

SECTION 8
MULTI-DISCIPLINE EVENTS

8.1 GENERAL CONDITIONS

- (a) Events where more than one discipline is performed are termed Multi-Discipline and include Ironman, Ironwoman, Taplin Relay, Lifesaver Relay, Cameron Relay and Board Rescue events.
- (b) Different disciplines in each particular event are referred to as "legs" of that event.
- (c) Order of legs is as follows:
 - (i) For the Ironman, Ironwoman and Taplin/Cameron Relay events one ballot shall be taken at the commencement of each competition to determine the order for the Swim, the Surf Board and Surf Ski (where applicable) legs. If the result of the ballot requires the ski leg to be the first leg, competitors will start that leg as a typical "in water start".
 - (ii) The order for the Lifesaver Relay is the surf boat first, and then the same order as that drawn for the Ironman, Ironwoman and Taplin/Cameron Relay with the beach sprint section conducted last.
 - (iii) For the Surf Board Rescue Race the order shall be swim, board.
- (d) Conditions of racing of each leg are as required for the individual conditions of that discipline with differences as detailed in this section.
- (e) No member is permitted to compete on a Surf Ski in Ironman or Ironwoman events until reaching the age of 16 years.
- (f) Further no member is permitted to compete in the surf boat leg of the Lifesaver Relay until reaching 16 years of age.
- (g) Starting Positions – Iron Person competitors must commence craft legs from the correctly allotted beach positions. The starting positions are reversed for the board and ski legs. For example, in a 16 competitor race in which a competitor has drawn position 1; the competitor commences the initial craft leg from position 1, but commences the other craft leg from position 16.
- (h) The use of SLSA Surf Boards in relation to age groups is detailed in Appendix A of Section 6 of this Manual.

8.2 IRONMAN & IRONWOMAN

8.2.1 General

- (a) Legs – This event shall be conducted over a course which shall include a swim leg, a board leg, a ski leg, and finish with a beach sprint leg.
- (b) Control of craft – A competitor can lose control or contact with their craft on the way out to the buoys provided that they regain the craft and rounds the last course buoy in contact with the craft. A competitor must paddle their ski (including paddle) and/or board around all the course buoys including the last course buoy (i.e. the green and yellow swimming buoy) but shall not be disqualified if they lose control or contact with their craft after the last course buoy on the return journey.
- (c) Replacing of skis, paddles and boards – a Handler or club members shall be permitted to assist in replacing equipment during an event, but only to the extent of placing the nose

of the replacement ski or paddle at the water's edge and adjacent to the start line or board on or behind the start line.

Note: A Handler shall not be considered to be a competitor but shall be required to:

- (i) Be a member of the same club or team as the competitors and be entered at the competition (exemption may be given by the Referee for a member of another club or team to be a Handler provided that the Handler is entered at the competition).
 - (ii) Wear a competition cap.
 - (iii) Comply with all instructions of the officials.
 - (iv) Make every effort to ensure that they, or the equipment that they are handling, does not impede another competitor, otherwise both their competitor and the Handler may be subject to disqualification.
- (d) To assist with the safe conduct of competition it is permitted for any member to assist with the removal of any damaged or abandoned equipment from the competition course.

8.2.2 The Course

The course shall be as detailed in the diagram.

8.2.3 The Procedure

Note: For the purpose of this description the ballot will be board, ski, swim and the course direction is right hand in.

- (a) Board Course – The board leg is conducted from the start and changeover (SCO) line, around all nine swimming buoys and the four black and white buoys, return to the beach and around the two green and yellow turning flags.
- (b) Ski Course – The ski leg is conducted from the second green and yellow turning flag with take-over of the ski and paddle from a floating position in the water as per the diagram, around the swimming buoys, the two black and white buoys and the three orange buoys, return to the beach and around the two green and yellow turning flags.
- (c) Swim Course – The swim leg is conducted from second green and yellow turning flag, around the swimming buoys and return to the beach.
- (d) To finish a competitor rounds one green and yellow turning flag passes the other green and yellow flag on the shoreward side and finishes between the two green finish flags.

Note 1: The SCO line only is required for a board or swim start or as a board placement line for the second or third leg of a race i.e. there is no requirement to cross this line after a race has commenced.

