



***SURF LIFE SAVING SA'S PREMIER HIGH-PERFORMANCE COMPETITION,  
SHOWCASING OUR BEST ATHLETES ON THE SAND AND IN THE SURF!***

## **2023 SA SURF LEAGUE FORMAT**

4 teams

32 Members per team

- Swim (2 Male, 2 Female), Youth (1 Male, 1 Female)
- Board (2 Male, 2 Female), Youth (1 Male, 1 Female)
- Ski (2 Male, 2 Female), Youth (1 Male, 1 Female)
- Beach (2 Male, 2 Female), Youth (1 Male, 1 Female)
- IRB (2 Male, 2 Female, 2 Patient)
- Leaders (1 male, 1 female, 1 IRB)

\* Youth athletes must be aged 17 or under (as of 30 September) with their Bronze Medallion

4 teams

- West Beach Park Warriors
  - Helistar Hurricanes
  - Plunge Storm
  - SAALC Stingers
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- Round 1 & 2 - "Super Saturday", 25 November 2023- Chiton Rocks
  - Round 3 - Sunday 26 November 2023- Brighton Beach

Program Day 1 – Chiton Rocks		
	WATER ARENA	BEACH ARENA
<b>Round 1</b>		
9:30am	Team Leader & Officials briefing	
10:00am	Ev 3: Male Surf Race Ev 4: Female Surf Race  Ev 5: Male IRB – Race 1 Ev 6: Female IRB – Race 1  Ev 7: Male Ski Race Ev 8: Female Ski Race  Ev 9: Male Board Race Ev 10: Female Board Race  Ev 11: Male IRB – Race 2 Ev 12: Female IRB – Race 2  Ev 14: Mixed Swim Relay Ev 15: Mixed Ski Relay Ev 16: Mixed Board Relay Ev 17: Mixed IRB Relay  Ev 18: Mixed Ocean Relay (8 per team)	Ev 1: Male Beach Sprint Ev 2: Female Beach Sprint   Ev 1: Male Beach Sprint Finals Ev 2: Female Beach Sprint Finals    Ev 13: Mixed Beach Relay (6 person)
12:00-1:00pm	<b>Lunch/Pathways Team Trial</b>	
<b>Round 2</b>		
1:00pm	Skins Racing	
	Ev 1: Male Ski Race Ev 2: Female Ski Race  Ev 3: Male Board Race Ev 4: Female Board Race  Ev 7: Male IRB Race Ev 8: Female IRB Race  Ev 9: Male Surf Race Ev 10: Female Surf Race	Ev 5: Male Beach Sprint Ev 6: Female Beach Sprint
2:30pm	<b>Ev 11. Male Turbo Taplin Relay</b> <b>Ev. 12 Female Turbo Taplin Relay</b>	
3:00pm	<b>Anticipated finish time</b>	
3:00-5:00pm	<b>Pathways &amp; Development Squad Wave Clinic</b>	

**Program Day 2 – Brighton**

	<b>WATER ARENA</b>	<b>BEACH ARENA</b>
10:15am	Team Leader & Officials briefing	
10:30am	Ev 3: Male Surf Race Ev 4: Female Surf Race  Ev 5: Male IRB – Race 1 Ev 6: Female IRB – Race 1  Ev 7: Male Ski Race Ev 8: Female Ski Race  Ev 9: Male Board Race Ev 10: Female Board Race  Ev 13: Male IRB – Race 2 Ev 14: Female IRB – Race 2  Ev 15: Mixed Swim Relay Ev 16: Mixed Ski Relay Ev 17: Mixed Board Relay Ev 18: Mixed IRB Relay	Ev 1: Male Beach Sprint Ev 2: Female Beach Sprint  Ev 1: Male Beach Sprint Finals Ev 2: Female Beach Sprint Finals  Ev 11: Male Beach Relay Ev 12: Female Beach Relay  Ev 19: Male Beach Flags Ev 20: Female Beach Flags
12:30pm	Ev 21. Mixed Ocean Relay (8 per team) Qualifier Ev. 22 Mixed Ocean Relay Final	
1:30pm	Presentations	

# POINTSCORING

## Open/ Youth combined Events - Individual (12 per race)

- 1<sup>st</sup> = 12 points
- 2<sup>nd</sup> = 11 points
- 3<sup>rd</sup> = 10 points
- 4<sup>th</sup> = 9 points
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- 12<sup>th</sup> = 1 point

