

Junior Lifeguard “A” Night Taplin Relay

I. OVERVIEW – These guidelines are established as a format for the Junior Lifeguard “A” Night Taplin Relay. The purpose is to provide for a fair and equal standard of competition between athletes, as well as the creation of a safe racing environment. All rules and courses take into consideration safety as the top priority.

II. ELIGIBILITY

- a. All competitors must be currently enrolled and actively participating in the Los Angeles County Junior Lifeguard Program within the “A” (or “AA”) age group.
- b. Divisions/Entry Limits
 - i. 3 person teams – “A” Girls Relay (pages 2 & 3)
 - ii. 6 person teams – Open “A” (pages 3 & 4)
 - iii. 1 Team per Instructor (i.e. 2 “A” Instructors at a beach = 2 teams for said beach)

III. SAFETY AND JUDGING

- a. Within each division, the following personnel should be assigned:
 - i. Starter/Head Judge
 - ii. Finish Judge
 - iii. Water Judge
 - iv. Safety Personnel
- b. The Starter/Head Judge will make all rule interpretations. Any coach who has questions regarding a decision or call must contact ONLY the Starter/Head Judge or the Finish Judge. The Head Judge’s decision will be final. Any disputes will be discussed by the Starter/Head Judge and Junior Lifeguard Race Director only.
- c. At no time shall parents of competitors be allowed in the competition area. All rule questions, or decision clarifications, will be brought to the attention of officials by coaches only. Parent interference will be cause for disqualification of their competitor from that event.
- d. Conduct of coaches and competitors shall display the utmost courtesy and high ideals of sportsmanship and fair play at all times.
- e. All distances of events are approximations in meters. Course placement is final and will not be altered unless surf, weather, tide, schedule, and/or safety dictate.

IV. GENERAL COMPETITOR CONDUCT

- a. All competitors MUST wear a surf cap. Failure to do so may be cause for disqualification.
- b. Alcoholic beverage or tobacco advertising is absolutely not permitted on any Junior Guard equipment, uniforms, or competition gear.
- c. If a JG participant is found to have any questionable or offensive temporary body art, they shall be required to remove same at the discretion of officials.

V. EVENT DESCRIPTION AND RULES

- a. The start
 - i. Prior to the start, the Starter/Head Judge shall:
 1. Place competitors in the order.
 2. Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order.
 3. Check that all officials and judges are in position.
 4. Check that competitors have swimwear and caps for a legal start.

5. Check that equipment and course markers are in position.
- ii. The Starter/Head Judge shall:
 1. Have sole jurisdiction over the competitors from the time of the signal until the race has started.
 2. Position himself or herself so as to have full visual control over all competitors during the start.
 3. **Ensure that the start of the race is consistent and fair.**
 4. Disqualify competitors for false starts, unsportsmanlike conduct, or not completing their course in a correct manner.
- iii. The following three-step start shall be used:
 1. On the starter's "On your marks" command, competitors assume a position in their marshaled order at the start line.
 2. On the starter's "Set" command, competitors immediately assume their steady starting stance.
 3. When all competitors are stationary, the starter gives the acoustic starting signal.
- iv. After the start, competitors in swim, board, ski, and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.
- b. Start positions and Start lines
 - i. Starting positions and lanes shall be consecutively numbered from the left to right (facing the water) starting with the number 1.
 - ii. Start lines may be established in the following manner and competitors must cross the start line to commence their race:
 1. A designated line mark by a cord between two poles and/or with flags.
 2. A designated line drawn on the sand between two poles.
 - a) A line of sight between two poles.
- c. Changeovers and tagging in relay
 - i. Exchanges or changeovers in relay events shall be affected by a competitor "tagging" the next team member.
 - ii. In tagging, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.
 - iii. Competitors in relay events must start their leg of the event from the position or lane allotted by the marshal. If the competitor does not comply with this, the team may be disqualified.
- d. Draws for position
 - i. Lane draws will be pre-selected at random by the JG Race Director and given to the Starter/Head Judge in advance of the commencement of the event.
- e. The Finish
 - i. The last team member runs across the finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line).
 - ii. The finish is judged on the chest of the competitor when crossing the finish line.
 - iii. In the event that a competitor fails to cross the finish line correctly, competitors may recover and correctly re-cross the finish line to record their placing.
 - iv. The finish Judge shall be positioned to ensure a clear view of the finish.
 1. Multiple finish judges may be used.
- f. The Race – Girls Junior Lifeguard Taplin Relay
 - i. Teams of 3 competitors (1 x swimmer, 1 x board paddler, and 1 x runner) cover the approximately 725 meter course in a sequence of 4 legs.
 - ii. The sequence is as follows:
 1. Swim
 2. Run
 3. Board Paddle
 4. Run

