

CALIFORNIA STATE GAMES
JR LIFEGUARD
COMPETITION RULES

I. ELIGIBILITY

- A. All competitors must be enrolled in a summer Junior Lifeguard program of the chapter that they are representing.
- B. Competition classifications
 - a. Div. "AA" 16-17 years of age
 - b. Div. "A" 14-15 years of age
 - c. Div. "B" 12-13 years of age
 - d. Div. "C" 9-11 years of age

II. COMPETITION FORMAT

- A. Competition Events
 - a. Shall be held in "AA/A", "B" and "C" divisions
 - b. Scoring shall count toward team total scoring.
 - c. All distances in events are approximate and may be changed due to surf, tide, or weather conditions.
- B. Entry Guidelines
 - a. Eligible individual competitors may compete in any desired amount of events.
 - b. Total number of competitors/relay teams per chapter is dependent on the event. (see event descriptions)
 - c. All relay events must include at least one person from each gender. (excluding the rescue relay)
 - d. Competitors are permitted to move up in division age but not down.
 - e. Competitors must only compete in a single age division
- C. Safety & Judging
 - a. Within each division two Lead Officials will be assigned. All questions and disputes should be brought to the Lead Officials by the Instructor from the chapter with the question or dispute. The Lead Officials will make all final decisions after consulting with each other. In the event of a dispute that can not be resolved, the matter will be directed to the event Head Judge who will then make the final decision.
 - b. There will be no more than one judge per division from any one chapter.

- c. Water safety will be the responsibility of the Safety Staff assigned to each division. The Head Safety Officer (SDJG LG Sergeant) will have the authority to stop the competition at any time that safety issues arise.

D. Scoring

- a. Points will be given for relay team event and individual events. All divisions are counted equally in the scoring.
- b. Individual races and the rescue race are awarded points for first through tenth place; relay team races are awarded points first through fifth place and are as follows:

| | Individual | Relay |
|---------------|-------------------|--------------|
| First Place | 12 | 45 |
| Second Place | 10 | 30 |
| Third Place | 9 | 20 |
| Fourth Place | 8 | 15 |
| Fifth Place | 7 | 10 |
| Sixth Place | 5 | |
| Seventh Place | 4 | |
| Eighth Place | 3 | |
| Nine Place | 2 | |
| Tenth Place | 1 | |

- c. Medals will be awarded for First through Third place in each event and division. Overall First place team championship banner will be awarded for agencies under 150 competitors and over 150 competitors.

III. DESCRIPTION OF EVENTS

A. Distance Run

- a. All chapters may enter an unlimited number of competitors per division
- b. There will be no shoes allowed.
- c. Div. "AA/A" - 1 mile
- d. Div. "B" - .75 mile
- e. Div. "C" - .5 mile

B. Distance Swim

- a. All chapters may enter an unlimited number of competitors per division.
- b. Swim caps may be worn but wetsuits will not be allowed.
- c. Div. "AA/A" - 420 meters

- d. Div. "B" - 340 meters
- e. Div. "C" - 270 meters
- f. The swim course will be to round all three buoys, the two inside buoys and the apex buoy.

C. Run-Swim-Run

- a. All chapters may enter an unlimited number of competitors per division.
- b. Swim caps may be worn but wetsuits will not be allowed.
- c. Div. "AA/A" - 670 M (200-270-200) (Swim shall be to round one inside buoy and an additional mark placed 10 M away)
- d. Div. "B" – 600 M (200-210-200) (Swim shall be to round one inside buoy and an additional mark placed 10 M away)
- e. Div. "C" – 550 M (200-160-200) (Swim shall be to round one inside buoy and an additional mark placed 10 M away)