## Team Events – 8 teams per race

- 1<sup>st</sup> = 12 points
- 2<sup>nd</sup> = 11 points
- 3<sup>rd</sup> = 10 points
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- 8<sup>th</sup> = 5 points

## Team Events - 4 teams per race (IRB, Beach Relay, Turbo Taplin)

- 1<sup>st</sup> = 12 points
- 2<sup>nd</sup> = 11 points
- 3<sup>rd</sup> = 10 points
- 4<sup>th</sup> = 9 points

# RACE RULES

## GENERAL

- ✓ Each competitor must contest a minimum of 2 (excl IRBs) events
- ✓ Change of discipline from those allocated as per team list is permitted provided the above rule is complied with.
- ✓ Starting positions will be randomly drawn before each race.
- ✓ Competitors are to wear the supplied team uniform for the duration of the Round<sup>2</sup>

<sup>2</sup> any request for non-compliance re uniform is subject to approval.

## IRB Racing

### IRB Race:

- ✓ IRB course will consist of 4 lanes with an IRB turn can and a patient pick-up can.
- ✓ Patients will be placed at pick-up cans by duty boat, whilst IRB driver start behind or in line with their respective lane markers, Driver wearing the vest colour to match their team colours not the lane can colour, the crew and 1 additional handler with maintain control of the IRB at a depth of their discretion
- ✓ Event to be conducted as per IRB Rescue Event rules (except if the patient pick up is missed the IRB crew are not required to round the IRB turn can before commencing the 2<sup>nd</sup> pick up attempt)
- ✓ Finish: is the chest of the driver as the pass either side of the allotted lane marker (must be upright and on their feet)

### IRB Mixed Relay:

Refer above PLUS

- ✓ Order of crews is at team's discretion
- ✓ 1<sup>st</sup> driver & crew to start behind or adjacent to their respective lane marker, while 2<sup>nd</sup> driver & crew handle IRB at a depth of their discretion
- ✓ Event to be conducted as per IRB Team Rescue Event rules (except if the patient pick up is missed the IRB crew are not required to round the IRB turn can before commencing the 2<sup>nd</sup> pick up attempt and the incoming driver & outgoing driver must visibly tag before 2<sup>nd</sup> driver passes the seaward side of the respective lane marker)

## Beach Sprint/Relay Races

### Beach Sprint:

- ✓ Beach track of approx. 70m (depending on conditions) with 4 lanes
  - ✓ Starting break = competitor starts 1m behind for the recalled start
  - ✓ Finish = as per SLSA rules (judged on chest across line, competitor upright on feet)
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- 2 x heats (1 x competitor per team in each heat, randomly drawn as to which heat with max. 1 competitor per SASL team in each heat)
  - Top 2 from each heat go through to A Final, Bottom 2 into B Final

### Mixed Beach Relay:

Refer above PLUS

- ✓ Baton changeovers/dropped baton as per SLSA rules
- ✓ 6 x competitors per team (3 x M & 3 x F, including youth)
- ✓ Order of runners is at team's discretion

## Surf Race & Mixed Swim Relay

### Surf Race:

- ✓ Traditional shaped course using 2 x buoys approx. 130m out & 50m apart
  - ✓ Dry start (start line up the beach parallel to water's edge)
  - ✓ Dry finish (judged by chest of competitor crossing finish line marked by 2 flag poles immediately prior to crossing through the finish arch)
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- 2 x competitors per SASL team to contest each event

### Mixed Swim Relay:

Refer above PLUS

- ✓ 2 x 3-person race teams (ea comprising 1 x male & 1 x female & 1 Youth) per SASL team (8 total)
- ✓ Allocation of the team's competitors to each of its two teams is at the discretion of the team
- ✓ Order of each of the two competitors per race team is also at the discretion of the team
- ✓ Designated relay changeover area (between the arch & start line)

## Ski Race & Mixed Ski Relay

### Ski Race:

- ✓ Traditional shaped course using 2 outside x IRB cans + apex
  - ✓ Run start – Ski position at Referees discretion based on conditions on the day
  - ✓ Dry finish (judged by chest of competitor crossing finish line marked by 2 flag poles immediately prior to crossing through the finish arch). NOTE: will need handler
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- 2 x competitors per SASL team to contest each event

### **Mixed Ski Relay:**

Refer above PLUS

- ✓ 2 x 3-person race teams (ea comprising 1 x male & 1 x female & 1 youth) per SASL team (8 total)
- ✓ Allocation of the team's competitors to each of its two teams is at the discretion of the team
- ✓ Order of each of the two competitors per race team is also at the discretion of the team
- ✓ Designated relay changeover area (between the arch & start line)

