

CHAPTER 3

U12–U15 5 PERSON RESCUE AND RESUSCITATION COMPETITION

RULES AND PROCEDURES

Except for minor alterations, to provide for no swimming, drill movements in this chapter are the same as photographs and text detailed in the 5 Person Rescue and Resuscitation – Chapter 2

A – GENERAL

1. The U12 – U15 5 Person R&R event is to be conducted on a similar basis to 5 Person R&R except that there shall be no swimming and competitions are limited to the U12 – U15 age groups. The U12 – U15 event provides the opportunity for a flow on of competitors to older age competitions.
2. The U 12 – U 15 5 Person R&R event has been divided into the following segments:
 - A General
 - B Competition Conditions
 - C Preliminary Competition Procedure
 - D Drill Procedures

Note: These rules should be read in conjunction with the relevant photographs contained in this Rescue and Resuscitation Competition Manual. Refer Chapters 1 and 2.

B – COMPETITION CONDITIONS

1. Teams competing in this style of R&R competition shall consist of five members equipped with the SLSA's approved reel, line and belt equipment, five club competition caps numbered 1, 2, 3, 4, and 5 and uniform dress.

Note 1: In U12 - U14 events the modified three quarter size reel is to be used in competition. A Rescue Tube is not required.

Note 2: In the U 15 event the full size reel and line is to be used or alternatively, it is permitted to use a full size reel equipped with less than the full length surf line. A Rescue Tube is required.

Where non rescue equipment is used the reel must have a minimum of 50 metres of line (to enable run down on a flat beach) and branded with a minimum of 25 mm letters "DEMONSTRATION USE ONLY".

2. Each team member shall be required to carry out his nominated duty, i.e. patient (No.1); beltman (No.2); reelman (No.3); first lineman and ECC operator (No.4); second lineman and Rescue Breathing operator (No.5).
3. The competition arena shall be set out and designated by pegs, poles and flags as shown in Diagram 1.
4. The competition shall be judged on the discipline and manner in which the drill is carried out. The drill to be followed is set out in Section D.
5. Length of Paces – A pace forward or to the rear should be 500mm to 600mm and should be taken moving off with the left foot.
6. Details on competition conditions and judging procedures are as provided in Chapter 1.

C – PRELIMINARY COMPETITION PROCEDURE

1. The Marshall shall notify each team in the marshalling area its beach position. The centres of the reels shall be spaced at intervals of 6m and the front shall be facing away from the competition arena. The team having the furthest to march to its beach position shall lead the march and accordingly should be closest to the entrance to the competition arena. Numbered pegs shall be placed (spaced as above) and each team must place its reel in position on the command of the Marshall.

2. Each team shall be equipped with five approved competition caps in club colours, suitably numbered 1 to 5, worn by team members.
3. The Marshall shall issue a team member with a ballot card on which the captain shall record the names of team members and their pre selected numbers and then give the card to the "A" Judge.
4. At the command of the Marshall, all teams shall "fall-in" facing the reel, two paces from and on the competition arena side of the reel, with the team approximately centred on the reel. The patient (No.1) shall be positioned on the beach side of the reel. The remainder of the team shall scale up with the shortest member standing on the left side of the patient and the balance of the team members falling in according to their height.
5. Immediately after the "fall-in" the "A" Judge shall utilise the ballot card to check cap numbers and names.
Note: A judge should also remain in observation of the team following the allocation and tying of caps and the recording of names.
6. The Starter or the Marshall shall notify each team in the marshalling area its beach position and the position on the beach for the laying of the patient.
7. The Referee or his deputy shall then give the command "R&R Teams – Reel Positions" followed by "Lift Reel" pause, "Quick March". From this point to "Re-form" and "Front", each team shall act under the command of a team member.
Note: Numbers designate "Fall-In" positions as in Diagram 2 in the Appendix.
8. "Reel Positions" – The team shall take up position as follows: No.1 in line with the centre of the drum on the beach side of the reel; Nos. 2 and 5 on the rear handles and Nos. 3 and 4 on the front handles. The ankles of Nos. 2 and 5 shall be in line with the end of the rear handles, and the ankles of Nos. 3 and 4 in line with the front bows of the reel.
9. "Lift Reel" – Nos 2, 3, 4 and 5 shall go down to squatting position by bending their knees, keeping the body erect, and grasp the handles of the reel. They shall then all rise together taking the time from No.4. The disengaged hand must be closed and not used for balance. No.1 shall remain at position of "Attention".
10. The reel must be carried on a reasonably level plane at all times. This could necessitate member(s) of the carrying party adjusting the height of the hand by bending the arm at the elbow.
11. Although the part of the competition up to the march into the arena is not judged, teams must maintain reasonable discipline. Disorderly conduct by team members shall be reported to the Referee who may take any action considered appropriate. The three Judges shall maintain constant supervision over the teams during this portion of the competition. No contact other than with carnival officials shall be permitted nor shall substitutions be permitted after the team has entered the marshalling area.