D. Rescue Race

- a. All chapters may enter unlimited teams per division. Each team is comprised of two members which may be male, female or male/female combination.
- b. Caps may be worn but wetsuits are not allowed.
- c. Rescuer will have a rescue can/buoy and swim fins.
- d. Victims will not be allowed to wear fins but may assist the rescuer by kicking once the he/she is being towed in.
- e. Victims must have two hands on the rescue can/buoy at all times until they can stand and run. When victim is able to stand and run, it is permitted to then hold on to the rescue can/buoy with one hand.
- f. Rescuer and victim must both cross the finish line with victim holding the rescue can/buoy with at least ONE HAND.
- g. Div. "AA/A" – 260 M
- h. Div. "B" – 200 M
- i. Div. "C" – 150 M

E. Beach Flags

- a. All chapters may enter ten competitors of each gender per division.
- b. Flexible flags (hose/batons) will be used.
- c. Grabbing, pushing, tripping, shoving, or any type of blatant action that impedes the progress of another competitor will not be permitted. Taking of more than one flag is prohibited and may be grounds for disqualification.
- d. Competitors will lie face down with their toes on the start line, heels together, fingers overlapping one on top of the other, and their head up facing the starter. Elbows must be extended from the body so that the chest lies flat on the sand and the body shall be

perpendicular to the start line. Elbows of competitors should not be touching. Competitors are allowed to level sand, but scooping or digging of the sand and/or mound building is not permitted.

- e. The command for the start will be “heads down” then, when all competitors are motionless, a whistle blast will sound the start.
- f. Should two competitors have equal possession of a flag; the competitor whose hand is closest to the white mark on the center of the baton will determine the winner. If both competitors have equal position to the tape, then a run-off between the two competitors will occur immediately.
- g. Any motion after the command “Heads Down” may count as a warning charge to the whole racing field. The 2nd motion charge will count as a disqualification to the individual that moved.

F. Swim Relay

- a. Each chapter may enter four five-person relay teams consisting of a mix of male and female. A minimum of at least one relay member must be from each gender. (examples: ratios of 4:1 or 3:2)
- b. Swim caps may be worn but wetsuits are not allowed.
- c. Div. “AA/A” - 270 M (Swim shall be to round one inside buoy and an additional mark placed 10 M away)
- d. Div. “B” - 210 M (Swim shall be to round one inside buoy and an additional mark placed 10 M away)
- e. Div. “C” - 160 M (Swim shall be to round one inside buoy and an additional mark placed 10 M away)
- f. All competitors must sit in a straight line in their designated lane before and after swimming their portion of the relay. After swimming their individual leg of the relay, each swimmer shall sit in order they swam.
- g. The relay exchange shall be a hand tag behind the start/finish line. Disqualification will result from an early start.

G. Paddle Relay

- a. Each chapter may enter four five-person relay teams consisting of a mix of male and female. A minimum of at least one relay member must be from each gender. (examples: ratios of 4:1 or 3:2)
- b. “AA & A” Divisions shall paddle a regulation USLA Rescue Board maximum of 10 feet 6 inches in length.
- c. “B” Division shall paddle a soft board with a maximum length of 10 feet.
- d. “C” Division shall paddle a soft board with a maximum length of 9 feet.
 - 1. Handles (ropes) are permitted on all paddle boards.
- e. Distances (the course shall be triangular in shape)

1. Div. "AA/A" - 420 M
2. Div. "B" - 340 M
3. Div. "C" - 270 M

- f. All competitors must remain in their designated line after paddling their individual leg of the relay.

H. Run Relay

- a. Each chapter may enter four five-person relay teams consisting of a mix of male and female. A minimum of at least one relay member must be from each gender. (examples: ratios of 4:1 or 3:2)
- b. The Lead Officials will determine lane assignments. In final heats, winning teams will receive the first draw of lanes.
- c. The event shall be a shuttle-type relay consisting of a 50 meter sprint to a cone, going around the cone clockwise, and sprinting 50 meter back to the starting line.
- d. All competitors must remain in their designated line after paddling their individual leg of the relay.
- e. Runners will carry a baton and hand it off to the next runner behind the relay start line.
- f. No running starts.
- g. The finish will be determined for each team when its final runner crosses the finish line.

IV. AWARDS

Individual medals will be awarded through third place in each event; individual and relay events alike. Over all team championship banners will be awarded to the top team with over 150 competitors and under 150 competitors.