



INTERNATIONAL LIFE SAVING (ILS)
SPORT COMMISSION TECHNICAL BULLETIN # 2
ILS COMPETITION RULE BOOK 2023 EDITION

This Bulletin advises minor clarifications to the ILS Competition Rule Book (2023 Edition) authorised by the ILS Sport Commission.

These clarifications have immediate effect and reflect interpretations already adopted by member organisations for the conduct of events.

The clarifications are detailed in the Preface of the ILS Competition Rule Book under the sub-heading “Further Updates – September 2023” and are:

- S3 - 3.2C:** For the Manikin Carry pushing the manikin has been further defined as the “*top of the manikin’s*” head being forward of the competitor’s head.
- S3 - 3.2F:** The competitor and manikin are considered to be one unit and, when in the carry position, either must remain above the surface of the water. Note 2 of this point has been further clarified that it is not a disqualification if the manikin is underwater and a competitor dips below the surface of the water as part of their normal stroke or kick cycle provided that the competitor breaks the surface throughout the race with some part of their body such as their head or arm.
- S4 - 10.1:** To better describe the positioning of a competitor laying on the sand on their stomach waiting for a start in the Beach Flags event, the word “*abdomen*” has been added in parenthesis.

In addition, there has also been a number of very minor formatting, spelling, grammatical, and similar corrections made to the Rule Book that do affect the conduct or rules of competition.

All clarifications and corrections have been included in the Rule Book published on the ILS website and may be downloaded from <https://www.ilsf.org/lifesaving-sport/rules>.

Should further information be required please direct your enquiry to the Secretary of the ILS Sport Commission at sport@ilsf.org.

15 September 2023