



Title:	2025 NQB Pool Rescue Championship-Entry Circular
Department:	NQB Board of Surf Sports
Audience:	All NQB Clubs, Officials and Administrators
Summary:	Entries are now open for the 2025 NQB Pool Rescue Championship - Smithfield
Date of publication:	Monday 24 th February 2025
Date of Meet:	Sunday, 22 June 2025
Venue:	Marlin Coast Swimming Pool (Leisure Park Road, Smithfield QLD 4868)
Time:	0900 - 1600hrs
Sports Bulletin Link	NQ Surf Sports - Surf Life Saving Queensland

Distribution of Circular:

It is most important that the information in this Circular is brought to the attention of all Carnival Officials, Team Managers, Coaches and Competitors.

ENTRIES

Entries are invited from all Clubs throughout the North Queensland Branch for the 2025 NQB Pool Rescue Championship.

The method of entry is via SEMS. SEMS is now open for nominations and can be entered through the clubs SEMS Administrators.

Live Heats:

Live Heat is now being used for NQB Carnivals. Athletes **are not required** to take their Life Heats wristbands to this carnival.

Live Heats results can be found at <https://liveheats.com/> and you can download Live Heats to your phone following the instructions on the website and keep up to date with Carnival and Competition results for NQB Carnivals.

Entries Close:

Entries for this event close at 11pm, **Monday 16th June 2025.**

Entry Fees

The entry fee will be:
 \$25.00 (U9-U10)
 \$35.00 (U11-Masters)

Clubs will be invoiced after the Carnival.
 There will be NO Late entry fee.

Entry Conditions

All competitors wishing to compete at the 2025 NQB Pool Rescue Championship must be current financial and proficient members of a Surf Life Saving Club, for the 24/25 season.

Age Groups will be as per the 2023/2024 season.

ADMINISTRATION

Briefing and Starting Times

Sunday, 22 June 2025

- 9.00am Pool opens for carnival set up
- 9.15am Officials & Course set up Meeting
- 9.30am Competitor Warm Up
- 9.45am Team Managers Meeting
- 10.00am Competition commences

Scrutineering

Scrutineering at this competition will be conducted randomly throughout this event by appointed scrutineering officials.

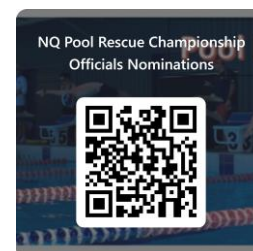
First Aid

The facility has First Aid and emergency evacuation procedures. First Aid personnel will be on site for the duration of the event.

OFFICIALS

All appointed officials will be required to be current accredited SLSA officials and be the holder of a current blue card. If an Official would like to nominate, please follow the form link

[Officials Forms Link](#)



Dress:

It is imperative that the appearance of competition officials/judges is of a high standard; therefore, appointed officials are requested to give a high degree of attention to their quality of uniform.

Ratios: Officials to Competitors per club:

Please ensure that you provide a minimum of **1 Official per 10 Competitors** – 1:10 ratio as set out in (located in the 2024 NQB Surf Sports Booklet)

TEAM MANAGERS

Each club must have a team manager for competitors to be eligible to compete at this event. It is compulsory that all team managers attend the team managers/briefing as outlined above.

TIMEKEEPERS

All clubs competing at the 2024 NQB Pool Rescue Championship must be prepared to provide **at least 2 timekeepers**. The timekeepers do not need to be accredited officials. The more timekeepers you can provide the less time they will have to be on the pool deck however clubs will need to be responsible for any rotation in personnel ensuring each new timekeeper reports to the Chief Timekeeper prior to taking up their position. **Timekeepers should be available from 30 minutes prior to the commencement of the competition.**

COURSE SET UP

All clubs must provide **one member for course set up**.

Course set up: responsible for ensuring the correct equipment is in the pool and that the pool is set up in a timely and correct manner for each pool event.

HANDLERS

Please be aware that all competitors in the mannikin tow events will need a handler in a **club cap**. If a handler is not in position when the starter is ready, the competitor may be disqualified.

EVENT RULES

The 2024 NQB Pool Rescue Championship will be conducted under the rules as published in the relevant sections of the latest edition of SLSA's Surf Sports Manual and the ILS Competition Manual latest edition plus any subsequent bulletins or circulars.

The eligibility conditions for age categories, substitution and other required provisions to compete are also provided for in the SLSA Surf Sports Manual and subsequent bulletins or circulars.

A copy of the SLSA Sport Manual can be found at [Surf Sport manual - Section 11 Pool Rescue events](#)

A copy of the ILS Competition Manual can be found at [ILS Competition Rule Book 2023](#)

Age Determination and Restrictions

A competitor's age group is determined by their age as at midnight on 30th September 2024.

For example, a member who is aged 13 years on the 30 September 2024 is eligible to compete in the U14 age group.

A member who is aged 14 years on 30 September 2024 is not eligible to compete in the U14 age category (and must compete in the U15 age category).

Members may compete in age groups individual and team events as detailed below:

- U9s may compete in U9 Individual and U9 to U10 team events.
- U10s may compete in U10 Individual and U9 to U10 team events
- U11s may compete in U11 individual and U11 to U13 team events only.
- U12s may compete in U12 individual and U11 to U13 team events only.
- U13s may compete in U13 individual and U11 to U13 team events only.
- U14s may compete in U14 individual and U14/U15 team events only.
- U15s may compete in U15 individual and U14/U15 team events only.
- U17 may compete in U17 individual and Open team events only.

Note 1: U9 to U10 are competitive as per the 2023 NQB Surf Sports Carnival Booklet

Note 2: No U13 or U14 age members are permitted to compete in U15 age individual events.

Note 3: No U13 age member is permitted to compete in U14/U15 age team events.

Note 3: No U15 age member is permitted to compete in any U17 or above individual or team events.

Under 9/10 50 Meter Baton Carry Event Rules

a) With a dive entry on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged baton to the surface within 5m of the pick-up line.

b) The competitor then carries the baton to touch the finish edge of the pool.

c) The event is completed when the competitor touches the finish edge of the pool.

d) Equipment:

- Batons shall be approximately 250mm to 300mm in length with an external diameter of approximately 25mm to 40mm and made of flexible material (e.g., flexible hose) and capable of being sunk.

Note: Unless otherwise specified competitors must use the baton supplied by the Competition Organizers.

e) Positioning of the baton:

- The baton is placed at the 25m mark with a 5m pick up zone mark on the pool edge.
- The baton is located at a depth between 1m and 3.00m.

f) Surfacing the baton:

- Competitors may push off the pool bottom when surfacing with the baton.
- Competitors must have the baton in the correct carrying position (see next heading) before the baton passes the relevant 5m line.

g) Carrying the Baton:

- A baton is not classified as a “living object” and therefore it may be carried above or below the surface of the water.
- The baton must be carried not pushed or stroked. Pushing means the baton is held forward of the competitor’s head; and stroking means the arm/s carrying the baton break the water to assist moving forwards with an out-of-water arm recovery.
- The baton must be carried with one or two hands.

H) Disqualification:

In addition to the General Conditions for disqualification contained in the current SLSA Surf Sports Manual, the current edition ILS Competition Rule Book and any specific or amending competition bulletins and circulars the following behavior shall also result in disqualification:

- A false start.
- Not surfacing before diving to the baton.
- Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the rubber brick – not including the bottom of the pool.
- Not having surfaced with the baton before the competitor’s head passes the 5m line.
- Pushing the or stroking with the baton (above the head of the athlete or out of water arm recovery).
- Not carrying the baton in one or both hands.
- Releasing the baton before touching the finish edge/wall.
- Failure to touch the finish edge/wall.

GENERAL

Food & Beverages

A cafe is located at the Pool where food and beverages will be available for competitors to purchase for the duration of the competition.

Drug Policy

Surf Life Saving Queensland supports the Australian Government, the Australian Sports Commission, the Australian Olympic Committee, and the Australian Sports Anti-Doping Authority (ASADA) in their efforts to eradicate the use of drugs in sport. SLSA has a published anti-doping policy which is consistent with the ILS policy. These policies will be adhered to for this event.

Marshalling

Please make sure either the Team Manager or the athletes is there to marshal pre-event. If you miss marshalling you will not be permitted to enter the race.

ENTRY CONDITIONS

Dress

Competitors to use club swimming cap or club nobby cap.

Competition Equipment

NQB (with the support of the NQB Clubs) will supply the Rescue Tubes, Obstacles, Ropes, Bricks & Manikins for the use of competitors during competition. All competitors are required to supply their own fins.

All equipment must comply with the ILS specifications as specified in the ILS Sports Manual section 11.

Competition equipment will be subject to random scrutineering checks during the event.

NQB equipment will not be made available for training prior to or during the event due to losses incurred in the past. Competitors or teams found to be in possession of SLSQ equipment outside the competition may be referred for disciplinary action.

Event Equipment and Specifications

All competitors are required to supply their own swimwear, fins, and caps. The swimwear and caps must comply with the SLSA specifications as specified within the current edition SLSA Surf Sports Manual Section 11 Pool Rescue events [Surf Sports Manual - Section 11 Pool Rescue Events](#)

11.3 Special Conditions for SLSA competitions

Swim Fins - Competitors must comply with the specifications as detailed in the Sections 11.3 of the current edition SLSA Surf Sports Manual [Surf Sports Manual - Section 11 Pool Rescue Events](#)

11.3.1 Swim Fins Specifications for U13 and Under Age Category Events

The swim fins used by U13 and under aged events are restricted to soft/flexible rubber type fins used for swimming training similar to styles depicted beside.



Please note that fins that do not meet this general profile or are for the specific purpose of diving or surfing/bodyboarding and/or with stiff and/or elongated blades, will not be permitted for use in U13 and under aged events.

The swim fins shall comply with the following dimensions:

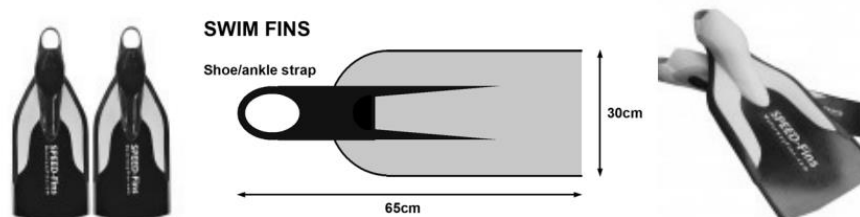
- Maximum 50cm overall length including the shoe.
- Maximum 25cm width at the widest point of the blade.

Swim fins are to be measured with the shoe or ankle strap extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.

Note: Fins are measured while not being worn.

11.3.2 Swim Fins Specifications for U14 and Over Age Category Events

The swim fins used in events for U14, and over aged events must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted beside:



The swim fins shall comply with the following dimensions:

- Maximum 65cm overall length including "shoe" or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.
- Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.

Swim fins are to be measured with the shoe extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.

Note: Fins are measured while not being worn.

11.3.3 Rubber Bricks Specifications for U13 and Underage Category Events

The rubber bricks to be used in the U13 and under Brick Carry events have the following specifications:

Measurements: 230mm x 80mm x 80mm Weight: 3.5kg and shall have a profile similar to the style depicted beside:



The obstacles, manikins, line throw ropes, rescue tubes etc. will comply with ILS specifications and shall be provided by NQB for the competition. The specifications for this equipment may be found in Section 3 of the [ILS Competition Rule Book 2023](#)

GENERAL EVENT CONDITIONS

Team management, coaches and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.

Except where indicated in this document competition and events shall be conducted as per the current SLSA Surf Sports Manual, the current edition ILS Competition Manual and any specific or amending competition Bulletins and Circulars.

Please also note that event rules may be subject to change at the discretion of NQB or the Competition Committee/Event Referee. Any changes these will be communicated at the earliest opportunity.

POOL RESCUE EVENT DESCRIPTION AND RULES

Please refer to the SLSA Surf Sports Manual - Pool Rescue events (Section 11)

[Surf Sports Manual - Section 11 Pool Rescue Events](#)

Please refer to the ILS Competitions Rule Book 2023 edition (Effective 1 June 2023) – Section 3 [ILS Competition Rule Book 2023](#)

The following pool events are described in Section 3:

- Obstacle Swim – 200m and 100m
- Manikin Carry – 50m
- Rescue Medley – 100m
- Manikin Carry with Fins – 100m
- Manikin Tow with Fins – 100m
- Super Lifesaver – 200m
- Manikin Lifesaver Medley -100m
- Line Throw – 12.5m
- Manikin Relay – 4 x 25m
- Obstacle Relay – 4 x 50m
- Medley Relay – 4 x 50m
- Pool Lifesaver Relay Mixed – 4 x 50m
- Rescue Tow Relay – 4 x 50m

Disqualification

Please refer to the ILS Competition Rule Book 2023 edition (Effective 1 June 2023) Section 3 disqualifications listed in each event. Disqualification codes for pool events - pages 89 to 92.

[ILS Competition Rule Book 2023](#) and any specific or amending competition Bulletins and Circulars.

Events List

2025 NQB Pool Rescue Championship			
Event Order			
Number	Age Group	Gender	Event
1	U11 to U13	Mixed	10M Line Throw
2	U14/U15	Mixed	12.5M Line Throw
3	U17	Mixed	12.5m Line Throw
4	(Open, Masters)	Mixed	12.5m Line Throw
5	U9	Female	50m Obstacle
6	U9	Male	50m Obstacle
7	U10	Female	50m Obstacle
8	U10	Male	50m Obstacle
9	U11	Female	100m Obstacles
10	U11	Male	100m Obstacles
11	U12	Female	100m Obstacles
12	U12	Male	100m Obstacles
13	U13	Female	100m Obstacles
14	U13	Male	100m Obstacles
15	U14	Female	100m Obstacles
16	U14	Male	100m Obstacles
17	U15	Female	100m Obstacles
18	U15	Male	100m Obstacles
19	U17	Female	100m Obstacles
20	U17	Male	100m Obstacles
21	(Open, Masters)	Female	100m Obstacles
22	(Open, Masters)	Male	100m Obstacles
23	U9 to U10	Mixed	4 x 50m Obstacle Relay
24	U11 to U13	Mixed	4 x 50m Obstacle Relay
25	U14 to U15	Mixed	4 x 50m Obstacle Relay
26	Open (U17 to Masters)	Mixed	4 x 50m Obstacle Relay
27	U9	Female	50m Baton Carry
28	U9	Male	50m Baton Carry
29	U10	Female	50m Baton Carry
30	U10	Male	50m Baton Carry
31	U11	Female	50m Brick Carry
32	U11	Male	50m Brick Carry
33	U12	Female	50m Brick Carry
34	U12	Male	50m Brick Carry
35	U13	Female	50m Brick Carry
36	U13	Male	50m Brick Carry
37	U14	Female	50m Manikin Carry

38	U14	Male	50m Manikin Carry
39	U15	Female	50m Manikin Carry
40	U15	Male	50m Manikin Carry
41	U17	Female	50m Manikin Carry
42	U17	Male	50m Manikin Carry
43	(Open, Masters)	Female	50m Manikin Carry
44	(Open, Masters)	Male	50m Manikin Carry
45	U15	Female	100m Manikin Carry with Fins
46	U15	Male	100m Manikin Carry with Fins
47	U17	Female	100m Manikin Carry with Fins
48	U17	Male	100m Manikin Carry with Fins
49	(Open, Masters)	Female	100m Manikin Carry with Fins
50	(Open, Masters)	Male	100m Manikin Carry with Fins
51	U9 to U10	Mixed	4 x 25m Baton Relay
52	U11 to U13	Mixed	4 x 25m Brick Relay
53	U14 to U15	Mixed	4 x 25m Manikin Relay
54	Open (U17 to Masters)	Mixed	4 x 25m Manikin Relay
55	U9	Female	50m Swim with Fins
56	U9	Male	50m Swim with Fins
57	U10	Female	50m Swim with Fins
58	U10	Male	50m Swim with Fins
59	U11	Female	100m Patient Tow with Fins
60	U11	Male	100m Patient Tow with Fins
61	U12	Female	100m Patient Tow with Fins
62	U12	Male	100m Patient Tow with Fins
63	U13	Female	100m Patient Tow with Fins
64	U13	Male	100m Patient Tow with Fins
65	U14	Female	100m Manikin Tow with Fins
66	U14	Male	100m Manikin Tow with Fins
67	U15	Female	100m Manikin Tow with Fins
68	U15	Male	100m Manikin Tow with Fins
69	U17	Female	100m Manikin Tow with Fins
70	U17	Male	100m Manikin Tow with Fins
71	(Open, Masters)	Female	100m Manikin Tow with Fins
72	(Open, Masters)	Male	100m Manikin Tow with Fins
73	U9 to U10	Mixed	4 x 50m Swim with Fins Relay
74	U11 to U13	Mixed	4 x 50m Medley Relay
75	U14 to U15	Mixed	4 x 50m Medley Relay
76	Open (U17 to Masters)	Mixed	4 x 50m Medley Relay