Note 2: The green and yellow turning flags are to be turned in the same direction as the buoys for each leg of the course.

- (e) The competitor shall cover all legs of the course as laid down in the Diagram and may be assisted by a Handler or club members.
- (f) A Handler or club member shall:

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- (i) Hold the ski/paddle in a floating position as per the diagram or as directed by the relevant official.
- (ii) Place the board flat on the beach (i.e. no mounds underneath the board) at 90 degrees with the nose of the board on the shoreward side of the SCO line or as directed by the relevant official.
- (iii) Comply with all instructions of the officials.

8.3 IRONMAN/IRONWOMAN VARIATIONS

8.3.1 Variations include

U/11 – U/17 Ironwoman, U/11 – U/17 Ironman.

8.3.2 General Conditions

- (a) As for the Ironman event with the deletion of the Ski leg

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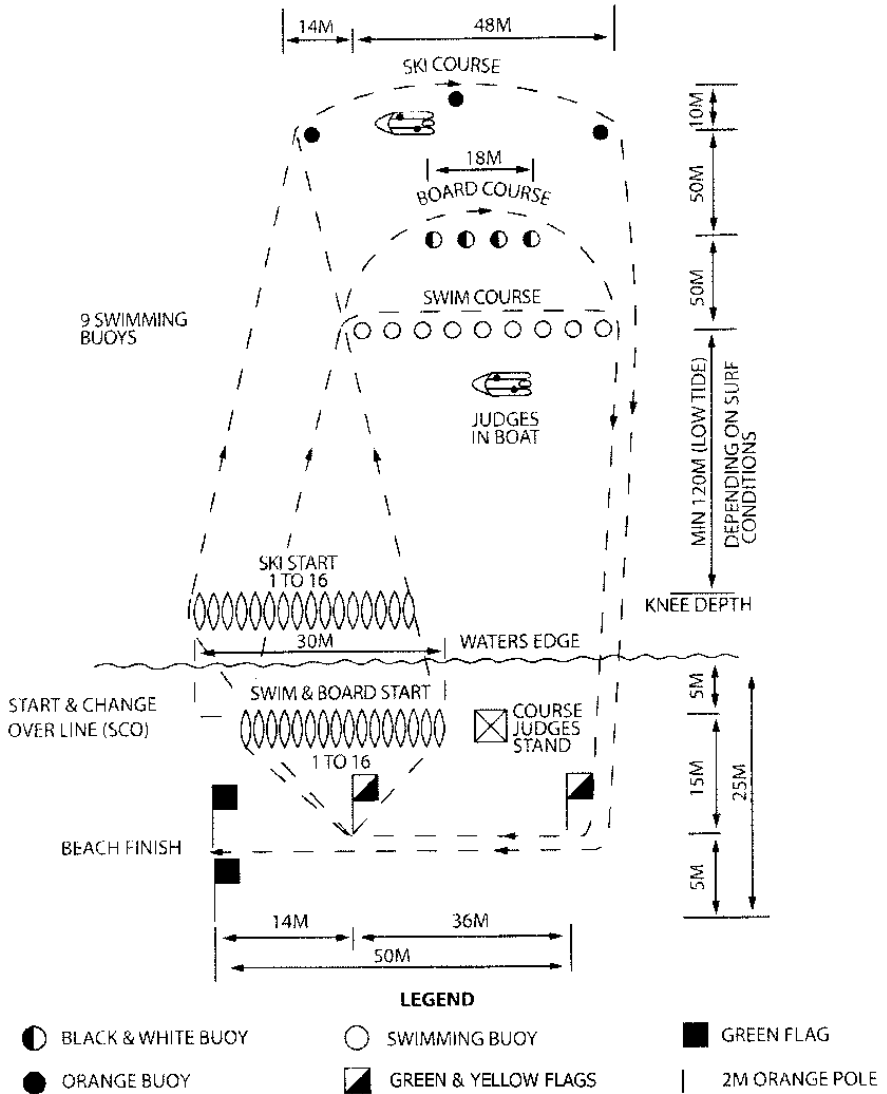


FIGURE 1: IRONMAN, IRONWOMAN AND TAPLIN RELAY

(Distances approximate only)