- iii. The swimmer may not do the paddle leg and vice versa.
- iv. The runner runs the same leg twice; once after the swim and once after the paddle to finish the race.
- v. Competitors must commence their leg of the event from the correct allotted beach position.
- vi. The course direction is clockwise for all disciplines.
- vii. Swim Leg:
 - 1. From a beach start, swimmers enter the water, swim around the two inside buoys and return to shore to make the "tag" to runner
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
- viii. 1st Run Leg"
 - 1. After being "tagged" by the swimmer, runners must go around (right shoulder) both transition flags.
 - 2. "Tagging" of the board paddler must be done on start/change over line with a body tag, not a board tag.
- ix. Board Leg:
 - 1. After being "tagged" by the runner, paddlers must paddle around all three buoys and return to shore to make the "tag" to the runner.
 - 2. Paddlers will not be disqualified if they lose their board after turning the final buoy.
 - 3. "Tagging" must take place between the shoreline and the first transition flag.
 - 4. The paddler does not need to be in contact with their board at the time of the "tag".
- x. 2nd Run Leg:
 - 1. Runners then round 1 turning flag, pass the other flag on the shoreward side, and continue to the finish between the 2 finish flags.
- xi. Equipment
 - 1. One paddleboard per team up to 10'6" as per ISA specifications.
 - 2. Swimmers may use goggles, swim caps, and race suits as per FINA specs.
- xii. Equipment Removal
 - 1. To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.
 - 2. Board Paddlers should remove boards from the course in a safe manner.
- xiii. Control of Craft
 - 1. Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.
- g. The Race – Open "A" Junior Lifeguard Taplin Relay
 - i. Teams of 6 competitors (2 x swimmers, 2 x board paddlers, and 2 x runners) cover the approximately 1,450 meter course in a sequence of 6 legs.
 - ii. The sequence is as follows:
 - 1. Swim
 - 2. Run (1st Runner)
 - 3. Board Paddle
 - 4. Run (2nd Runner)
 - 5. Swim
 - 6. Run (1st Runner)
 - 7. Board Paddle
 - 8. Run (2nd Runner)
 - iii. The swimmer may not swim twice or do the paddle legs and vice versa.
 - iv. The runners run the same legs twice, the first runner after the swims, and the second runner after the paddles. The final run leg to the finish line completes the race.

- v. Competitors must commence their leg of the event from the correct allotted beach position.
- vi. The course direction is clockwise for all disciplines.
- vii. Swim Legs:
 - 1. From a beach start, swimmers enter the water, swim around the two inside buoys and return to shore to make the "tag" to runner
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
- viii. 1st Run Leg and 3rd Run Leg:
 - 1. After being "tagged" by the swimmer, runners must go around (right shoulder) both transition flags.
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
 - 3. "Tagging" of the board paddler must be done on start/change over line with a body tag, not a board tag.
- ix. Board Legs:
 - 1. After being "tagged" by the runner, paddlers must paddle around all three buoys and return to shore to make the "tag" to the runner.
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
 - 3. Paddlers will not be disqualified if they lose their board after turning the final buoy.
 - 4. The paddler does not need to be in contact with their board at the time of the "tag".
- x. 2nd Run Leg:
 - 1. After being "tagged" by the paddler, runners must go around (right shoulder) both transition flags.
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
 - 3. "Tagging of the swimmer must be done on the start/change over line with a body tag.
- xi. 4th Run Leg:
 - 1. Runners then round 1 turning flag, pass the other flag on the shoreward side, and continue to the finish between the 2 finish flags.
 - 2. "Tagging" must take place between the shoreline and the first transition flag.
- xii. Equipment
 - 1. One paddleboard per team up to 10'6" as per ISA specifications.
 - 2. Swimmers may use goggles, swim caps, and race suits as per FINA specs.
- xiii. Equipment Removal
 - 1. To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed.
 - 2. Board Paddlers should remove boards from the course in a safe manner.
- xiv. Control of Craft
 - 1. Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.