D – DRILL PROCEDURES

FIRST SECTION

1. All commands given by a team member shall be prefixed by Club or team name – followed by "the command". After the command "Front" and commands and declarations provided for in Sections 3 and 4, under normal circumstances no further word or command is given by a team member during the course of the competition, unless the belt or rescue tube falls from the reel.
2. Clearly defined markers as indicated in Diagram 1 in the Appendix shall indicate the beach position.
3. Judging of all teams shall commence when the leading team is level with the first wheeling peg and shall be signalled by whistle blast or command.

The March-on

4. On the command "R&R Teams, Quick March", teams shall proceed in a direct line from the marshalling area (i.e. on the seaward side of their respective positional marks or beach positions). When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. A diagram setting out the correct procedure for a left wheel for an R&R team is detailed in Diagram 2 in the Appendix.
5. Should the belt fall from the reel during the march-on, the team at fault shall halt on the command of any member of the team, and No.1 shall then replace the belt and resume his original position. Following teams should be given a "Halt" by a respective team member and a "Quick March" when the team in error moves off again. A somewhat similar procedure should be followed when a team marches on to an incorrect beach position or the proceeding team hinders progress.
6. The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg.
7. After the "Halt" the command "Down Reel" shall be given and Nos 2, 3, 4 and 5 shall go down to a squatting position by bending their knees keeping the body erect, and then releasing their grip on the handles of the reel. Nos 2, 3, 4 and 5 shall then all rise together, taking their time from No.4. The disengaged hand in each case must be closed and not used for balance.
8. On the command "Re-form" given by the team members, the team shall march forward six paces, by as direct route as possible. Nos 1,3 and 4 shall shorten their paces to reach a position in line four paces behind the reel at the same time as Nos 2 and 5.No.3 shall march the six paces forward, but moving to his right so that when he is at "Attention" after the "About turn", he will be directly behind the centre of the reel.
9. On the command "Front" given by a team member, the team about turns.
10. The Referee or Announcer shall now give the command "R&R Teams – Positions"

11. On the command "Positions", No.1 will run down the beach and enter the water approximately in front of the team's beach position and proceed to approximately knee depth water at mean water level and stand firm.

Note: Numbers now designate team competition position.



12. Also on the command "Positions" No.2 shall march to his reel position and two paces behind the reel. Nos 3, 4 and 5 shall follow a similar procedure, forming up with and on the left of No.2 with No.3 directly behind the centre of the reel. As each team member (Nos 3 to 5 inclusive) steps in and comes to a position of attention, he shall automatically "Right Dress" adjusting his position, to come in line, if necessary. He shall then, without any given command, turn his head and eyes to the front.

13. The Referee or the Starter will now give the command "Beltman Prepare".

14. On the command "Beltman Prepare" No.2 (the beltman) shall take three paces forward to the side of the reel, halt, and raise his left arm outwards (right-angled at the elbow) parallel to the ground. At the same time No.3 (the reelman) shall take two paces forward to the rear of the reel (close to the right hand side). Then release the brake with his right hand (thumb on the brake or over the brake) and simultaneously grasp the belt, leaving the neck strap free, lifting it from the reel with his left hand.

15. No.3 after taking in any slack line with his right hand if necessary, shall then grasp both D's and place the belt under the left arm of No.2, neck strap to the front.

16. No.2, bringing his left elbow to his side, thus holding the belt, shall grasp the front of the belt with his left hand, palm up, fingers to the front.

17. No.2, with the belt securely held under his left arm, shall then march six paces forward to a position directly in front of the centre of the reel, and shall halt facing the water.

18. No.2 shall then grasp the canvas of the belt between the neck strap and the D's with his right-hand palm down, and at the same time release his grip with his left arm.

19. No.2 shall then turn left about, grasping the belt with both hands by the canvas and the D's, keeping the hands at chest level.

20. No.2 shall then take one step forward and to the left with his left foot, and opening the belt with both hands, go down on his right knee and place the belt flat on the sand.

21. No.2 shall then position the centre of the belt in line with the centre of the reel and the left D of the belt in front of his left foot, between two imaginary parallel lines drawn from the tip of the heel to the outside of the small toe. If necessary to obtain the latter position, No.2 may move his left foot. During the positioning of the belt, No.2 shall be permitted to look up on one occasion to observe his position in relation to the reel.

22. No.2 shall place the neck strap flat on the sand then hold the canvas of the belt and the D on his left hand side with his left. Then shall grasp the line just inside this D with his right hand and shall draw the line over towards his right as far as possible. He shall then throw the line out from him towards the reel to form a loop.