Note: the beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions

8.4 SIX PERSON TAPLIN RELAY

8.4.1 General Conditions

- (a) Teams – Teams shall comprise six competitors (2 Swimmers, 2 Surf Board Paddlers, and 2 Surf Ski Paddlers) who shall complete the event.
- (b) Placing of Gear – Items of gear shall be placed adjacent to the respective starting areas of the various craft by team members.
- (c) Craft – Each team shall provide at least one board and one ski. It is permissible for team members to use the same board and ski.
- (d) Control of craft – A competitor in the Taplin Relay event can lose control or contact with their craft on the way out to the buoys and on return from the buoys provided they regain the craft and rounds the last course buoy in contact with the craft. Competitors must paddle their ski (including paddle) or board (as applicable) around all the course buoys including the last course buoy (i.e. the green and yellow swimming buoy) but shall not be disqualified if they lose control or contact with their craft after the last course buoy on the return journey.
- (e) Replacing of skis, paddles and boards – Equipment may be replaced during an event. A Handler or club members shall be permitted to assist in replacing equipment during an event, but only to the extent of placing the nose of the replacement ski or paddle at the water's edge and adjacent to the start line or board on or behind the start line.
- (f) To assist with the safe conduct of competition it is permitted for any member to assist with the removal of any damaged or abandoned equipment from the competition course.
- (g) Starting Positions – Six Person Taplin competitors must commence craft legs of the event from the correctly allotted beach position. The starting positions are reversed twice for the board and ski legs. For example where 16 teams are involved in which a competitor's team has drawn position 1; the first craft competitor in the team commences the initial craft leg from position 1 and the next team competitor for the same craft (board or ski) commences from position 16. This order is then again reversed for the next type of craft leg (board or ski).

8.4.2 The Course

The course shall be as detailed in the Ironman/Taplin Relay diagram.

8.4.3 Procedure

Note: For the purpose of this description the ballot will be swim, board, ski and the course direction is right hand in.

- (a) On the starting signal the first Swimmer shall enter the water, round the swimming buoys and return to the beach, round the two green and yellow turning flags and tag the second Swimmer who is waiting with their toes on or behind the SCO line or on the shoreward side of the SCO line. The second Swimmer completes the swimming course, rounds the two green and yellow turning flags and then tags the first board paddler who shall be waiting, with their board, with their toes on or behind the SCO line or on the shoreward side of the SCO line.

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- (b) When the first board paddler has completed the course the board may be left at the water's edge and the paddler will round the two green and yellow turning flags and tag the second board paddler who is waiting, with their board, and with their toes on or behind the SCO line or on the shoreward side of the SCO line.
- (c) The second board paddler completes the course, rounds the two green and yellow turning flags then tags the first ski paddler, who shall be waiting at approximately knee depth water with their ski and paddle.
- (d) When the first ski paddler has completed the course, the ski paddler may leave the ski and paddle round the two green and yellow flags and tag the second ski paddler who is standing at approximately knee depth with their ski and paddle. After the second ski paddler completes the course they may leave their ski and paddle, rounds one green and yellow turning flag, passes the other green and yellow flag on the shoreward side and continues to the finish between the two green finish flags.
- (e) Removal of craft from the competition course during the event is permitted by a team member or other Person(s) authorised by the Referee or Sectional Referee and provided they do not impede the progress of other competitors.
- (f) Competitors in the Taplin relay events must commence their leg of the event from the (correct) position as allotted by the Marshall. If the competitor does not comply with this the team may be disqualified.

Note 1: The SCO line only is required for a board or swim starts or changeovers. It is not required for the ski starts or ski changeovers.

Note 2: The green and yellow turning flags are to be turned in the same direction as the buoys for each leg of the course.

8.4.4 Taplin Relay Variations

- (a) Three person Taplin Relay is as per the six person Taplin Relay except that the event is conducted with one swimmer, one board paddler and one ski paddler.
- (b) Four person Taplin Relay is as per the six person Taplin Relay except that the event is conducted with one Swimmer, one board paddler, one ski paddler and a beach sprinter who is always the last competitor in the event. The third competitor tags the beach sprinter. The tag can be effected anywhere between the last turning buoy of the third competitor and the seaward side of the first green and yellow turning flag. The beach sprinter proceeds around the first green and yellow turning flag and past the second green and yellow turning flag on the shoreward side and finishes between the two green flags.
- (c) Competitors must commence their leg of the event from the correctly allotted beach position. The starting positions are reversed for the board and ski legs. For example, in a 16-team race in which a team has drawn position 1; the initial craft leg is commenced from position 1 and the other craft leg is commenced from position 16.

