



*Chambers of Commerce and Cities of  
Hermosa Beach, Manhattan Beach, Redondo Beach, Torrance,  
Los Angeles County Fire Department and Department of  
Beaches and Harbors*

# International Surf Festival Bud Stevenson Intracrew Rules

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**DESCRIPTION:** Bud Stevenson Intracrew Medley Relay is a race open to the Los Angeles County Fire Department Lifeguard Division. The teams are organized from the various beaches within Los Angeles County. It is a 19-person Lifeguard Medley Relay consisting of two runners, four swimmers, four paddlers, one surf ski, and four two-person dory crews.

**ELIGIBILITY:** Los Angeles County Fire Department Lifeguard Division will be divided into nine Lifeguard teams: Redondo/Torrance/Cabrillo, Hermosa, Manhattan, Dockweiler, Venice, Santa Monica, Will Rogers, Malibu, and Zuma. If available, a team may have a "B" team.

Lifeguard Division, not ISF, shall determine the eligibility week for Intracrew teams and the off-schedule personnel draw. At no time shall an employee self appoint where they are going to compete. Lifeguard Division shall also determine team gender requirements, if any.

The Head Official will request assistance from Lifeguard Division to enforce any and all Lifeguard Division requirements.

**GOAL:** Display the skills and challenges of the Los Angeles County Lifeguards to the general public in a competitive environment that is positive, friendly, and fair.

**PURPOSE:** To define the rules of the event and establish participation expectations.

## **DEFINITIONS:**

**Beanies** – Team beanies shall be worn on the head of the Swimmers, Paddlers, and Surf Skier securely fastened under the chin at the start and finish of each event. Competitors shall not be disqualified for loss of their beanie after the start if they complete all aspects of the event and it can be determined that they did not voluntarily remove their beanie during the event. Failure to comply shall be subject to disqualification.

**Helmets** – Required headwear for all dory crews and their handlers, beanies NOT required.

**Handler**– A person who assists a dory crew in launching and catching a dory in the surf, only one handler per team at a time.

**Start/Exchange/Finish Line** – Lane markers, poles placed in a horizontal line on the beach parallel to the waterline.

**Start of the Race** – The Head Official/Starter will call each lane to make sure the first swimmer is ready. The Head Official/Starter will blow a whistle to indicate the race is about to begin. The Head Official/Starter will then fire the starter pistol to start the race.

**Start** – All competitors are to be positioned behind the Start/Exchange/Finish line before they begin their leg of the race.

**Turn Flag Line** – Ten distinctive colored flags stretched in a horizontal line. All buoys shall be placed by the ISF under the direction of the Head Official or their designee. Buoy placement must be done prior to the starting of the competition. Distance may vary due to tides, surf, and other conditions. The distance from Start/Exchange/Finish line to the Turn Flag Line is approximately 200-300 yards.

**Turn Flag** – A clockwise turn is recommended around any one of the ten flags, but not required. If making a counter-clockwise turn, the competitor must give way to another competitor who is making a clockwise turn. NOTE: Surf Skiers must round all ten flags in a clockwise direction.

**Skin-to-Skin Tag** – A physical touch person-to-person.

**Exchange** – A competitor who is completing their leg of the race MUST make a skin-to-skin tag to the next competitor who is standing BEHIND the Start/Exchange/Finish line.

**Paddleboard Exchange** – Using the same paddleboard, the competitor who is completing their leg of the race MAY hand the paddleboard to the next competitor who is standing BEHIND the Start/Exchange/Finish line. (This would be the only exception where a skin-to-skin tag is not required.) The other option would be a skin-to-skin tag BEHIND the Start/Exchange/Finish line.

**Required equipment** – one paddleboard, one surf ski, and one dory per team.

**Paddleboard Specifications** – Must meet current United States Lifesaving Association standards.

**Surf Ski Specifications** – Must meet current United States Lifesaving Association standards.

**Dory Specifications** – Must meet current National Dorymen's Association standards.

**Lane** – The area on either side of the Team's assigned lane pole, e.g. lane 5 is between lane pole 4 and lane pole 6.

**Lane Assignments** – Team lane assignments shall be made by the Head Official and shall be based on the finish order from the previous Intracrew results.

**Team Captain** – The person responsible for the team and the contact for the Officials, Lane Judges, and ISF Committee. The Team Captain must be available for a Captain's meeting prior to the start of the Intracrew Relay for any final instructions and/or questions. Team Captains are to submit their contact information to the ISF Official listed on the entry form along with a completed entry form. The entry form must include competitors full, legible, first and last names, and in the discipline they are competing. This team roster should be submitted no later than five days prior to the event.

**Officials** – Individuals who VOLUNTEER their time to make sure everyone is enjoying a fair and honest competition.

**Lane Judges** – Individuals who VOLUNTEER their time to issue beanies, competition, keep track of the event progress, turn the flipcharts, and approximate the finish order of their respective team. They are then responsible to collect ALL of the beanies from the Team Captains. Once ALL beanies and competition jerseys are received, issue the Team's T-Shirts to the Team Captain for distribution. Lane Judges are responsible for turning in and retrieving all of the beanies, flipcharts, and clipboards to the ISF Committee.