23. No.2 shall then retain his grasp with his left hand and run his right hand along both lines to complete the loop.

24. No.3 shall control the reel by grasping the flange of the drum with his left hand, and the brake with his right hand (holding the handle with the clenched hand or thumb on or over the brake and fingers resting on or gripping the reel bow). Then wind in slack line, if necessary, after No.2 has completed the loop.

25. No.2 (without looking up) and No.3 shall then spring back to "Attention" simultaneously, No.2 bringing his left foot back to the right.

26. Nos. 2, 3, 4 and 5 shall then run down the beach to a position in line with the wheeling pegs and halt, with the teams "covering" the reel, no more than 300mm apart, in an upright position facing the water. (The reelman is permitted to step around from behind the reel right foot first).

"Judges – Change"

	U12–U15 5 Person First Section Error Schedule	Points
A	Marching to wrong beach position.	5
1.	Not starting on command "Quick March".	1
2.	Incorrect marching procedure.	1
3.	Incorrect covering by No. 1 on reel axle.	1
4.	Reel not reasonably level.	1
5.	Dropped belt.	1
6.	Incorrect method of wheeling.	1
7.	Incorrect halt.	1
8.	Incorrect "Down Reel".	1
9.	Incorrect method of "Re-form".	1
10.	Incorrect method of "Front" and position of No. 3 in relation to the reel.	1
11.	No. 1 looking behind during run down the beach.	1
12.	Incorrect method of arriving at each individual position by team	1
13.	Incorrect method of hand over and/or receiving of belt by Nos. 2 and 3 and incorrect march out and halt by No. 2.	1
14.	Incorrect laying of belt.	1
15.	Failure of Nos. 2, 3, 4 or 5 to take up positions correctly	1

SECOND SECTION

1. During the changing of judges, the teams will turn and take up the position of "Team Ready" as shown, with their front (right) foot in line with the wheeling pegs.
2. On the command "Beltman Go", the team members run to their respective positions.
3. No.3 (the reelman) shall run to the reel and control the drum by utilising the brake with his right hand hand (thumb on the brake or over the brake) and using his left hand on the flange of the drum. No.3 must constantly keep the linemen under observation and maintain control of the brake to prevent over-running of the reel. He shall be permitted to intermittently observe the reel to ensure that the line is under control.
4. Nos 4 and 5, moving independently, shall run to the line between the belt and the reel and take control of the line with their right hands.
5. No.2, moving independently, shall run to and don the belt and run down the beach and then enter the water.
6. Nos 4 and 5, without delay and moving independently, shall run behind No.2 maintaining control of the line in their right hand. The Nos. 2, 4 and 5 shall not look behind whilst running down the beach.
7. No 2 shall enter the water at his discretion providing there is no interference to other teams in the event and shall proceed in a direct line to a position behind No.1 and stand firm.
8. Spacing and covering by Nos 4 and 5 should be regulated during the run down the beach so as No's 4 and 5 when halted should be five to seven paces apart. The linemen may halt and commence to pay out independently and when halted No.4's position shall enable him to observe any signal from No.2 and is therefore regulated by the nature of the beach and the state of the surf. After halting, No.5 is permitted to adjust his position (if necessary) prior to No. 2 reaching his position behind No. 1 so that he shall be in line with No.4 and the reel and five to seven paces behind No.4.
9. On a flat beach, No.4 shall go into the water to such a depth (not exceeding the knees at mean water level) that will enable him to maintain a firm foothold.
Note: All above movements are continuous and must be carried out on the run – speed is an essential requisite to a successful rescue.
10. On arriving at their positions Nos 4 and 5, disregarding timing, shall assume the position of pay-out and commence paying out with their right hands. The linemen may pay out with short jerky movements and disregard timing until No. 2 has reached his position behind No.1.

11. The line is paid out with the right hand, while holding the left-hand stationary on top of and in the centre of the head, elbows squared with the line running through the left hand. The left arm should be square with the body and the right hand shall hold the line with a closed fist at the commencement of the movement.
12. The right hand shall move from the head to the full extent of the right arm, finishing the forward movement with the fingers in a relaxed position pointing along the line directly to the horizon. With the exception of the arms, the position of "Attention" should be maintained. However, during the pay out, individual linemen may have their feet up to 150mm apart. No.5 shall observe No.4 and/or No.2.

Note: The rate of pay-out shall be at approximately the rate of march, carried out for a minimum of one minute, controlled by the Referee or the Starter and during this time linemen shall maintain uniform timing and posture set by No. 4.

13. The linemen shall continue with "dummy" pay-outs (i.e. going through the actions of paying out without releasing any line) until the Referee or Starter gives the command "Beltman Signal". No. 2 then signals by raising one arm vertically to its full extent. No. 1 and No. 2 continue to stand firm.