8.5 LIFESAVER RELAY

8.5.1 General Conditions

- (a) Team composition – Teams shall comprise of nine competitors all of whom must be SLSA Bronze Medallion/Cert II holders (one Surf Boat Crew, one Swimmer, one Surf Board Paddler, one Surf Ski Paddler and one Beach Sprinter).

Note 1: Within each team there must be at least one female competitor, one U/19 competitor and one U/17 competitor (as determined by their age for participation in individual events). The gender/age of these competitors shall not be “doubled-up” e.g. an U/19 female could be nominated as the U/19 competitor or the female competitor but not both.

Note 2: Under no circumstances shall a team compete unless they have at least one competitor from each of the age categories in Note 1.

Note 3: No member shall be permitted to compete in the surf boat leg of the Lifesaver Relay until reaching the age of 16 years.

- (b) Legs – This event shall be conducted over a course which shall include a Surf Boat leg, Surf Ski leg, Surf Board leg, Swim leg and a Beach Sprint leg.

Note: The boat leg shall be the first leg of the course and the beach sprint leg shall be the last leg. The order of the swim, board and ski legs will be decided by the same ballot as for other Multi Discipline events. (Refer also General Conditions of Multi Discipline events).

- (c) Placing of gear – Items of gear shall be placed adjacent to the respective starting areas of the various craft by team members.
- (d) The starting positions for board and ski legs (only) will be reversed. For example in a 9-team race in which a team has drawn position 1 for the boat leg, the proceeding board or ski leg will also start from position 1, with the next board or ski leg reversing to position 9.

Starting position –Surf Boat	1	2	3	4	5	6	7	8	9
1st leg starting position – Craft	1	2	3	4	5	6	7	8	9
2nd leg starting position – Craft	9	8	7	6	5	4	3	2	1

- (e) Control of craft:
- (i) The boat crew must row their boat around their designated turning buoy but shall not necessarily be disqualified if they overturn or lose control or contact with the boat on the way out to the buoys and/or on return from the buoys, provided the boat is regained and rounds the buoy “properly equipped” (refer Boat Section).
- (ii) The board and ski competitors in the Lifesaver Relay can lose control or contact with their craft (and paddle as applicable) on the way out to the buoys and/or on return from the buoys provided they regain the craft (and paddle) and round the last course buoy in contact with the craft (and paddle). Each craft competitor in the Lifesaver Relay event must paddle their ski (including paddle) or board (as applicable) around all the swim and craft course buoys including the last course

buoy (i.e. the green and yellow swimming buoy) but shall not be disqualified if they lose control or contact with their craft after the last course buoy on the return journey.

- (f) Replacing of boats, oars, skis, paddles and boards – a handler or club members shall be permitted to assist in replacing equipment, but only to the extent of placing replacement equipment at the SCO line.
- (g) To assist with the safe conduct of competition it is permitted for any member to assist in the removal of any damaged or abandoned equipment from the competition course.

8.5.2 The Course

The course shall be as detailed in the diagram.

8.5.3 Procedure

Note: For the purpose of this description the ballot will be ski, board and swim (with the boat first and beach sprint last).

- (a) Surf Boat Course – The boat is positioned in the team’s allocated position on the water’s edge. One crew person is positioned in the team’s allocated position on the boat start/finish line with their toes on or behind the boat start/finish line or on the shoreward side of the boat start/finish line. On the starting signal a crew person runs from the boat start/finish line to the boat. Upon touching any part of the boat (not the oars) the crew then gets into the boat, rows to and around their designated turning buoy as instructed by the designated official, and returns to shore. At any time after rounding the turning buoy, a crew person may leave the boat and proceed to shore, cross the boat start/finish line to their designated beach position where a flag has been placed 5 metres behind the start/finish line. The crew person then raises that flag above their head to signal the start of the next leg.

