competitors are **NOT** to be entered if they don't hold the award relevant to their age group/category. The online entry system can be accessed via entries.surftec.com.au

For events run/hosted by clubs: Follow steps advised by the hosting club.

Results

For SLSWA run events results can be accessed via results.surftec.com.au



EVENT DESCRIPTIONS & BASIC RULES

Please note that SLSWA Bulletins, Circulars and verbal & written communications will overrule the Surf Sports Manual in certain circumstances particularly when the safety of members is deemed at an unacceptable risk. If you see a discrepancy in a course from what is in the Surf Sports Manual, please do not assume it is a mistake that needs fixing.

Ironman/woman

An individual race where the competitor must Swim – Run – Board – Run around a course. The order of swim and board is drawn prior to or at the beginning of the carnival.

Starting Procedure:

- On your mark = 'Ready'
- Get set = 'Set'
- Go = Whistle sound

Reminder for competitors:

- A Board Handler is used to collect the competitor's board – one handler per club who must be wearing a competition cap and must not impede any other competitor. Handlers can avoid impeding competitors by not standing in the transition area until their competitor is transitioning. A handler should stay out of the way and collect the board only when clear to do so or unless advised by an official.

Cameron Relay

A team race of 4 competitors where each person completes a different leg of the course. The order of the swim and board is determined by the draw made for the ironman.

1 swim member, 1 board member and 2 running members – 1 team member runs after being tagged by the first water competitor around the two turning flags and tags the second water competitor. The 2nd running team member runs after being tagged by the second water competitor around the first turning flag and finishes the race between the finishing flags.

Starting Procedure:

- On your mark = 'Ready'
- Get set = 'Set'
- Go = Whistle sound

Reminder for competitors:

- The competitors must make a visible physical tag before the next competitor can commence their leg.

Board Rescue

In the Board Rescue race, a swimmer makes their way out to a string of buoys and upon reaching their individual-coloured buoy, must place their arm over the top of the buoy and raise their other hand to signal their board paddler or 'rescuer'. The paddler then heads out to the buoys, does a right-hand turn around the buoy picking up the 'patient', before they both paddle to shore and cross the line with both athletes holding the board. Reminder for Board Rescue competitors:

- The swimmer must put their first arm over the buoy, not the line in between the buoys.
- The paddler must not leave the start line until they see their swimmer raise their hand.
- The swimmer must move away from the buoy on the seaward side for the board paddler to pick them up.
- Both team members must be touching the board as they cross the finish line.



Surf Race & Surf Teams

The Surf Race is a swimming event that starts on the beach and sees competitors swim around a string of marker buoys or 'cans' before returning to the beach and finishing with a short sprint to the finish line.

Surf Teams consist of four members from each club. All competitors start at the same time and those who finish shall be recorded as they are placed, and the points will be calculated. Points are allocated as 1 point for first, 2 points for second, 3 for third, etc. The team scoring the least number of points shall be declared the winner.

Starting Procedure:

- On your mark = 'Ready'
- Get set = 'Set'
- Go = Whistle sound

Reminders for Surf Race and Surf Teams competitors:

- If combining a Surf Race with Surf Teams, the individual competitors must be taken out of the line-up when allocating points. In the event of a dead heat the team which is first out of the water is deemed the winner.

Board Race & Board Relay

The Board Race starts on the beach and sees competitors paddle their boards around a set of 3 marker buoys or 'cans' before returning to the beach and finishing with a short sprint to the line. Competitors must complete the run to the line carrying their board.

The Board Relay involves teams of three however unlike the board race, the finish and transitional legs do not require athletes to carry their boards up the beach.

Starting Procedure:

- On your mark = 'Ready'
- Get set = 'Set'
- Go = Whistle sound

Reminders for competitors:

- During an individual board race the competitor must take the board over the finish line. The finish placings are judged on the chest of the competitor crossing the line.
- During the Board Relay event, competitors leave their boards for a Board Handler and run the course to either the next competitor or the finish line. Handlers can avoid impeding competitors by not standing in the transition area until their competitor is transitioning. A handler should stay out of the way and collect the board only when clear to do so or unless advised by an official.

Beach Flags

In Beach Flags, competitors lie face down on the sand with their toes on the start line, heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be extended 90 degrees to the competitor's body. Once the starting whistle is blown competitors must rise to their feet, turn to face the flags and then attempt to obtain a flag. The flags (or baton) are approximately 250mm-300mm long and are a flexible hose or baton. There will be one flag less than there is competitors' in the heat, thus ensuring one competitor is eliminated each round until a winner is decided.

Distances – 15m between the start line and the batons. Starting Procedure:

- On your mark = 'Competitors ready'
- Get set = 'Heads down'
- Go = Whistle will sound

Reminders for competitors:

- If two (2) competitors hold the same flag and the judge cannot determine the winner there will be a run off between the two competitors.
- The referee will determine how many competitors will be removed in each run-through during the rounds, semi-final and finals of the competition.
- Competitors may prepare their start area by flattening and compressing their starting area but no scooping or digging of the sand is permitted and as long as this does not impede the start of the race.
- Competitors are permitted to dig their toes into the sand at the start line.
- Any competitor lifting or moving after 'heads down' and prior to the start signal may be called as a false start.
- For the junior age group flags competitions, one false start per run through is permitted.
- The first competitor who breaks after the first false start has been declared in a run through shall be eliminated.

- If one competitor false starts, others may follow. Any competitor who follows is not deemed to have false started.
- A competitor can position themselves to the advantage of another during the run but cannot use their arms or hands to do so. Use of the body or shoulder in positioning is okay but the competitor cannot use hands, arms, feet or legs in order to deliberately impede another competitor. Competitors and parents must appreciate that Beach Flags does involve contact, however a competitor may be disqualified if they deliberately impede another competitor by using their hands, arms, feet or legs. A normal running action should be maintained once in front. It is allowable for competitors to cross over in front of another.
- If a competitor is disqualified or eliminated, the remaining competitors and flags shall be realigned with no re-draw of positions.

Beach Sprint & Beach Relay

The Beach Sprint is perhaps the simplest of all events for it is a matter of getting to the end of a 70m sand track faster than the other competitors.

The Beach Relay is for teams of four runners who transfer a baton after each completing one leg of the Beach Sprint course.

Starting Procedure:

- On your mark = 'On your mark'
- Get set = 'Set'
- Go = Whistle sound
- Reminders for competitors:

The baton change for the relay must happen behind the changeover line.

Beach Run

A bare foot beach run. There will be a turning flag placed which the competitors run up to and then back to the start/finish line.

U10 – U12 = 1km

U13 = 2km

This 2025/26 SLSWA Little Nipper & Nipper Competition Guide is a developing document.
Any feedback on the content or suggestions for alterations is welcomed and can be sent to the contacts below.

For more information, please contact:

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