### **Board Race & Mixed Board Relay**

#### **Board Race:**

- ✓ Traditional shaped course using 2 x buoys + apex (approx. 200m from knee depth to first buoy)
  - ✓ Run start
  - ✓ Dry finish (judged by chest of competitor crossing finish line marked by 2 flag poles immediately prior to crossing through the finish arch). NOTE: will need handler
- 2 x competitors per SASL team to contest each event

#### **Mixed Board Relay:**

Refer above PLUS

- ✓ 2 x 3-person race teams (ea comprising 1 x male & 1 x female & 1 Youth) per SASL team (8 total)
- ✓ Allocation of the team's competitors to each of its two teams is at the discretion of the team
- ✓ Order of each of the two competitors per race team is also at the discretion of the team
- ✓ Designated relay changeover area (between the arch & start line)

### **Mixed Ocean Relay**

- ✓ Distances/buoys as per swim/board/ski races above + run to tag at start & run finish
- ✓ Order = Start and finish with a run, random draw for order of swim, board, ski
- ✓ Team Composition:
  - 2 x 8-person race teams per SASL squad (2 x each run, swim, board, ski); 1 of each male & female, min 2 youth per team (male & female)
- ✓ Allocation of the team's competitors to each of its teams is at the discretion of the team provided
- ✓ Teams can determine the order of male & female competitors of each discipline leg
- ✓ Designated relay changeover area (between the arch & start line)

### **Turbo Taplin Relay**

- ✓ Distances/buoys as per IRB/swim/board/ski races above
- ✓ Order = Start with IRB, random draw for order of swim, board, ski
- ✓ 1 x 4-person race teams per SASL squad (1 x each IRB team, swim, board, ski)
- ✓ Designated relay changeover area (between the arch & start line)

*Note: all members of the team for each race must finish the event to be eligible for points*

## SKINS

### Swim/Board/Ski (short course)

- ✓ Traditional shaped course using:
  - Swim - 2 x buoys approx. 50m out & 50m apart
  - Board - 2 x buoys approx. +25m out from swim & 50m apart
  - Ski - 2 x buoys approx. 25m out board & 50m apart, plus apex
- 3 Rounds total - 1 min rest between rounds (only enough time to get back to start)
  - 1<sup>st</sup> round: 12 competitors
  - 2<sup>nd</sup> round: 9 competitors
  - 3<sup>rd</sup> round: 6 competitors

### IRB (short course)

- 4 x buoys approx. 25m out from board (same as Ski)
- 3 Rounds total - 1 min rest between rounds (only enough time to get back to start)
  - 1<sup>st</sup> round: 4 teams
  - 2<sup>nd</sup> round: 3 teams
  - 3<sup>rd</sup> round: 2 teams

### Beach Sprint (short course)

- ✓ Beach track of approx. 50m (depending on conditions) with 4 lanes
- ✓ Starting break = competitor starts 1m behind for the recalled start
- ✓ Finish = as per SLSA rules (judged on chest across line, competitor upright on feet)
- Opens 4 Rounds total - 1 min rest between rounds (only enough time to get back to start)
  - 1<sup>st</sup> round: 12 competitors (2 semi of 6), Top 3 A Final, Bottom 3 B Final
  - 2<sup>nd</sup> round: A Final (6), B Final (6)
  - 3<sup>rd</sup> round: A Final (4), B Final (4)
  - 4<sup>th</sup> Round A Final (2), B Final (2)



## Mixed Ocean Relay – Qualifier

- ✓ **Team structure as per Mixed Ocean Relay**
  - **Open:**
    - **2 x 8-person race teams per SASL squad (2 x each run, swim, board, ski); 1 of each male & female**
  - **Youth**
    - **1 x 8-person team per SASL squad (2 x each run, swim, board, ski)**
  - **Allocation of the team's competitors to each of its teams is at the discretion**
  - **Order of swim, board and ski leg drawn**
- ✓ **Qualifier Race (Race 1)**
  - **Results recorded and determine "Grid" position for Final (Race 2)**
  - **3 min break to determine team line up changes for Race 2**
    - **Winner decides order of final**



## TOTAL PRIZE POOL \$8,000

- **The total team prize money is \$7000 which will be awarded to the series winning team.**
- **The total individual athlete prize money is \$1000 which will be shared amongst those athletes who remain undefeated in all 3 rounds.**