Note: The General Conditions of Surf Boat Racing apply to this event except where otherwise noted for this event.

- (b) Ski Course – Upon the raising of the flag by the boat crew person, the ski paddler, who is waiting in approximately knee depth water with their ski and paddle, then completes the ski course. Once the ski paddler has rounded all buoys with their ski and paddle, the ski paddler may leave their craft, return to the shore, round the two green and yellow turning flags and then tag the board paddler who is waiting with their board and with their toes on or behind the SCO line or on the shoreward side of the SCO line.
- (c) Board Course – When the board paddler has rounded all board course buoys with their board the paddler may leave their craft and round the two green and yellow turning flags and tag the swimmer who is waiting with their toes on or behind the SCO line or on the shoreward side of the SCO line.
- (d) Swim Course – The swimmer then completes the swim course and tags the beach sprinter. The tag can be effected anywhere between the last turning buoy and the seaward side of the first green and yellow turning flag.
- (e) Beach Sprint Course – The beach sprinter proceeds around the first green and yellow turning flag and past the second green and yellow turning flag on the shoreward side and finishes between the two green flags.

8.6 CAMERON RELAY

8.6.1 General Conditions

- (a) A team shall consist of four competitors: a Swimmer, two Runners and a Surf Board Paddler.
- (b) The sequence of legs of the swim and board legs shall be by ballot.
- (c) Control of craft – The board competitor can lose control or contact with their board on the way out to the buoys and on return from the buoys provided they regain the board and round the last course buoy in contact with the board. The board competitor must paddle their board around all the course buoys including the last course buoy (i.e. the green and yellow swimming buoy) but shall not be disqualified if they lose control or contact with their craft after the last course buoy on the return journey.
- (d) Replacing of boards – a Handler or club members shall be permitted to assist in replacing equipment during an event, but only to the extent of placing the nose of the replacement board on or behind the start line.
- (e) To assist with the safe conduct of competition it is permitted for any member to assist in the removal of any damaged or abandoned equipment from the competition course.

8.6.2 The Course

The course shall be as detailed in the diagram.

8.6.3 Procedure

For the purpose of this example the sequence of legs will be swim, run, board, and run.

- (a) Swim and board competitors shall position themselves at the SCO line. Runners shall position themselves on the water side of the green and yellow turning flag.
- (b) On the starting signal the Swimmer shall enter the water, round the swimming buoys and then tag the first Runner. The tag can be effected anywhere between the last turning buoy and the seaward side of the first green and yellow turning flag.
- (c) The first runner shall then proceed around the green and yellow turning flags and tag the board paddler who is waiting, with their board, and with their toes on or behind the SCO line or on the shoreward side of the SCO line.
- (d) The board paddler shall then paddle around the board course and tag the second runner. The tag can be effected anywhere between the last turning buoy and the seaward side of the first green and yellow turning flag.
- (e) The second runner shall then proceed around the first green and yellow flag, past the second green and yellow flag on the shoreward side and finish between the two green flags.
- (f) Competitors in the Cameron Relay events must commence their leg of the event from the (correct) position as allotted by the Marshall. If the competitor does not comply with this the team may be disqualified.

Note: The green and yellow turning flags are to be turned in the same direction as the buoys for each leg of the course.

8.7 SURF BOARD RESCUE RACE

8.7.1 General Conditions

- (a) This event shall be conducted over a course which shall include a Swim leg and a Surf Board leg.
- (b) Team composition – Teams shall comprise a Patient and a Board Rescuer.
- (c) Losing control of patient and/or board – The rescuer may lose control/contact with the board on the way to their turning buoy without penalty. The rescuer and patient may lose contact with the board on the return journey. However, both the rescuer and patient must be in contact with the board when crossing the finish line.
- (d) Replacing of boards – a handler or club members shall be permitted to assist in replacing equipment during an event, but only to the extent of placing the nose of the replacement board on or behind the start line.

8.7.2 The Course

The course is as detailed in the diagram.