**Disqualification** – Elimination from the competition results due to a rules infraction, unsportsmanlike conduct, or inability to complete the race. The decision to disqualify a team from the race shall be made by the Head Official and that decision is final.

**“Down in Front”** – The Announcer, Lane Judge, and Officials will use this term for any teams that are standing in their area and blocking the public's view of the event. All competitors have a responsibility to ensure the spectators have an unobstructed view of the competition. Team Captain's should assist in this endeavor.

## **RULES:**

Each Intracrew Team consists of a 19-person Relay Team:

2 Runners

4 Swimmers

4 Paddlers

1 Surf Skier

8 Rowers (4 x 2 - person dory crews)

No team member may compete more than once per relay team.

No team member may compete on more than one team.

Each 19-member team is assigned a lane. ALL exchanges (skin-to-skin tags) must be in their respective lane and behind the lane marker Start/Exchange/Finish line.

However, the final dory competitor can cross the finish line in ANY lane.

All Run, Swim, Ski, and Paddle competitors must wear their team beanie when competing. All Dory Crews and Handlers must wear helmets when competing.

Team Captains are responsible for the conduct of their team during the event. They are responsible for knowing the rules and making sure their team members follow said rules. They are responsible for all issued beanies and competition jerseys and for turning in ALL beanies and competition jerseys to their lane judge. Team Captains are responsible for distributing their teams T-Shirts once all beanies and competition jerseys are accounted for.

## **START:**

With the first Runner's hand on their lane marker pole standing on the land side of the Start/Exchange/Finish line, the Head Official will call out each lane to make sure they are ready. The Head Official will blow the whistle to indicate the race is about to start. The Head Official will shoot the starter pistol to start the race.

## **COURSE:**

The first Runner will run clockwise around all Start/Exchange/Finish line poles from beach side to ocean side and finishing on the beach side giving a skin-to-skin tag to the second runner standing with hand on the assigned lane pole. The second runner will repeat the course and skin-to-skin tag the first Swimmer whose hand is on the assigned lane pole. They will go around the assigned lane pole making a Right shoulder turn to enter the water.

The remaining swimmers, paddlers, skier, and one crewmember of each dory team are to be in their lane behind the Start/Exchange/Finish line wearing their assigned beanie (helmet for dory crew).

Lane Marker Line – Start/Exchange/Finish Line

Flag Line – Turn buoy

Water competitors must start in their lane at the Start/Exchange/Finish line, go around one flag on the flag line, and execute a skin-to-skin tag (exception paddlers may skin-to-paddleboard tag) on the next competitor who is behind the Start/Exchange/Finish line in their respective lane.

## **COURSE EXCEPTION:**

Surf skier wearing the required beanie and competition jersey must start in their lane behind the Start/Exchange/Finish line. Once skin-to-skin tagged, they will run to the water's edge where their handler will be holding their ski and/or paddle (competitor's choice). The surf skier, from their lane, will then paddle their surf ski to the south end of the flag line and execute a clockwise turn. Then they will paddle a clockwise course on the ocean side of the entire flag line completing a clockwise turn at the north end of the flag line. The surf skier will then paddle to the beach, drop their ski, and ski paddle (competitor's choice) with their handler and run up the beach to make a skin-to-skin tag with the first dory competitor standing behind the Start/Exchange/Finish line in their lane.

The final Dory Crew finish may be completed by crossing the Start/Exchange/Finish line in ANY lane.

## **RULES:**

A competitor may NOT purposely interfere with another competitor. When rounding the flag line, all precautions must be taken to avoid any collisions.

During the race, all team members must remain seated to allow the spectators an opportunity to view the race. The Team Captain shall assist in team compliance.

Exchanges are to be a skin-to-skin tag with the next competitor standing behind the Start/Exchange/Finish line. The only exception would be in the paddleboard exchange, skin-to-board tag would be acceptable when the upcoming competitor is standing behind the Start/Exchange/Finish line.

Any team member may assist in carrying the dory to the waterline when the next leg of the event is the dory leg. Once in position, only one person may assist in the handling of the dory. The Handler must wear a helmet while handling the dory. One dory team member may enter the dory while the handler is holding the dory. The last paddler must make a skin-to-skin tag with the first dory team crewmember standing behind the Start/Exchange/Finish line. The tagged dory crewmember runs to the dory and jumps in with their partner already in place. The handler may push the dory into the race.

In the event of an overturned dory, the entire Intracrew team may enter the water for the safety of the dory crew and surrounding competitors. Once the dory crewmembers are safe and the dory is righted and the oars are retrieved, the Intracrew team must exit the water and return to their lane. The handler may assist by pushing the dory into the race.

A team member is permitted to direct a competitor exiting the water to their respective lane as long as they do not interfere with any other competitors.

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