

INTERNATIONAL LIFE SAVING FEDERATION OF EUROPE

EUROPEAN CHAMPIONSHIPS HANDBOOK

Rules, Standards and Procedures for
European Lifesaving Championships and ILSE-sanctioned Competitions

Fifth Edition (2023)



World Water Safety

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PART A - GENERAL

1. LIST OF COMMON ABBREVIATIONS USED

ILSE	The International Life Saving Federation Europe
Constitution	The Articles of Association or Statutes of the ILSE
Bye-Laws	The Bye-Laws of the ILSE.
Sports Regulations	The approved ILSE Sports Regulations, including the ILSE Competition Handbook.
Objectives	The objectives of the ILSE as set out in the Constitution.
Federation	An Organisation that is a member of the ILSE.
Host	Event Organising Group/Agency/Host City or the National Lifesaving Federation (NLF) that is hosting the European Lifesaving Championships.
Board of Directors	The Board of Directors elected, constituted and empowered under the Constitution. The Board of Directors comprises voting and non-voting members: Voting Members are: the President, the Secretary General, the Vice-Presidents, the other Board Members. Non-voting Board Members are the Chairs of the Commissions, and the Legal Advisor.
Commission	A body established by the Board of Directors responsible to the Board of Directors for a designated ILSE field of activity.
Co-Com	Coordination Committee comprising representatives from the ILSE and from the Organising Committee.
Category C Nation	A nation included in the Category C Members list from the ILSE. They are: Albania, Belarus, Bosnia and Herzegovina, Czech Republic, Estonia, Georgia, Hungary, Latvia, Lithuania, Macedonia, Malta, Moldova, Montenegro, Serbia, Slovak Republic, Slovenia, Ukraine.
Club	The basic administrative or lifesaving unit of the National Lifesaving Federation (not an amalgam of such units). Such unit having a constitution and having representation to a higher body.
VIP	The summary customer group related to the Governing Authorities of the country, e.g. the Royal Family, the Ministers, the Mayors, etc.
Delegates	ILSE Patrons, ILSE Life Governors, ILSE Life Members, ILSE Board of Director Members, ILSE Commission and Committee Members, ILSE Grand Knights and Knights in the Order of Lifesaving, National Delegates and Guests.
Headquarters Hotel	The HQ Hotel is the hotel in which the ILSE Secretariat and key ILSE Officials will be accommodated
Individual Competitor	Men or Women competing in the individual events at the European Championships.
ILS EMC	ILS Event Management Committee
Team Competitor	Men or Women competing in the team events at the European Championships.
Team Officials	Representatives of each Federation who manage and/or assist the competitors. They include team managers, team coaches and trainers as well as team support staff such as physicians, physiotherapists, chaperones, etc.
Technical Official	The persons required to officiate and regulate the sport in the field of play and includes national and international appointed representatives who manage or assist in the conduct of the competition. These include chief referees, deputy chief referees, area referees, judges, timekeepers and other jury officials.
Workforce	Organising Committee's staff that are required to prepare for, stage and manage the event. The operation personnel could be paid staff, volunteer staff, contractors, consultants, employees of external organisations, etc.
Spectators	The individuals viewing the Championships.
Participants	Individuals participating at the European Championships.
Media	Broadcasters, radio staff, photographers and journalists associated with providing the audio-visual reporting of the Conference.
NLF	Lifesaving National Federation or Organisation or Association
Sponsors	The corporate investors in the Championships.
World Anti-Doping Agency (WADA)	The organisation responsible for the coordination of Anti-Doping practices and participation for the European.
World Anti-Doping Code	The core document that harmonises anti-doping policies, rules and regulations within sport organisations and among public authorities around the world.
Sport	Lifesaving Sport.
ELC	European Lifesaving Championships
EJLC	European Junior Lifesaving Championships
ELC Section	One of the sections at the European Lifesaving Championships: e.g. European Masters Championships, etc.
Lifesaving Sport Discipline	A competitive aspect of a sport comprising one or several events. For example, Pool Lifesaving, Beach/Ocean Lifesaving, Simulated Emergency Response Competition (SERC), IRB, etc.
Lifesaving Unit	For National Lifesaving Federations that do not have a club system – is: The basic administrative or lifesaving unit of the lifesaving organisation (not an amalgam of such units); such unit having a constitution and having representation to a higher body.
SERC	Simulated Emergency Response Competition
Sport Event/Race	A scheduled unique competition resulting in the presentation of a gold, silver or bronze medal. For example, the Surf Race is an event in Beach/Ocean Discipline.

Accreditation	The process of identifying, certifying and evidence of a person's entitlements related to the Championship's operations and associated obligations. An accreditation pass is usually generated as evidence of the person accreditation.
Intellectual Property	All rights or goodwill subsisting in copyright, business names, names, trademarks (or signs), logos, designs, patents or service marks relating to the ILSE or any event, competition or activity conducted, promoted or administered by the ILSE. All rights or goodwill subsisting in copyright, business names, names, trademarks (or signs), logos, designs, patents or service marks relating to the ILSE or any event or activity conducted, promoted or administered by the ILSE.
LOC	Local Organising Committee.

2. SUMMARY OF CHANGES TO THIS HANDBOOK

The ELC 2023 Handbook contains revised and additional information than that contained in the ELC 2018 Handbook. The 2023 Handbook is now divided into two parts (A and B). The following summarises the changes made in preparing the ELC Handbook 2023:

Part A

General: Deleted all references to the ELC 2021 and replaced with ELC 2023 references.

General: Removed all references to the measures that had to be introduced due to the Covid-19 Pandemic for ELC 2021.

PART C

Addition of specific details and procedural arrangements relating to:

Section 1: Opening Ceremonies.

Section 2: Victory Ceremonies.

Section 3: Closing Ceremonies.

Section 4: Medal Design.