Note: No.2 may place one foot to the rear to steady himself and stand firm.

14. Nos 4 and 5, on receiving the signal from No.2 shall, taking their time from No.4:
 - a) cease paying out by bringing the two hands together on top of their heads;
 - b) bring the line quickly to their right sides by the shortest route;
 - c) change the grip of the hand on the line side of the body from palm out to palm in;
 - d) assume the position of "Attention", holding the line;
 - e) turn right or left to face the front if necessary.
15. After the linemen have come to attention, No.3 shall rise to the position of attention and continue to observe the linemen and the reel intermittently.
16. While awaiting the command "Proceed" from the Referee, Nos 4 and 5 shall stand fast at attention with the line held in one hand. No.3 shall not wind in slack line and shall stand at attention during this period, provided that should the line unwind from the reel he shall be permitted to take preventative action.

"Judges – Change"

Note: During the changing of the judges, it is permissible for Nos 4 and 5 to step out of any hole that may have been created during pay-out.

	U12-U15 5 Person Second Section Error Schedule	Points
1.	Failure of members to take up "Team Ready" position correctly	1
2.	No. 2 or lineman looking behind during run down.	1
3.	Failure of members to take up allotted team position.	1
4.	Dropped line (each occasion).	1
5.	Incorrect control of reel by No. 3 and/or observation of linemen.	1
6.	Line fouling and impeding No. 2.	2
7.	Failure of linemen to achieve the correct beach position for payout.	1
8.	Incorrect spacing of linemen during payout (below 5 paces or above 7 paces).	1
9.	Incorrect method of payout, including hand positions, timing and movement of the arms (each man).	1
10.	Failure of No. 4 to observe No. 2.	2
11.	Failure of No. 5 to observe No. 4 and/or No. 2.	1
12.	Failure of linemen to cease pay out correctly.	1
13.	Any linemen paying out in water above knee depth.	1

THIRD SECTION

This section is recorded under various heading's as there are distinct areas of identifiable movements e.g. haul-in, pick-up and carry, etc.

Note: After the judges have changed, the Referee shall give the command "Proceed".

The Haul-In

- On the command "Proceed", No.2 shall then secure No.1 by placing his left arm under No.1's left armpit and grasping No.1's left wrist. Then, passing the right arm under No. 1's other armpit, No.2 shall grasp the No.1's chin and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable during the haul-in the back-ward head tilt shall always be attempted. No.2 may place one foot to the rear to steady himself and continue to stand firm in approximately knee depth water at mean water level.



- Also, on the command "Proceed", No.4 (first lineman and ECC operator) and No.5 (second lineman and Rescue Breathing operator) shall advance their left hand forward, adopt a comfortable and uniform stance, and commence to haul-in. Further, by keeping the line taut during the simulated "haul-in" shall constantly keep No.1 (the patient) and No.2 (the beltman) under observation and at the same time No.3 (the reelman) shall assist in keeping the line taut.
- Also on the command "Proceed", No.3 shall step across with his right foot and place it outside the reel in a comfortable position. Grasping the reel handle with his right hand he shall engage with the "dogs" on the axle, and prepare to wind in the line, and guide it on to the drum with his left hand. No.3 shall observe the linemen and reel intermittently.
- During the simulated haul-in it shall be necessary for Nos 4 and 5 to allow the hands to slip along the line to maintain timing. A bent or straight arm action is permissible, but must be uniform.
- On the command by the Referee or the Starter, "Beltmen Signal" No.2 shall give the signal "Cease Hauling - Prepare for Patient Pick Up" with his left arm.

Note: The haul-in shall be at approximately the rate of march and be carried out for a minimum of one minute, which shall be determined by the Referee or the Starter.



- No.2 shall then lay No 1 in the water and place No.1's head in a position of backward tilt above the water by placing his left hand on the back of No.1's head, and taking the pistol grip with his right hand on No.1's chin. No.2 shall then proceed to give No.1 two simulated breaths of Rescue Breathing in approximately 4 seconds by blowing at the side of No.1's left cheek without turning his head.
- No.2 shall then secure No.1 with a shoulder grip in an upright position and remain in approximately knee depth water at mean water level until the carrying party arrives. During this time No.2 shall also grasp No.1's chin with his right hand and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable the backward head tilt shall be maintained up until the patient pick up commences.

The Pick-up and Carry

- When No.2 has given the "Cease Hauling - Prepare for Patient Pick Up" signal, Nos 4 and 5 shall immediately drop the line without completing the current movement. No.3 shall apply the brake and run to the pick-up position.
- Nos 3 and 4 shall then proceed to the left hand side of No.2 and No.5 to the right hand side of No.2 to assist with the pick-up and await the completion of the five breaths by No.2.

Note: The pick-up is carried out at knee depth water (i.e. at the same position arrived at by No.1 as described in Section 1).

10. When No's 3, 4 and 5 (the carrying party) have reached No.1 and No.2, No.2 shall release his grip of No.1's left shoulder with his left arm. Then, by taking a pace to the right rear with his left foot, he shall make a half left turn, fully supporting No.1 with his right arm and hip to allow No.4 to take over the grip on No.1's left shoulder.
11. No.4 shall step in behind No.1 and complete his grip by placing his right arm under No.1's right shoulder taking over full support of No.1. At the same time, No.2 shall release his grip in No.1's right shoulder and chin and come to the front, by bringing his right foot back to his left. Further, adjusting the angle of his left foot to retain body balance and to bring it to the "Attention" position alongside the right foot. He shall then take a side pace to his right where he shall be facing the carrying party in a position where he can observe No.1 and assist in case of emergency. No.2 shall then discard the belt by pulling the pin and strugging the belt from his body.
12. No.4, maintaining his grip on No.1's shoulder shall make a right turn and turn No.1's face downwards. No.4 shall release his left arm grip on No.1 before the turn is completed to allow No.5 to secure No.1 by placing his left arm under No.1's left shoulder, keeping his (No.5) elbow close to No.1's side.
13. After No.4 releases his left arm grip, he shall stoop down by relaxing his knees, and place his left hand, palm down, on No.5's right shoulder. At the same time, No.5 shall stoop down by relaxing his knees and place his right hand, palm down on No.4's left shoulder and they shall take a shoulder grip on each other.
Note: The shoulder grip taken by Nos 4 and 5 under No.1 is as shown (either arm on top).
14. No.3 placing his right arm across No.1's right shin, shall grasp No.1's left ankle with his right hand from the front and No.1's right ankle with his left hand from the rear.
15. In lifting No.1's legs on to his left shoulder, No.3 shall support No.1's knees with his right arm.
16. When No.1's legs are placed on his left shoulder, No.3 shall place his left hand above No.1's left knee and his right hand above the right knee, thumbs in, elbows as close as possible to his side thereby securing No.1. No.5 shall then support No.1's head, to improve the airway, by cupping his left hand under the chin.
17. No.2, whilst continuing to observe No.1, shall then left about turn and then take over the support of No.1's head, by cupping his right hand, fingers together, along No.1's forehead with the thumb across the bridge of the nose. No. 5 shall then resume the shoulder grip on No.1.
- 17(a). Team members may assist each other during the pick-up if the patient is deemed to be in danger or if team members are likely to be injured by prevailing conditions.
18. On the command "Quick March" given by No.2, Nos 2 and 5 shall step off with the left foot, and Nos 4 and 3 with the right. No.2 shall continue to observe No.1's head and keep it supported until the carrying party has halted, and No.5 has taken over support of No.1's head.

Placing of the Patient

19. After leaving the water, the carrying party shall accelerate its rate of march and shall proceed by the shortest possible route to a position approximately in front of the team's reel, right wheel, and halt as soon as possible.
Note: The Referee may alter the position for placing No.1 should circumstances warrant.
20. No.3 shall give the command "Club or Team Name – Halt". No.1's body should now be in a position parallel to the water's edge within the team's beach position.
21. When the team "Halts" No.3 shall:
 - a) Whilst maintaining his grip on No.1's right leg with his hand, slide his left hand and arm over both legs of No.1;
 - b) Place his right hand alongside No.1's right leg and grasp No.1's right shin just above the ankle;
 - c) Go down on his left knee maintaining a firm grip with his left hand just below the knee, and his right hand at No.1's right shin;
 - d) Allow No.1's legs to slide off (No.3) left shoulder (under the control of his arms), hands near No.1's knee (left hand) and at No.1's shin (right hand);
 - e) Place No.1's legs on the sand, straightening the legs and then whilst remaining on his left knee and right foot, change the grip on the legs and move to a position at the end of No.1's feet and assist to control No.1 by grasping the ankles.
22. After the carrying party halts, No.5 shall take over support of No.1's head from No.2 with his left hand cupped under the chin, and this support shall be maintained until backward head tilt is attained. No.2 shall run to the water's edge and retrieve the belt.
23. The carrying party shall then lower No.1, Nos 4 and 5 going down on their inside knees, and No.3 on his left knee. In lowering No.1, members of the carrying party shall take a short pace backwards with their feet.
24. After the carrying party have placed their respective knees on the sand, and when No.1 is approximately 300mm from the sand, Nos 4 and 5 shall break their grip under No.1's body.
25. Allowing the hands to slide along and over the forearms breaks the grip.
26. Turning No.1 on his left side the carrying party shall continue to lower the No.1 to the sand. No.5 shall then lower his other knee to attain a kneeling position. No.5 shall then support No.1's jaw with a right handed pistol grip. No.5 shall slide the left arm away from No.1's shoulder and then place his left hand on top of No.1's head applying backward head tilt with jaw support in a position so that No.1's mouth is open and turned slightly downwards towards the sand. It may be necessary for No.5 to shuffle on his knees to attain this defined position.
27. No.4 shall, with his left hand, grasp No.1's right wrist and bring No.1's arm to his side, rotating his hand around No.1's wrist.
28. No.4 shall then change his left hand grip to a palm down hold, to control No.1 then without delay No.4 shall lower the other knee and move into a position to examine No.1's mouth, maintaining control of No.1 with his left hand.

29. No.4 shall then look into No.1's mouth and proceed to simulate cleaning of mucus or foreign matter with two fingers of his right hand. No.4 shall then declare "Airway Clear".
Note: Mouth cleaning must be simulated and fingers should not enter the mouth.
30. No.4 shall then return to an upright position and place his right hand, palm down, on No.1's shoulder.
31. No.5, maintaining backward head tilt and a kneeling position shall shuffle to a position, if necessary, that will enable him to bend down over No.1's head. Far enough to position No.5's left ear close to No.1's mouth and nose to assess No.1's condition by listening and observing for breathing. No.4 shall also observe No.1's chest. No.5 shall then declare "Breathing Absent".
32. After No.1 has been checked for breathing, No.5, maintaining backward head tilt on No.1, shall continue to kneel and bend over No.1's head.
33. No.4 shall then roll No.1 onto his back in a face upward position. No.4 shall then extend No.1's left arm at right angles to his body. No.5, maintaining backward head tilt, will shuffle back on his knees.
34. No.3 shall, if necessary, straighten No.1's legs by grasping No.1's ankles with his hands in a thumbs-in position.
35. After No.1 has been placed in the face upwards position, No.3 shall run to the reel and take up the position of reelman.
36. After No.1 has been placed in a face upward position, No.5 shall maintain a clear airway by continuing backward head tilt with a pistol grip.
37. Adjusting the position of his left hand to seal the nose, No.5 shall then deliver two simulated breaths of mouth-to-mouth Rescue Breathing in approximately four (4) seconds by blowing down the side of No.1's cheek without turning his head but relaxing the pressure on the nostrils between breaths. Whilst delivering the two breaths, No.5 shall attempt to observe No.1's chest.
38. No.4 shall then ask No.1 "Are You All Right?" (no response shall be received from No.1) and observe (using his eyes for a period of no less than 5 seconds) No.1's body for responsiveness, consciousness and movement and shall then declare: "The Patient Has No Sign of Life. I confirm that He/She (as appropriate) is Not Breathing."
39. After Nos.4 and 5 have completed these movements, No.5 shall, leaving No.1's head in backward head tilt, release the head. No's.4 and 5 shall then kneel at attention or at ease, observing No.1 and await the command "Operators Ready".
42. No.2 shall then march directly to the reel carrying the belt on his right hand (palm up in the middle of the belt) and halt between the front handles. No.3 shall wind in the line to keep it clear of No.2.
43. If the line is fouled in anyway, No.2 may assist No.3 to untangle or clear the line and after doing so, guide the line onto the reel and then take up a position with the belt in the right hand.
44. No.2 shall then:
 - a) By raising and extending his right hand, grasp the fixed "D" and the canvas of the belt (i.e. where the line is tied) with his left hand;
 - b) By raising and extending his left hand above his head, grasp the lower "D" with his right hand and then move his arms and the belt towards No.3.
45. No.3, who has arrived at a position of attention, after winding in the line during No.2's approach to the reel, shall extend his left arm and grasp the fixed "D" and the canvas of the belt with his left hand. He shall then wind the line on to the reel by turning the drum with his right hand on the flange.
46. No.3 shall then place the belt securely on the centre of the drum of the reel and fold the neck strap approximately along the centre line of the belt. With his left hand on the flange of the drum, the brake shall then be fastened with his right hand.
47. If necessary, Nos 2 and 3 shall grasp the spreader bars and lift the reel so that the handles are clear of the sand.
48. When the reel has been cleared of the sand, Nos 2 and 3 shall take up their correct reel positions. (It is permitted for No.3 to move his right foot first in this movement).

"Judges – Change"

Handing over the Belt

40. After No.2 has handed over control of No.1's head to No.5 and retrieved the belt, No.2 shall then wash the belt if necessary and assemble it.
41. After No.1 has been laid on his back as described and No.3 has run to the reel released the brake and assumed the reelman haul-in position and awaits No.2's assembly of the belt at the water's edge. No.3 may wind in any excess line and straighten the reel if necessary.

	U12–U15 Person Third Section Error Schedule	Points
A	Failure of No.2 to give Cease Hauling – Prepare for Patient Pick-Up” signal.	5
B	No.2 failing to attempt 2 breaths of Rescue Breathing.	5
C	No.4 failing to inspect and clean mouth.	5
D	Failure to maintain an open airway after securing the No.1 until assessment is completed.	5
E	Failure of Nos.4 and 5 to assess breathing.	5
F	Failure of No.4 to ask/observe No 1 for responsiveness, consciousness and movement.	5
G	Failure of No.5 to give two breaths of Rescue breathing.	5
1.	Failure of linemen to observe the No.2 and No.1(each person).	2
2.	No. 3 failing to keep his linemen and/or reel under observation at all times during haul-in	2
3.	Linemen not in time, uniform or dropped line during haul-in.	1
4.	Failure of linemen to give proper care to No.1 and No.2 during the haul-in and pick up (each occasion).	1
5.	No.2 failing to signal assistance required.	2
6.	Incorrect method/use of side pace procedure.	1
7.	Linemen failing to act correctly on receiving assistance required signal	2
8.	No.2 failing to carry out Rescue Breathing correctly.	1
9.	Incorrect depth for signal and/or pick up.	1
10.	Incorrect method of pick up.	1
11.	Incorrect method of No.1 carry and halt.	1
12.	Incorrect method of laying No.1.	1
13.	Rough handling of No.1 during lay.	1
14.	Incorrect method of inspecting and cleaning mouth.	1
15.	No.5 not declaring breathing assessment.	1
16.	Incorrect method of assessing breathing.	1
17.	Incorrect method of laying No.1 on back.	1
18.	No.5 failing to carry out Rescue Breathing correctly.	1
19.	No.4 not declaring patient condition.	1
20.	Incorrect method of returning rescue equipment.	1
21.	Incorrect arrival at reel positions by Nos.2, and/or 3.	1
22.	Equipment not ready for immediate use.	2

FOURTH SECTION

The Referee announces: “The Patients Are Not Breathing.”

1. “Operators” – on this command Nos.4 and 5 shall remain or kneel at attention and observing No.1.
2. “Ready” – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward, and shall place the palm of his left hand across the top of No.1’s head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1’s mouth slightly open. All fingers must be kept clear of No.1’s throat. (This right hand grip is known as the pistol grip).
3. No.5, using both hands, shall then ensure that No.1’s head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1’s nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin over and about 25mm from No.1’s mouth and await the command to commence resuscitation. No. 5 may rest his left forearm on the sand to maintain his balance if necessary.
4. At the same time, No.4 (ECC operator), looking down shall immediately take up a position for ECC. He shall locate the lower end of No.1’s sternum by feeling No.1’s bottom ribs with the fingers of both hands and follow the ribs to where they meet at the mid-line. Without lifting his right hand, he shall then place his left-hand index finger on that point.
5. No.4 shall then position his right hand just touching his index finger with the heel of the hand on the mid-line of No.1’s sternum, the fingers together, pointing straight across the chest, and not resting on No.1’s chest. No.4 shall then grip his right wrist with the left hand and assume a position for E.C.C. by moving his knees and body to enable the left arm to apply a perpendicular pressure to No.1’s sternum. In order to achieve this pressure correctly the right arm shall be slightly bent at the elbow.
6. On the command “Commence”, No.5 shall pinch No.1’s nose and deliver two breaths of Rescue Breathing. During the inflation sequence No.1’s mouth shall be slightly open with the nose sealed. The two inflations are delivered over a period of approximately four seconds.
7. No.5 shall not turn his head after the first breath of each cycle but shall have his eyes looking towards No.1’s chest to observe, to the best of his ability, the rise and fall of No.1’s chest or abdomen. After the first breath and before the second breath No.5 shall relax pressure on No.1’s nostrils.
8. After delivering the second breath No.5 shall:
 - a) Turn his head towards No.1’s chest and place his ear about 25mm away from No.1’s mouth to listen for air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1’s chest or abdomen and the actions of No 4.
 - b) Relax pressure on No.1’s nostrils.

Note: Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1’s head above the water.

9. Immediately after the delivery of the second breath of the first cycle by No 5, No.4 shall then commence the simulated delivery of 30 compressions counting aloud commencing with “1” then “5, 10, 15, 20, 25, 30” over an approximate 20 second period in an endeavour to achieve a constant minimum rate of five (5) cycles over a 2 minute period synchronised with No.5 (Rescue Breathing Operator).

Note: One complete CPR cycle is two (2) breaths immediately followed by an ECC count of 30. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.

10. After No.4 has delivered the 20th compression count No.5 shall turn his head back towards No.1’s mouth and await the 30th count before delivering the second cycle of Rescue Breathing.

11. No.4 shall wait until the two inflations of the next cycle are delivered before commencing the next count of 30 and so on.

12. The CPR operation shall be timed for a period of two (2) minutes by the Referee and shall then declare: “Operators Halt”.

13. Upon receiving this command No.4 shall cease ECC and shall kneel at attention, observe No.1 and await the declaration by No.5. No.5 shall cease Rescue Breathing and then observing No.1’s chest No.5 shall declare “Breathing Present”. No.5 shall then alter his support of No.1’s head by placing his left hand on top of No.1’s head and leaving the right hand on No.1’s chin maintaining the pistol grip.

14. No.5 shall maintain No.1’s head at backward head tilt throughout the whole operation until the recovery position. When in the recovery position No.1’s head is to be maintained in line with No.1’s spine with the head turned for drainage.

15. After the “Breathing Present” declaration by No.5, No.4 may then move or shuffle down so that he puts his left hand under No.1’s right knee and raises the leg so that the knee is in the air.

16. No.4 shall then change the grip of his left hand from under the knee to on top of the knee. No 1 shall then place No.1’s right forearm across No.1’s chest using a thumb in or thumb out grip on no 1’s right wrist.

17. No.4 shall then place his right hand on No.1’s shoulder and his left hand on No.1’s right knee and roll No.1 on to his side.

18. With his left hand, No.4 shall grasp No.1’s right ankle and adjust the right knee making the leg clear of and parallel to No.1’s other leg. No.4 shall then replace his left hand on No.1’s hip and with his right hand No.4 shall grasp No.1’s right wrist and place No.1’s right forearm across No.1’s left arm at right angles at the elbow.

19. No.4 shall then return his right hand to No.1’s shoulder to support and shall observe No.1’s chest and face for continuing signs of life.

20. Nos.4 and 5 shall maintain their relative positions until the command “Re-form”.

21. On the command “Re-form” Nos 4, 5 and No.1 shall rise to their feet. No.4 with continuous movement shall step in behind No.1 and steady him by placing his hands, thumbs in immediately above No.1’s elbows and grasping No.1’s upper arms for a period of approximately five seconds.

22. At the same time, No.5 shall run back to his reel position ready for “Lift Reel”.

23. After No.4 has steadied No.1, No.4 and No.1 shall run directly back to their reel positions ready for “Lift Reel”.

B Re-positioning on the reel shall be attained without excessive deliberate placing or shuffling of the feet.

24. When all the teams are in their reel positions the following commands shall be given by the Referee or Announcers to march the teams off the competition arena:

a) “Lift Reel” – On this command, the reel is lifted by 2, 3, 4 and 5.

b) “By the Centre, Quick March” the team marches off and when near the water’s edge – “Into Column, – Right Wheel”.

25. Judging of the competition shall conclude on the command “Right Wheel”.

Note: Teams are required to continue their exit from the arena in an orderly manner.

	U12–U15 5 Person Fourth Section Error Schedule	Points
A	No.5 not attempting to ensure backward head tilt.	5
B	No.4 not attempting to locate the correct hand position for ECC.	5
C	No.5 not attempting to seal the nose during inflations.	5
D	Less than 4 complete CPR cycles.	5
E	Not attempting Rescue Breathing.	5
F	Not attempting to place the No.1 into recovery position.	5
1	Failure to obtain and maintain backward head tilt including hand positions.	2
2	Failure to correctly locate positions for ECC including hand positions.	1
3	Failure to count ECC aloud.	1
4	Failure to maintain a consistent rate of CPR	1
5	Failure to correctly seal nose during inflations.	2
6	Incorrect method of Rescue Breathing (i.e. mouth to nose method).	2
7	Incorrect Rescue Breathing technique	1
8	Incorrect arm positions during resuscitation by No.4.	1
9(a)	Less than 4 complete CPR cycles and 2 rescue breaths	2
9(b)	4 complete CPR cycles plus 2 breaths of Rescue Breathing to less than 5 complete CPR cycles	1
9(c)	5 complete CPR cycles to less than 6 complete CPR cycles	nil
9(d)	6 complete CPR cycles to less than 7 complete CPR cycles	1
9(e)	7 complete CPR cycles or more	2
10	Not declaring assessment.	1
11	Incorrect method of placing No.1 in recovery position.	1
12	Incorrect recovery position.	1
13	Careless handling of No.1 (each occasion).	1
14	Incorrect method of reform by Nos.5, 4 and 1.	1
15	Incorrect arrival at reel positions by Nos.5, 4, and 1.	1

16	Failure to lift reel correctly.	1
17	Incorrect marching.	1
18	Incorrect covering by No.1 on reel axle.	1
19	Reel not reasonably level.	1
20	Dropped belt or rescue tube (each unit).	1