8.7.3 Procedure

- (a) The swim section is conducted from the start line to the swimming buoys.
- (b) The board section is conducted from the start line to the seaward side of the swimming buoys, pick up patient and return to the finishing line.
- (c) Turning of Buoys – The board shall be paddled around the allotted buoy right hand in or as directed by the Referee.
- (d) The race is concluded when the patient and rescuer have correctly completed the course, both in contact with the board and cross the finish line between the two green flags.
- (e) The patients shall take up their position on the start line in their allotted positions.
- (f) On the starting signal, each patient shall enter the water and swim to their allotted buoy. On reaching their allotted buoy, the patient shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall be the determining factor in judging the patient's arrival at their buoy excepting that should a competitor swim to a wrong buoy and signal the team shall be disqualified. The patients must then release contact with the swimming buoys, retire to the seaward side of the swimming buoys and await arrival of their Rescuer.

Note: The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.

- (g) On receiving the signal the rescuer shall enter the water and paddle to and around the allotted buoy. The rescuer shall turn the buoy from left to right unless otherwise directed by the Referee. The patient shall make contact with any part of the board on the seaward side of the swimming buoy. The patient pick up shall be effected on the seaward side of the buoy. The patient may position themselves on the front or rear of the board, with or without assistance and may assist the Rescuer by paddling the board on the return to shore.

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Note1: In Board Rescue races the team shall not be disqualified if the rescuer incorrectly crosses the start/changeover line and then resumes the correct position to correctly await the finish signal from the patient.

Note 2: A team shall not be disqualified if part of the board extends onto the shoreward side of the buoy during the Patient pick up process.

- (h) The finish is judged on the chest of the first competitor of the team (i.e. patient or rescuer) crossing the start/finish line on their feet, with both the rescuer and patient being in contact with the board.

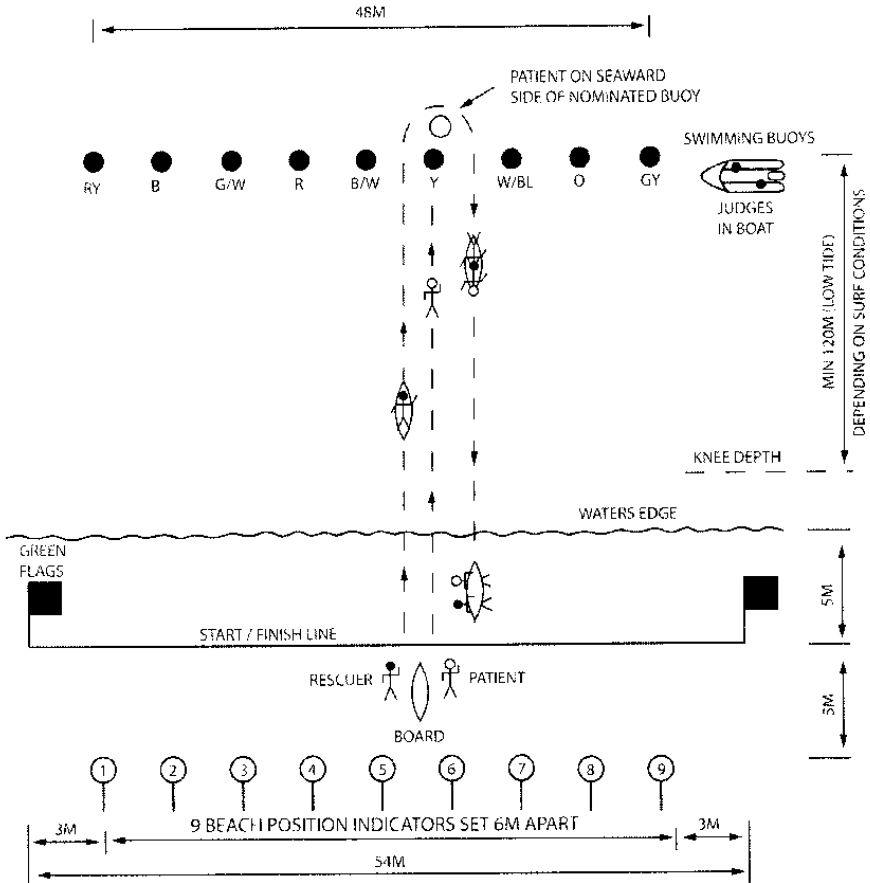


FIGURE 4: SURF BOARD RESCUE RACE

(Distances approximate only)

Note: the beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions