



Surf Life Saving Australia - Circular

Title:	Interstate Pool Rescue Championships 2025 – Entry Circular
Document ID:	Circular 79/24-25
Audience:	State/Territory Surf Sport Managers, Directors, Club Secretaries, Branches, State/Territory CEO's SLSA Chair of Sport and Advisers, Officials and Competitors
From:	Sport
Date:	6 June 2025
Summary:	Entry Circular for the Pool Rescue Interstate Championships 2025 to be held at the South Australia Aquatic & Leisure Centre (SAALC), Adelaide. The Championships will be held over three days: 8-10 August 2025.

This circular details instructions relating to the conduct of the Surf Life Saving Australia (SLSA) Interstate Pool Rescue Championships 2025 (Interstate Championships).

TEAM EQUIPMENT & DRESS

States will be responsible for the selection of their representative teams.

States are also responsible to make the appropriate arrangements regarding equipment, outfitting, etc. for their teams.

Competitors are to wear their state team caps in the individual events that they are representing their state. State team members are requested not wear their state team cap in events where they are **NOT** the nominated representative.

Insurance is the responsibility of the individual competitors or State Team Management. Surf Life Saving Australia will not accept the responsibility for loss, damage or theft of equipment.

TEAM COMPOSITION / SIZE

The Interstate Championships 2025 is conducted for the ages U14 to Open.

The Interstate Pool Rescue Champions will be the team with highest cumulative points. Each State team will consist of a maximum of 24 athletes as per the following:

- U14 - male and female (2 males | 2 females)
- U15 - male and female (2 males | 2 females)
- U17- male and female (2 males | 2 females)
- U19 - male and female (2 males | 2 females)
- Open - male and female (4 males | 4 females)

To be eligible for a State Team a member must:

- Be in the appropriate age group on or before midnight 30 September 2024;
- Hold a proficient award relevant to their age group; and
- Have satisfied the conditions detailed in Section 2.2.1 and 2.2.2 of the Surf Sports Manual and any amending Bulletins or Circulars.

Competitors must compete for their state for the whole of the Interstate Championships in their age category for individual events.

However, to encourage participation states may nominate a younger age competitor to represent their state in individual events in an eligible older age group. When this occurs, the competitor may choose to compete in their own individual age group for their club and have their time recorded for comparison with their state nominated age group. For example, an U17 age group competitor may be nominated as an



U19 age competitor for their state. If this occurs the competitor may compete in the U17 age group and record a U17 club result and a time and result for the U19 interstate event.

THIS MUST SHOW ON THE INTERSTATE NOMINATION SHEET WITH THEIR CLUB AGE BESIDE THEIR NAME LISTED IN THE OLDER AGE CATEGORY.

Note: An U12 or U13 competitor is ineligible to represent as U15 interstate competitor and an U14 or U15 age competitor is ineligible to represent in an U17 or older age group.

However, participation in relay events shall be as per the current edition of the SLSA Surf Sports Manual and any subsequent Bulletins and Circulars.

State Team Managers are to nominate their team and category prior to the competition commencing on the relevant team configuration forms to be provided by SLSA.

TEAM SELECTION

States/Territories are responsible for the selection of their teams.

States/Territories are permitted to select "State of Bronze Medallion Origin" athletes based on where the member first gained their Bronze Medallion award **OR** for the state/territory where the member's current club is if the member so wishes. Each state will be required to confirm which eligibility status each athlete is being selected under on the team registration form. SLSA will complete an audit of each team to ensure all teams are complying with these rules.

Note 1: "Current Club and State": This means the club and state in which the member currently has his/her competitive rights.

Note 2: It is the individual member's choice whether they wish to be considered for selection by their "State of Bronze Medallion origin" or their "Current State of Membership". It is the role of the State to confirm this with athletes. This must be included in the Pool Rescue Interstate Team Details sheet.

State team selections and individual event allocations will need to be received by SLSA no later than close of business (AEST) **Wednesday 30 July.**

TEAM EVENTS TO BE CONTESTED

The following are the team relay events to be contested:

1. U15 Male 4 x 25m Manikin Relay
2. U15 Female 4 x 25m Manikin Relay
3. U19 Male 4 x 25m Manikin Relay
4. U19 Female 4 x 25m Manikin Relay
5. Open Male 4 x 25m Manikin Relay
6. Open Female 4 x 25m Manikin Relay
7. U15 Male 4 x 50m Medley Relay
8. U15 Female 4 x 50m Medley Relay
9. U19 Male 4 x 50m Medley Relay
10. U19 Female 4 x 50m Medley Relay
11. Open Male 4 x 50m Medley Relay
12. Open Female 4 x 50m Medley Relay
13. All Age Mixed 10 x 50m Relay
14. U19 4x50m Mixed Pool Lifesaver Relay
15. Open 4x50m Mixed Pool Lifesaver Relay
16. U15 Male Obstacle Relay
17. U15 Female Obstacle Relay
18. U19 Male Obstacle Relay
19. U19 Female Obstacle Relay
20. Open Male Obstacle Relay



21. Open Female Obstacle Relay

Note 1: The U15 relays shall be a combined U14 and U15 age Group. Competitors may swim in any order.

Note 2: The U19 relays shall be a combined U19 and U17 age Group. Competitors may swim in any order.

Note 3: The Open relays shall consist of any athletes between U17 and Open.

Note 4: The 10 x 50m Relays are to be swum in a set age order oldest – to youngest as follows. There must be one male and one female in each age group, gender order can be determined by the State:

- 2 x Open – Manikin with fins (in water start)
- 2 x U19 – Rescue Tube with fins (in water start)
- 2 x U17 – Rescue Tube with no fins (in water start)
- 2 x U15 – Freestyle with fins (in water start)
- 2 x U14 – Freestyle no fins (in water start)

Note 5: The technical rules for 10 x 50m Relays shall be as for the individual races for the disciplines involved.

Note 6: Teams in the U19 and Open 4x50m Mixed Pool Lifesaver Relays are free to choose the order in which their male and female competitors swim the events (i.e., there will be no draw undertaken).

INDIVIDUAL EVENTS

The following individual events will also be contested as part of the Interstate competition:

Individual Events – Male and Female	U14	U15	U17	U19	Open
50m Freestyle Swim with fins	X	X	X	X	X
200m Obstacle Swim	X	X	X	X	X
50m Manikin Carry	X*	X	X	X	X
100m Rescue Medley		X	X	X	X
100m Manikin Tow with fins	X	X	X	X	X
100m Manikin Carry with fins		X	X	X	X
200m Super Lifesaver		X	X	X	X

U14 (individual) Manikin Carry (50m) - modified event - The pickup will occur at 35m.

TEAM MANAGEMENT

For event management purposes SLSA will recognise three (3) state team management officials. The positions to be recognised are:

- Manager (1)
- Coach (1)
- Chaperone/Medical (1)

Note: It is recommended that team management composition contain both male and female appointees. In this regard it is further recommended that the state appoint males and females proportionately.

INTERSTATE DRAFTING

Drafting is only permitted for the Relay events. SLSA will facilitate an athlete draft to ensure:

- Each affiliated State/Territory has a full team roster for the relays (where possible).
- That non-selected (from primary nomination) athletic talent is spread around teams requiring draft athletes.
- Note: A draft will only take place if athletes are provided by States.

The draft process shall be as follows:



- Athletes may elect to nominate into the drafting for relay events should their primary nomination for a State Team be unsuccessful.
- State/Territory centres shall forward all athlete nominations and drafting requirements to SLSA by **Monday 28 July**
- SLSA will release a list of the available draft athletes to each State/Territory team manager eligible to pick from the draft by **Monday 28 July**.
- There will be a meeting facilitated by SLSA and State Team Head Coaches and Managers on **Friday 1 August** to complete the draft picks.
- Only the bottom four (4) ranked States/Territories shall be permitted drafts for each team.
- For 2025, each State/Territory may draft as follows:
 - **Queensland** – No drafted athletes permitted
 - **New South Wales** – No drafted athletes permitted
 - **Western Australia** - No drafted athletes permitted
 - **South Australia** – 2 draft athletes per open and youth team
 - **Victoria** – 3 draft athletes per open and youth team
 - **Tasmania** - 4 draft athletes per open and youth team
 - **Northern Territory** - 5 draft athletes per youth and open team
- The lowest ranked state team from Pool Interstate 2024 will have first pick, followed by 6th, 5th until the first rotation is complete. The rotation shall continue until all teams have a complete roster or have exhausted their picks.
- State/Territory centres will be required to select its final relay teams by **Friday 1 August**.
- Any drafted athletes shall be the financial responsibility of the individual seeking the draft. State will supply team caps to the drafted athletes as a minimum.
- No relay team changes are permitted unless an injury occurs, or evidence of an exceptional circumstance is provided.
- There shall be no penalties for drafting. States/Territories are advised there may be reducing draft athlete allowances in the coming years.

POINTSCORE

All events conducted shall be of equal points and the State/Territory with the highest aggregate of points being declared the SLSA Interstate Pool Rescue Champions 2025.

Point score points shall be allocated on a 7, 6, 5, 4, 3, 2, 1, basis for the positions 1st – 7th for each event contested. Nil points will be earned in the case of disqualification and/or a “did not enter” and/or “did not finish” results.

If an Interstate event has less than six teams competing, points will only be allocated for the quantity of teams competing (i.e. only NSW, QLD, VIC, WA competing, points to be allocated on a 4, 3, 2, 1 basis for the positions 1st – 4th).

The Interstate Relay events will be conducted separately to the Club Relay events.

Note: Teams with drafted athletes may earn 100% of their placing points in relays.

The individual events will be conducted as part of the Club Championships. States will be required to nominate **one** athlete only from their selected team to represent them in the above events. The nominated athletes will compete concurrently for both their club and state in individual events and will accumulate placing points for both.

Note: To achieve this, two separate scores will be kept - one for the Interstate and one for the inter club. As an example, if a state team nominated athlete was 6th place overall in a race but was place third among other states nominated athletes, they would be 6th in the interclub and 3rd in the interstate event and would be awarded placing and points for both accordingly.

Dead heats in events shall be declared as such with teams sharing the placing points for the placing attained, e.g., equal 3rd receives 5 points each with 5th placing receiving 3 points.



The occurrence of a tie at the conclusion of the competition will result in a count back of best finishes (that is, number of 1sts, if still equal, number of 2nd's and so on until a winner is declared). If this method cannot separate States/Territories, joint winners will be declared.

TROPHIES AND PRESENTATIONS

Teams will be competing for the Interstates Pool Rescue Trophy (a cumulative point score for all events). No interstate medals will be awarded for placings in individual or relay events.

State teams placing 1st, 2nd, and 3rd in the Interstate Point score shall receive Interstate Championship medallions for all team members.

Alan Whelpton AO Perpetual Shield

The result of the Australia Pool Rescue Interstate Championship will contribute to the Alan B Whelpton AO Perpetual Shield (for the overall point score of Ocean, Pool, Surf Boat and IRB Interstate Championships). The point score for this Shield shall be determined by the overall placing result recorded by States/Territories in each of the Interstate Championships. In this regard States/Territories shall be allocated points on a 7, 6, 5, 4, 3, 2, 1, basis for their relative 1st – 7th placing in each Interstate Championship (Ocean, Boat, Pool, IRB). The State/Territory with the highest aggregate of points shall be declared winner of the Shield.

In the event of tied points, a count back of best overall results in the four championships (Ocean, Boat, Pool, IRB) will determine the winning State/Territory (that is, number of 1st overall placings. If still equal, number of 2nd placings and so on until a winner is declared). If this method cannot separate States/Territories, joint winners will be declared.

EVENT RULES

The Australian Pool Rescue and Interstate Championships will be conducted under the pool event rules as set out in the 37th edition Surf Sports Manual (Revised November 2024) plus any amending Bulletins and Circulars, which can be located within the Members Area. The event will also operate under the ILS Competition Rule Book 2023 Edition plus clarifying bulletins ([ILS-2023-ILS-Competition-Rulebook-FINAL-June-2023-Clarification-V4.3.1-May-2024](#)).

The eligibility conditions for age categories, substitution, and other required provisions to compete are also provided within the Surf Sports Manual along with all other subsequent bulletins or circulars in addition to the 2025 Australian Pool Rescue Championships Entry Circular.

ILS SANCTIONING

The Australian Pool Rescue Championships is sanctioned by ILS, and as such, any World Records achieved for ILS recognised events will be recorded and submitted to ILS for processing as per the ILS Competition Rule Book 2023 Edition.

This includes the requirement for mandatory anti-doping testing for all ILS Open and Youth aged world records.

RESTRICTIONS & PROVISOS

The following restrictions shall apply regarding nominations and competition in the various events:

- (a) State team competitors will compete as state representatives in the Interstate Championships Team Events and may also compete in club team events for their clubs. In individual events they can compete for both their Club and State concurrently.
- (b) Competitors **MUST** wear identical club/state caps / rubber or silicone swim caps in each team event. To assist with identification Competitors representing their state in individual events are to wear their state team caps.

Note: State Competitors **NOT** representing their state in a particular individual event **MUST** wear their club cap, not their state cap.



APPEALS

The Competition Appeals Committee will deal with all the protests referred to it by the Referee. The appeals process is detailed in the current edition Surf Sports Manual and any subsequent Bulletins and Circulars. Appeals forms can be obtained from appointed Liaison Officers or administration. The Competition Appeals Committee shall consider the protest or appeal and make a decision. It may uphold or dismiss a protest or appeal. The cost of lodging an appeal is **\$150.00 Inc. GST** for both individual and team events. If an appeal is upheld the fee shall be returned forthwith.

The decision of the Competition Appeals Committee is final and there is no right of appeal against that decision.

SLSA ANTI-DOPING POLICY

- Surf Life Saving Australia supports the Australian Government, the Australian Sports Commission, the Australian Olympic Committee, Sport Integrity Australia (SIA), and ILS in their efforts to eradicate the use of drugs in sport. SLSA has published an anti-doping policy, which will be adhered to for this event.
- Please be aware that random drug testing could take place during the Interstate and Australian Pool Rescue Championships
- It is highly recommended each Club team member (including management and staff) complete the SIA online e-learning program (Level 1) to ensure all personnel are aware of contemporary issues pertaining to anti-doping. This includes the principles of "Clean Sport" and that the use of performance enhancing-drugs and doping practices are strictly condemned. The link to access this e-learning program is: <https://elearning.sportintegrity.gov.au/>
- Further to this, it is highly recommended that each team, under the direction of the management, undergo at least one anti-doping education and awareness activity as a group.
- It is recommended each team member (including management and staff) utilise the SIA [Check Your Substances](#) reference site, or phone 1300 027 232.

FURTHER INFORMATION

Should further information be required please contact the events team at events@slsa.asn.au.