EUROPEAN LIFESAVING CHAMPIONSHIPS

HANDBOOK

PART B – EUROPEAN LIFESAVING CHAMPIONSHIPS TECHNICAL DETAILS

The European Youth Lifesaving Championships (ELC) venue for 2023 is Gorzów Wielkopolski for Pool Events and Międzyzdroje for Ocean/Beach Events. The European Open Lifesaving Championships, European Open Interclub Championships and Masters Championships venue is Bruges for the Pool Events and Blankenberge for the Ocean/Beach Events. The details are available on <https://europe.ilsf.org/>

1. INTRODUCTION

In 2016, the Sport Commission of the International Lifesaving Federation Europe (ILSE) separated the contents that addresses the European Lifesaving Championships (ELC) from the content that addresses the rules, procedures and standards for lifesaving sport. This resulted in two publications: A European Lifesaving Championships Handbook and an ILSE Competition Rulebook.

This Handbook contains information specific to any European Lifesaving Championships (ELC) to be held from 2023 onwards. This Handbook should be consulted in conjunction with the 2023 edition of the ILSE Competition Rulebook and any amending and/or clarification Bulletins and Circulars. Additional information about the ELC may be found at <https://europe.ilsf.org/>

2. ILSE AUTHORITY

- 2.1. The sport of lifesaving contributes to the worldwide drowning prevention mission of the ILSE. As the international federation for lifesaving sport, the ILSE establishes rules for the purpose of ensuring a safe and fair system, within which lifesaving competitions may be regulated and conducted.
- 2.2. The ILSE awards the ELC to an ILSE Full Member or to another Organisation, a Governmental Institution, a City, etc. to conduct the ELC on its behalf and under its authority.
- 2.3. In addition to the rules and procedures outlined in this document, the ILSE ELC are governed by the ILSE Competition Rulebook 2023. The ILSE Sport Commission may also issue clarifying bulletins or circulars from time to time, which then are made available at <https://europe.ilsf.org/>

3. TYPES OF EUROPEAN LIFESAVING CHAMPIONSHIPS

- 3.1.** The European Lifesaving Championships are organised every two years in the odd years and mandatorily include the following five European Championships:
- National Teams Open European Lifesaving Championships (NTO).
 - National Teams Youth European Lifesaving Championships (NTY).
 - Interclub Teams Open European Lifesaving Championships (ICO).
 - Interclub Teams Inflatable Rescue Boat European Lifesaving Championships (IC-IRB).
 - Interclub Masters European Lifesaving Championships (ICM).
- 3.2.** The ILSE may authorise the Host to conduct Extra events (e.g., Ocean Swim Race, Long Distance Surf Ski Race, Long Distance Board Race, etc.) in conjunction with the ELC. These events may also reflect unique lifesaving events conducted in the region of the Host.

4. ILSE EVENT MANAGEMENT COMMITTEE (ILSE EMC)

- 4.1.** For each ELC, the ILSE shall appoint an EMC (referred to as the Competition Committee in the ILSE Competition Rulebook) that is responsible for the management of the competition on behalf of the ILSE. The Committee's role includes, but is not limited to, overseeing the organisation of the ELC, advising the Host and the LOC, designing the competition programmes, appointing championship officials, dealing with issues and answering competition conduct and organisation questions.
- 4.2.** The ILSE EMC shall have jurisdiction over all matters not assigned by the rules to the Chief Referee or other officials.
- 4.3.** The ILSE EMC for the ELC 2023 shall consist of:
- The Chair of the ILSE Sport Commission (chair of the ILSE EMC).
 - The Secretary of the ILSE Sport Commission.
 - The ILSE Event Director.
 - The ILSE Pool Event Manager (who will chair the ILSE EMC at the Pool Venue).
 - The ILSE Ocean Event Manager (who will chair the ILSE EMC at the Ocean venue).
 - The Chair of the LOC appointed by the Host.
 - The Safety Officer appointed by the Host.
 - The Security Officer appointed by the Host.
 - The Event Manager appointed by the Host.
 - The Operations Manager appointed by the Host.
 - The Pool Event Manager appointed by the Host.
 - The Ocean Event Manager appointed by the Host.
 - The Chief Referees. The Chief Referees sit on the ILSE EMC Management Committee only for the ELC events they are overseeing.
 - Other ILSE Sport Commission members appointed by the ILSE Sport Commission.

Note: The ILSE Pool and Ocean Event Managers will represent the ILSE Sports Commission Chair at the respective venues as required.

5. ELC VENUES

- 5.1.** The Host shall provide to the ILSE Sport Commission a declaration that the pool venue and the beach venue meet all ILSE specifications.
- 5.2.** The selected Beach and Pool venues for future ELC have yet to be selected
- 5.3.** The identified back up Beach and Pool venues for future ELC have yet to be selected:

6. EQUIPMENT

- 6.1.** The Host shall submit to the ILSE Sport Commission a declaration that all provided equipment to be used in the ELC meets ILSE specifications and standards.
- 6.2.** The Host shall supply the equipment at least two days before the start of the competitions and during the complete duration of the competitions.
- 6.3.** The Host will guarantee that the equipment meets the ILSE approved specifications and is in excellent condition.

For the Training Pool Competitions

- At least two obstacles per training pool.
- At least two rescue tubes ¹ per training pool.
- At least two manikins ² per training pool.
- At least two throwing lines per training pool.

For the Pool Competitions

- At least 18 obstacles.
- At least 18 rescue tubes ³.
- At least 18 manikins ⁴.
- At least 10 throwing lines.
- At least 32 stopwatches and clipboards.
- All SERC equipment requested by the ILSE EMC.
- Automatic officiating equipment for timing, placing and interfacing with the scoring system.

For the Beach Competitions

- At least 68 Batons for the Beach Relay and Beach Flags events

For the Ocean Competitions

- At least 20 rescue tubes ³.
- At least 24 clipboards.
- A pool of equipment of:
 - At least 24 surf skis and paddles – will be available for rent.
 - At least 24 racing boards – will be available for rent.

Note: competitors will be required to bring their own helmets for use in IRB ELC.

For the Set-up, safety and judging

- At least 6 fully equipped Inflatable Rescue Boats with engines with gear protection.

6.4. The following equipment is considered to be personal equipment and will not mandatorily be provided by the Host: swimwear, nose clips, ear plugs, goggles, caps, swimming fins, helmets and personal life vests/jackets.

6.5. The Host shall advise all registrants of the contents of the equipment pool, under what terms and conditions such equipment is available to competitors, and the type or brand of all equipment supplied.

¹ The Rescue Tubes from Surf Life Saving Australia or any other rescue tube with the same specification and approved by the ILSE Sport Commission.

² The Manikins from the German Life Saving Federation (DLRG) or any other manikin with the same specifications and approved by the ILSE Sport Commission.

³ The Rescue Tubes from Surf Life Saving Australia or any other rescue tube with the same specification and approved by the ILSE Sport Commission.

⁴ The Manikins from the German Life Saving Federation (DLRG) or any other manikin with the same specifications and approved by the ILSE Sport Commission.

The ELC LOC will prepare this list of contents of the equipment pool with the brand or description and reference information available at when required. The LOC reserves the right to substitute similar equipment and will provide updates as appropriate on the ILSE website: (<https://europe.ilsf.org/>)

Manikins: DRLG manikins that comply with ILSE specifications will be used.
Website reference: <https://shop.dlrq.de/produkt-katalog/ausbildung/Schwimmen/Uebungs-und-Rettungspuppe>

Rescue tubes: Rescue tubes will be sourced from TBA.
Website reference: TBA

Throw lines: Throw lines shall be 16.5m – 17.5m long plaited 8mm +/-1mm buoyant polypropylene line with non-memory characteristics. Website reference: TBA

Obstacles: FIN in house manufactured obstacles will be used. The construction is white pressure pipe with red/orange coloured cloth (mesh) inserts. The obstacles are suspended over the lanes ropes and are secured to form a straight line across the pool surface.

Batons: In house batons will be used. The batons are flexible and are approximately 300 mm long and 24 mm wide.
Website reference: Not Applicable

Surf skis: Approved surf skis with adjustable/variable leg lengths will be made available.
Website reference: TBA

Surf ski paddles: Paddles with differing lengths to suit competitor requirements will be made available.
Website reference: TBA

Racing boards: Approved racing paddle boards to suit different paddler weights will be made available.
Website reference: TBA

IRB hull: TBA
Website reference: TBA

IRB engines: TBA brand Approved engines of 25 HP outboard motor two stroke engine, fitted with a stainless steel propeller, prop guard and surf kit. Website reference: TBA

Lifejackets: TBA brand approved PFD's (L50 – IS12402-5 -2006 certified) to suit different sizes.
Website reference: TBA

7. MANIKIN HANDLING STAFF IN THE POOL

The Host will provide a team of at least 12 poolside workers, the team consists of 10 good swimmers who all are dressed the same and have swimming fins and preferably swimming vests, and two divers. The swimmers will bring the manikins, all in one line, to their starting position and position the manikins on the bottom of the pool as per the rules. The divers are only there to verify and correct misplacements, each on one side of the pool.

8. COMPETITION SAFETY AND SECURITY ⁵

- 8.1. The provision of a safe and secure ELC is essential. At the ELC, the Host is responsible for the provision of adequate resources to ensure the safety and security of those involved with the ELC competition.
- 8.2. The Host shall appoint a Safety Officer who is responsible for ensuring that all competition facilities and environments are safe for use, and that the appropriate safety plan, equipment, craft, procedures and emergency personnel are in place to ensure the safety of competitors, officials and spectators, etc. The Safety Officer is a member of the ILSE EMC.
- 8.3. The Host shall appoint a Security Officer who is responsible for ensuring that all competition facilities and environments are secured, and that the appropriate security plan, equipment, craft, procedures and security personnel are in place to ensure the security of all participants and spectators, etc. The Security Officer is a member of the ILSE EMC.
- 8.4. The Host shall submit its safety and emergency plan, relocation contingency plan and its security plan to the ILSE EMC no later than six months prior to the start of the ELC.
- 8.5. No competition shall be conducted until the ILSE EMC is satisfied that the competition facilities are safe and secure, and that the appropriate safety and emergency plan, security plan, equipment, procedures and personnel are in place.
- 8.6. No ocean event shall be conducted until the Chief Referee has assessed the surf conditions and reported to the ILSE EMC. Only the ILSE EMC has the authority to cancel, reschedule, or relocate the Championships and/or an event.
- 8.7. The Chief Referee or the appointed coordinator of emergency services (as named in the safety and emergency plan) shall assume control of emergencies arising during competition.⁶

⁵ Refer to the ILSE Competition Rulebook for development and implementation of the Safety and Emergency Plan and the Relocation Contingency Plan for ELC.

⁶ Accredited team medical staff have immediate and appropriate entry to ocean and beach event arenas, pool deck areas, first aid facilities and to treatment rooms, etc. to access an injured or ill athlete from their team. Accredited team medical staff are to be identified in the competition arena by appropriate badge, bib or clothing and should make themselves known beforehand to the Host safety teams.

9. ELIGIBILITY RULES AND RIGHT TO COMPETE

9.1. GENERAL

- a) The National Teams ELC (Open, Youth, IRB) are open to competitors of Nations of an ILSE Full Member National Lifesaving Federation (NLF). Should the Full Member NLF not compete, the nation may be represented by competitors of an Associate or Corresponding NLF, but only if the Full Member NLF provides written approval to ILSE.
- b) The Interclub Teams ELC (Open, Youth, Masters, IRB, Surfboat and Extra) may also be entered by competitors of Associate and Corresponding NLF, but only if the Full Member NLF provides written approval to the ILSE.
- c) The ELC are intended for bona fide members of the ILSE NLF and eligible to compete as determined by the NLF.
- d) The ILSE considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competing in the ELC. ILSE NLF and Team officials are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour.
- e) A competitor is permitted to compete for a National Team from one country and for a Club Team from another country or federation at the same ELC year.
- f) A competitor must compete for one club for the entire ELC, e.g. in the same year a member is not permitted to compete for one club in the Masters ELC and for another club in the Open Interclub ELC.
- g) It is the responsibility of a NLF to endorse their participants in ELC. If this endorsement is not provided upon request, the ILSE EMC reserves the right to undertake any required measure to ensure the eligibility of competitors to participate.
- h) The ILSE has age requirements to be eligible to compete in ELC. In this regard, the ILSE follows the International Olympic Committee (IOC) guidelines for determining the age of competitors in ELC. In short, a competitor’s age is determined by how old he or she is as at December 31 of the year in which they are participating in the ELC. Particular age requirements are detailed in each of the ELC.
- i) Personal and other insurances are the responsibility of each person attending an ILSE ELC irrespective of their capacity e.g. competitor, team official, technical official, handler, supporter, delegate, board member, commission member, spectator etc.

9.2. ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS OPEN AND YOUTH ELC

- a) The National Teams ELC are open to one Youth team and one Open team per nation.
- b) Each nation, as defined by the ILSE, must have at least one current ILSE Full Member to be eligible to enter a team.
- c) To be eligible to compete on a national team, competitors shall:
 - Be citizens, by birth or naturalisation, of the nation they represent and satisfy the IOC eligibility requirements to compete for that nation.
 - Be bona fide members in good standing of the ILSE Full Member NLF and eligible to compete as determined by the NLF. Should the Full Member NLF not compete, the nation may be represented by competitors of an Associate or Corresponding NLF, but only if the Full Member NLF provides written approval to ILSE.
 - Have been members of their team’s NLF for a continuous period of at least 90 days prior to the first day of the ELC – regardless of which competition is scheduled first.
 - For purposes of out-of-competition testing, be registered with the World Anti-Doping Agency (WADA) prior to the first day of the ELC programme (regardless of which competition is scheduled first).
 - Attain the required age in the year of the ELC:
 - Youth – be 15 to 18 years of age.
 - Open – be a minimum of 16 years of age.
 - Specifically, for the National Teams ELC 2023:

Youth	
Eligible	Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2023.

Not Eligible	Competitors who turn 14 or 19 in 2023.
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Open	
Eligible	Competitors who turn 16 years of age on or before 31/12/2023. There is no maximum age.
Not Eligible	Competitors who are younger than 15 or turn 15 in 2023.

- d) A competitor who is a citizen of more than one nation must choose which one to represent in National Teams ELC. The competitor shall then fall under the exclusive jurisdiction of that nation's ILSE Full Member.
- e) The ILSE Full Members shall provide an endorsement declaring that their national team members are bona fide members; and provide proof of eligibility, i.e., copy of the passport or other citizenship document for each member of the national team.
- f) Composition of a team: A team consists of competitors and team officials:
- Competitors: A team may consist of a minimum of one competitor and a maximum of six female and a maximum of six male competitors. It is not mandatory to have both male and female competitors in a team. Teams may not increase the number of male or female competitors beyond six.
 - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians and any other non-competitive management personnel. There are no limits on the number of Team Officials.
- g) National Team competitors 16 to 18 years may enter either Open or Youth competition but not both. Fifteen-year-olds are not eligible for Open competition.

9.3. ELIGIBILITY TO PARTICIPATE IN INTERCLUB OPEN AND YOUTH ELC

- a) The Interclub ELC are open to one Youth team and one Open team per club ⁷ or lifesaving unit ⁸. All team members must be in good standing with a current ILSE Full Member.
- b) The ELC may also be entered by bona fide competitors of ILSE Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILSE.
- c) To be eligible to compete in the Interclub ELC, competitors shall:
- Be bona fide members in good standing of an eligible current ILSE Member and eligible to compete as determined by the NLF.
 - Have been members of an ILSE NLF for a continuous period of at least 90 days prior to the first day of the ELC – regardless of which competition is scheduled first.
 - Be members of one lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not from multiple clubs or units.
 - Attain the required age in the year of the Championships:
 - Youth – be 15 to 18 years of age.
 - Open – be a minimum of 16 years of age.

Specifically, for the Interclub ELC 2023:

Youth	
Eligible	Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2023.
Not Eligible	Competitors who turn 14 or 19 in 2023.

Open	
Eligible	Competitors who turn 16 years of age on or before 31/12/2023. There is no maximum age.
Not Eligible	Competitors who are younger than 15 or turn 15 in 2023.

⁷ A club is the basic administrative or lifesaving unit of the NLF (not an amalgam of such units). Such club having a constitution and having representation to a higher body.

⁸ A lifesaving unit is the basic administrative or lifesaving unit of the NLF (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

- d) For entry into the Interclub ELC, national lifesaving organisations shall provide an endorsement declaring that competitors meet the eligibility requirements listed above.
- e) International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region and national organisation. Refer to the ILSE Competition Rulebook for International club transfer rules and procedures.
- f) Composition of a team: A team consist of competitors and team officials:
 - Competitors: A team may consist of a minimum of one competitor and a maximum of ten female and a maximum of ten male competitors. It is not mandatory to have both male and female competitors in a team. Teams may not increase the number of male or female competitors beyond ten.
 - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians and any other non-competitive management personnel. There are no limits on the number of Team Officials.
- g) Interclub competitors who are 16-18 years of age may enter individual events in either Open competition or Youth competition but not both. Regardless, team size remains 10 males and 10 females maximum.
- h) Interclub competitors 16-18 years may enter team events in either or both Open and Youth competition. Regardless, team size for both Open and Youth Interclub teams remains 10 males and 10 females maximum. No event will be delayed in order to allow participants to compete in both Interclub youth and open competitions.

9.4. ELIGIBILITY TO COMPETE IN INTERCLUB MASTERS ELC

- a) The Interclub ELC are open Masters club ⁹ or lifesaving unit ¹⁰ members. All team members must be in good standing with a current ILSE Full-Member.
- b) The ELC may also be entered by bona fide competitors of ILSE Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILSE.
- c) To be eligible to compete in the Interclub Masters ELC, competitors shall:
 - Be bona fide members in good standing of an eligible current ILSE Member club and eligible to compete as determined by the NLF
 - Have been members of an NLF (eligible to compete in the ELC) for a continuous period of at least 90 days prior to the first day of the ELC – regardless of which competition is scheduled first. For the ELC 2020, competitors must have been a member on or before 20/06/2020. This date is based on the first competition day scheduled for the ELC 2020 (i.e.18/09/2020 for the Masters ELC).
 - Be members of one lifesaving club, or lifesaving unit of a NLF and not from multiple clubs or units.
 - Be a minimum of 30 years of age in the year of the ELC

Specifically, for the Interclub Masters ELC 2023:

Masters	
Eligible	Competitors who turn 30 years of age on or before 31/12/2023. There is no maximum age.
Not Eligible	Competitors who turn 29 in 2023.

- d) For Masters team events, in which the ages of the team members total a specified cumulative age, the cumulative age is determined by the age of the team members in the year of the ELC. For example, in a four-person team where the total age is to be a minimum of 140 years, team members may be 30 years, 35 years, 37 years and 38 years of age on or before 31/12/2023.

¹⁰ A lifesaving unit is the basic administrative or lifesaving unit of the NLF (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

- e) Masters competitors may not compete in more than one age category in Masters competition.
- f) Masters competitors may participate in both individual events and team events. In team events, the team must not be made up of competitors from multiple clubs or multiple lifesaving units.
- g) Composition of a team: A team consist of competitors and team officials:
 - Competitors: A team may consist of a minimum of one competitor. There is no maximum. It is not mandatory to have both male and female competitors in a team.
 - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians and any other non-competitive management personnel. There are no limits on the number of Team Officials.
- h) Competitors entered as a club must be members of the same club or lifesaving unit.
- i) International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region and NLF. Refer to the ILSE Competition Rulebook for International club transfer rules and procedures.
- j) For entry into the Interclub Masters ELC, NLF shall provide an endorsement to the Host declaring that competitors meet the eligibility requirements listed above.
- k) Team events: Team events may only be entered by a club. Team members must represent the same club. In each team event, Masters competitors shall compete only in the age-group for which they are eligible. In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.
- l) Individual events: In individual events, Masters competitors must compete only in the age-group for which they are eligible.

10. ENTRY PROCEDURES

10.1. CHAMPIONSHIPS REGISTRATION

- a) All teams must register prior to the ELC in accordance with the procedures, fee structure and deadlines established by the ILSE and the LOC. Entries close for all ELC one month prior to the commencement of the first championships
- b) ILSE maintains a database of the names of all competitors registered for all ELC.
- c) New team registrations received after the closing date shall only be considered in exceptional circumstances by the LOC in conjunction with the ILSE EMC through the ILSE Event Director.

10.2. ENTRY GUIDE TIMES

- a) The ILSE Sport Commission may establish entry guide times for Youth, Open and Masters competitors in pool events in the National Teams, Interclub and Masters ELC.
- b) Entry Guide times assist organisers with presentation and timetabling of ELC.
- c) Entry Guide times for Youth, Open and Masters competitors in the Interclub and Masters ELC shall be based on the relevant European record times at one year prior to the event plus 50 %. The times shall be posted on the ILSE website <https://europe.ilsf.org/> and be published with the registration information.

10.3. ENTRY TIMES

Seeding shall be used for National Teams, Interclub and Masters ELC. For pool events, competitors' times at competitions within the period beginning with the first day of the last ELC to the entry deadline for the forthcoming ELC, shall be submitted on the entry forms. Times are required for both individual and team events. Competitors and teams shall be ranked according to their entry times.

Note 1: The Entry System will not allow an entry to be completed without an entry time being submitted or if the entry time is slower than the Entry Guide Time. Further, Team Managers are requested not to enter an athlete if they cannot achieve the Entry Guide time.

Note 2: Any entry times submitted that are faster than the ILSE World Record as at the close of normal entries shall not be accepted and the competitor or team will not be placed in a seeded heat.

Note 3: For seeding information see the ILSE Competition Rulebook, Sections 3 and 4.

10.4. ENTRY FEES

The ILSE Board of Directors shall approve ELC entry fees, and any conditions attached to entry, and other fees including changes to team, entries and events proposed by the LOC. Entry fees must be paid with the registration.

10.5. CHANGES IN TEAM PERSONNEL COMPOSITION AND SIZE

The changes in National Team, Interclub, Masters, and Open ELC shall follow the following procedures:

- a) Only the team manager may advise a change of team personnel composition or size to the appropriate official, up to 48 hours prior to the team's first entry into a point score event. After that time, there shall be no further alteration of team composition. The only exception to this is if an independent medical certificate is produced or in the case of genuine hardship (as agreed by the ILSE EMC). In such instances a change shall be accepted up to 2 hours prior to the team's first entry into a competition event. Competitors who subsequently withdraw due to injury or other reason may not be replaced by a non-registered competitor.
- b) The team manager shall notify the ELC organisers of the change in team composition in writing indicating:
 - Date and time.
 - Name of the team.
 - Name of the member(s) to be withdrawn.
 - Name(s) and surname(s) of the competitor(s) being added.
- c) Notification must be accompanied by documentation from the team's national organisation which provides endorsement declaring that the replacement team member meets the eligibility criteria and is a bona fide member.
- d) Any applicable team composition change fee, as detailed in registration system, and below for individual and team event substitutions, must also accompany the written notice.
- e) If team member numbers increase, all appropriate entry fees (including applicable late entry fees) must accompany the written notice.
- f) In addition, the new competitor(s) or team management shall complete any registration documentation that the organisers may require. New competitors and team management are responsible for acquainting themselves with matters that may have previously been dealt with at team briefings, etc.

10.6. SUBSTITUTIONS IN INDIVIDUAL EVENTS

- a) Only the team manager may substitute team members in individual events with another member from the same team. Team managers must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.
- b) Competitors who have been replaced in an event may not be re-substituted into that same event, but they may contest other events in the competition.
- c) Substitutions are not permitted after the first round of an individual event has been conducted.

Note: An event is a series of races with the same prescribed rules and conditions (e.g., facility, equipment, distance and style), for example Beach Flags is an event, Obstacle Swim is an event.
- d) Any changes that are requested by team managers will be actioned on payment of an appropriate administrative fee as follows.
 - Changes requested between 48 hours and 24 hours prior to the start of the Championships into which the team has been entered = 50 Euros.

- Changes requested between 24 hours and the start of the Championships into which the team has been entered = 100 Euros.
- The only exception to this is if a medical certificate is produced or in the case of genuine hardship (as agreed by the ILSE EMC).
- Withdrawal of a competitor from an event if not being replaced = 0 Euros.
- If a competitor is entered and fails to start an event = 50 Euros.

10.7. SUBSTITUTIONS IN TEAM EVENTS

- a) Substitutions are permitted in any round of team events.
- b) Only the team manager may substitute members in a team event with other members of the same national team or club. Team managers must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds.
- c) Any changes that are requested by team managers will be actioned on payment of an appropriate administrative fee as follows.
 - Changes requested between 48 hours and 24 hours prior to the start of the Championships into which the team has been entered = 50 Euros.
 - Changes requested between 24 hours and the start of the Championships into which the team has been entered = 100 Euros.
 - The only exception to this is if a medical certificate is produced or in the case of genuine hardship (as agreed by the ILSE EMC).
 - Withdrawal of a competitor from an event if not being replaced = 0 Euros.
 - If a competitor is entered and fails to start an event = 50 Euros.

11. TEAM UNIFORMS AND EQUIPMENT

11.1. TEAM UNIFORM

- a) Each team shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.
Note 1: At official ceremonies the expectation is that teams shall wear their team blazers and/or wear their team tracksuit or t-shirt and shorts depended on team outfitting, the occasion, the weather etc.
Note 2: For Medal Presentations at the pool the expectation is that place getters shall wear their team tracksuit or t-shirt and shorts. At the Ocean the expectation is that team members shall wear their costumes, vest and cap or team tracksuit, or t-shirt and shorts.
- b) All competitors' uniforms must be in accordance with standards approved by ILSE. The Chief Referee has the authority to exclude any competitor whose uniform or swimwear is not in accordance with ILSE standards or the commercial identification policy.
- c) Commercial identification on uniforms, competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy (5.2 below).
- d) No club, competitor or handler may have any signage, logos or corporate identification on clothing, competition apparel, gear, equipment or on the person in the competition arena that the Chief Referee deems to be objectionable.
- e) Refusal to comply with any of the above renders the clothing, competition apparel, or equipment ineligible for the competition, and the competitor (and/or team) ineligible for further participation in the championships.
- f) If such breaches are found after the event or in post-race scrutineering, the competitor (and/or team) will forfeit titles and awards.

11.2. COMMERCIAL IDENTIFICATION POLICY

- a) The ILSE EMC reserves the right to order the removal or coverage of commercial identification in conflict with official ELC sponsors. This includes body tattoos or body paint.
- b) Notwithstanding the foregoing, official sponsors of clubs and teams may retain their identification on competition apparel and equipment irrespective of commercial conflict, but must not display other signs, banners, flags or other identification within close proximity to the competition arena.
- c) Competitors in all craft event heats, semi-finals, and finals may be required to carry championships sponsor signage affixed on craft or equipment provided. All team and individual sponsor signage on craft and equipment will not be covered unless it is unavoidable when fitting the championships sponsor signage.
- d) All individual competitors in ELC events may be asked to wear naming-rights sponsor's vests for televised heats, semi-finals and finals. If the naming-rights sponsor conflicts with an existing team or individual sponsor, unbranded vests shall be worn.
Note: Notwithstanding the above, it is a condition of entry to the ELC that all competitors and handlers must wear the vests supplied by the LOC in all Ocean competition.
- e) Body tattoos, body paint: Sponsors may be shown once only on the body and may not exceed 150 mm by 50 mm in size.
- f) Television/video interviews may be undertaken in the competition arena with competitors. Competitors interviewed may be asked to wear championships sponsor apparel.
- g) Presentation: At the conclusion of the events, place winners may be offered items of apparel identified with ELC sponsors. Competitors will be asked to wear such items during the presentation.
Note: Every co-operation is requested in this regard; the support of sponsors helps to curtail significant expenses that would otherwise be passed onto competition participants.

The table below outlines the size and frequency of an Identification of the Manufacturer. With the Identification, ILSE means the normal display of the name, designation, trademark, or logo or any other distinctive sign of the manufacturer of an Item (excluding encrypted or encoded supports, such as barcodes or QR codes, as well as URLs, social media accounts and hashtags).

NAME	DEFINITION
Clothing	With clothing ILSE means any piece of attire (including, without limitation, competition clothing as prescribed within the rules of each sport) worn by a competitor or team official, excluding accessories and Footwear. The size of an Identification of the Manufacturer shall not exceed 30 cm ² for Clothing. One additional identification, strictly limited to Product Technology Identifications, shall be permitted per clothing item and shall not exceed 10 cm ² . Where one-piece body suits are used in competition, such Identifications shall be permitted once above and once below the waist, provided all other principles are respected.
Bag	One Identification of the Manufacturer per item, not greater than 10% of the surface area of the item, to a maximum size of 60 cm ² .
Swimming Caps – Helmets – Headgear	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² .
Eyewear	Eyewear and goggles may carry the Identification of the Manufacturer as generally used on products sold. No identification is permitted on the lenses.
Armbands	One Identification of the Manufacturer per item, with a maximum size of 6 cm ² per armband.
Scarves	One Identification of the Manufacturer per item, with a maximum size of 6 cm ² per scarf.
Gloves	One Identification of the Manufacturer per item, with a maximum size of 8 cm ² per glove.

Footwear	With footwear we mean: shoes or boots worn by a competitor or team manager. One Identification of the Manufacturer per item, with a maximum size of 10 cm ² per item/shoe.
Socks	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² per sock.
Bag	One identification of the manufacturer per item, not greater than 10% of the surface area of the item, to a maximum size of 60cm ² .
Other items	For any accessories not listed above, the size of the Identification of the Manufacturer shall not exceed 6cm ² .
Sports Equipment	With Sport Equipment we mean any sport-specific and necessary equipment used during sports competition (such as rescue tubes, fins, boards, helmets skis, paddles, IRB, Surfboats, etc.). For any sport equipment the Identification of the Manufacturer will be not greater than 10% of the surface area of the item, to a maximum size of 60 cm ² .
Body	No Manufacturer identification may appear on the neck or the collar or on the body (e.g. tattoo) of any person participating at the World Championships.
Others	The following Items may not feature any Identification of the Manufacturer except the one that was on the item when purchased: headphones, water bottles, umbrellas, towels, bandages, contact lenses, earplugs, mouth guards and nose clips.

For any accessories not listed above, the size of the Identification of the Manufacturer shall not exceed 6 cm².

11.3. COMPETITION ATTIRE

The specifications and requirements for the following are detailed in Sections 2 and 7 of the ILSE Competition Rulebook:

- Swimwear.
- Swim caps and helmets.
- Vests.
- Lifejackets, personal flotation devices.
- Eyewear.
- Footwear.

11.4. STANDARDISED COMPETITION EQUIPMENT

- a) Competitors must use the following equipment provided by the LOC:
 - Batons for Beach Relay and Beach Flags events.
 - Rescue manikins for pool events.
 - Rescue tubes for pool and ocean events.
 - Throw lines for pool events.
 - Obstacles for pool events.
 - Inflatable rescue boats (IRBs).

In addition, the LOC shall provide a competition equipment pool for optional use by competitors (See above):

 - Surf skis and ski paddles.
 - Boards.
- b) A person appointed by the ILSE EMC shall approve the supplier of the equipment provided by the LOC (that must produce craft that meets ILSE specifications). All supplied equipment must be scrutinised by an appointed ILSE Technical Official before use in competition. An official decal or stamp shall be placed on the equipment to signify that the provided equipment complies with the ILSE specification and is in safe repair.
- c) Competitors may use their own swim fins, boards, surf skis and paddles, surf boats and oars, and helmets and lifejackets.
- d) All competitor provided equipment used in National Teams, National Teams and Interclub IRB and Interclub Surfboat ELC shall be scrutinised as per the ILSE

Competition Rulebook scrutineering procedures prior to use in competition. An official decal or stamp shall be placed on the equipment to signify that competitor provided equipment complies with specification and is in safe repair. Should any equipment be found not carry the decal or stamp in the marshalling area the equipment should not be used in competition.

- e) All competitor provided equipment used in Masters, Interclub, and any other events must be scrutineered and carry an official stamp or decal prior to use in semi-finals. Should any equipment found not carry the decal or stamp in the marshalling area the equipment should not be used in competition.

In addition, all equipment used in all ILSE ELC is subject to random scrutineering irrespective of whether it is pooled, or competitor supplied or has been previously scrutineered.

12. DOPING CONTROL

- 12.1.** The ILSE has a policy of drug-free competition with possible drug testing for all ILSE ELC. Refer to www.ilsf.org to view or download ILS Anti-Doping Rules.
- 12.2.** The ILSE recognises that the host country may have laws or legal requirements in addition to the ILSE drug policy. Competitors must be informed of such requirements as part of registration procedures.
- 12.3.** A violation of the ILS Anti-Doping Rules leads to disqualification of an athlete's individual results including forfeiture of points, medals and prizes in individual events. In a team event, if a member of a team violates the ILS Anti-Doping Rules, the entire team shall be disqualified from that event with the attendant loss of points, medals and prizes.
- 12.4.** Note: see Section 2 of the ILSE Competition Rulebook for more details.

13. PROTESTS, APPEALS, CODES OF BEHAVIOUR AND DISCIPLINE

13.1. PROTESTS AND APPEALS

- a) The ILSE EMC reserves the right, at its absolute discretion, to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice of any such deletion, alteration, variation or change. Protests resulting from such ILSE EMC decisions are not permitted and will not be entertained.
- b) Where permitted a competitor or team manager may protest to a referee in accordance with the terms of the ILSE Competition Rulebook and may subsequently dispute a referee's decision. The processes for Protest and Appeals are prescribed in the ILSE Competition Rulebook.
- c) The fee for an Appeal in any ELC event at the ELC shall be Euro 100 for an individual event and Euro 200 for a team event.

13.2. CODE OF CONDUCT AND DISCIPLINE

- a) ILSE expects and requires of its competitors, officials and members generally the highest standards of conduct and behaviour.
- b) ILSE ELC are high profile public events. ILSE expects all competitors, officials, members and attendees to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of ILSE or ELC competition will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

Note: Refer to the ILSE Competition Rulebook for the code of conduct, the fair play code, misconduct and discipline expectations and processes.

14. PROGRAMME OF EVENTS

14.1. AUTHORITY TO ESTABLISH THE PROGRAMME OF EVENTS

For ILSE ELC, the programme of events shall be established by the ILSE Sport Commission. For ILSE-sanctioned competition, the programme of events shall be established jointly by the ILSE Sport Commission and the body responsible for the sanctioned competition.

14.2. APPROVAL OF THE CHAMPIONSHIPS TO BE CONDUCTED

For the 2023 ELC, the ILSE Sport Commission has approved the following Championships:

- National Teams Open European Lifesaving Championships (NTO).
- National Teams Youth European Lifesaving Championships (NTY).
- Interclub Teams Open European Lifesaving Championships (ICO).
- Interclub Masters European Lifesaving Championships (ICM).

14.3. NATIONAL TEAMS AND INTERCLUB ELC OPEN AND YOUTH

In National and Interclub Teams ELC the competition shall be conducted in male and female categories in the events listed below:

Pool Events	National Teams Maximum entries per team	Open Interclub Maximum entries per club
200 m Obstacle Swim	2 competitors	4 competitors
50 m Manikin Carry	2 competitors	4 competitors
100 m Rescue Medley	2 competitors	4 competitors
100 m Manikin Carry with Fins	2 competitors	4 competitors
100 m Manikin Tow with Fins	2 competitors	4 competitors
200 m Super Lifesaver	2 competitors	4 competitors
Line Throw	1 team	1 team
4 x 25 m Manikin Relay	1 team	1 team
4 x 50 m Obstacle Relay	1 team	1 team
4 x 50 m Medley Relay	1 team	1 team
4 x 50 m Mixed Pool Lifesaver Relay	1 team	1 team

Note: Each team in the 4 x 50 m Mixed Pool Lifesaver Relay Each is permitted to select the leg of the race in which their two male and two females participate.

Ocean Events	National Teams Maximum entries per team	Open Interclub Maximum entries per club
Surf Race	2 competitors	4 competitors
Beach Flags	2 competitors	4 competitors
Beach Sprint	2 competitors	4 competitors
Surf Ski Race	2 competitors	4 competitors
Board Race	2 competitors	4 competitors
Oceanman/Ocean-woman (see Note)	2 competitors	4 competitors
Rescue Tube Rescue	1 team	1 team
Beach Relay	1 team	1 team
Board Rescue	1 team	1 team
Oceanman/Ocean-woman Relay	1 team	1 team
Mixed Ocean M Lifesaver Relay	1 team	1 team

Note 1: Surf and beach conditions permitting, the Oceanman and Oceanwoman finals will be conducted in the Ocean M format and will have 24 competitors in each final. The race format for heats shall be advised in the competition programme.

Note 2: The Mixed Ocean M Lifesaver Relay has a fixed order: Run, Swim, Board, Ski. The order by gender is drawn before the Championships so that teams can enter the correct individuals for each leg.

SERC Event	National Teams Maximum entries per team	Open Interclub Maximum entries per club
Simulated Emergency Response Competition	1 team	1 team

Simulated Emergency Response Competition: The SERC shall be conducted without separate male and female categories. Teams may consist of any combination of males and females.

14.4. INTERCLUB MASTERS ELC - POOL EVENTS

- a) For ELC, the following pool events shall be conducted in both male and female categories. For event descriptions, see Section 3 of the ILSE Competition Rulebook.
- b) In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.
- c) Pool four-person team events are conducted as total-age events with competitors whose ages total 120-139 years, 140-169 years, 170-199 years, 200-229 years and 230 years or more. The total of the four competitors' ages determines the team's age group. For example, a team comprised of a 30-year-old, a 40-year-old, a 50-year-old and a 60-year-old (= 180 years) would compete in the 170-199 years age group.
- c) Time-finals: In the Masters ELC, finals shall not be conducted for pool events. All pool events shall be conducted as time-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time.
- d) Seeding: Competitors shall be seeded in the following manner into heats according to their submitted times with the time-finals swum slowest to fastest:
If one heat: it shall be seeded as a final.
If two or more heats: the fastest competitors shall be seeded in the last heat (as set out in "Assignment of Lanes" Section 3.4.3 of the ILSE Competition Rulebook), the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

Masters Pool Events	Masters Age Groups									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
200 m Obstacle Swim	X	X	X	X	X					
100 m Obstacle Swim						X	X	X	X	X
100 m Manikin Carry with Fins	X	X	X	X	X	X	X	X	X	X
100 m Manikin Tow with Fins	X	X	X	X	X	X	X	X	X	X
50 m Manikin Carry	X	X	X	X	X	X	X	X	X	X

Masters Team Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Line Throw	X	X	X	X	X	X	X	X	X
Total-Age Team Events	Ages total 120-139		Ages total 140-169		Ages total 170-199		Ages total 200-229		Ages total 230+
4 x 25 m Manikin Relay	X		X		X		X		X
4 x 50 m Medley Relay	X		X		X		X		X
4 x 50 m Obstacle Relay	X		X		X		X		X

14.5. INTERCLUB MASTERS ELC - OCEAN EVENTS

- a) The following ocean events (see chart below) shall be conducted in both male and female categories for Masters ELC. For event descriptions, see Section 4 of the ILSE Competition Rulebook.
- b) Ocean individual events and the Board Rescue event are conducted in age groups as detailed in this section. In the Board Rescue event, the two-person team shall compete in the age group of the younger competitor.
- c) Ocean three-person team events are conducted as total-age events with competitors whose ages total 90-109 years, 110-129 years, 130-149 years, 150-169 years and 170 years or more. The total of the three competitors' ages determines the team's age-group. For example, a team composed of a 30-year-old, a 40-year-old, and a 50-year-old (= 120 years) would compete in the 110-129 years age group.
- d) Oceanman/Oceanwoman swim course: If, because of prevailing surf conditions, the Oceanman/Oceanwoman swim course will significantly exceed 120 m, two single buoys laid a minimum of 10 m apart at 120 m may be used. In such circumstances the standard swim course will be used for the board leg and for the first and third turning

buoy of the surf ski leg. An apex buoy placed approximately 10 m beyond the swim buoys will complete the surf ski buoys.

Masters Ocean Events	Masters Age Groups									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75 +
Surf Race	X	X	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	X	X	X	X
Beach Sprint	X	X	X	X	X	X	X	X	X	X
2 km Beach Run	X	X	X	X	X	X				
1 km Beach Run							X	X	X	X
Surf Ski Race	X	X	X	X	X	X	X	X	X	X
Board Race	X	X	X	X	X	X	X	X	X	X
Oceanman/Oceanwoman (See Notes)	X	X	X	X	X	X	X	X		X

Note 1: The Masters Oceanman and Oceanwoman events shall be conducted over the traditional course.

Note 2: Competitors older than 75 may compete in the 70 plus Oceanman and Oceanwoman events.

Masters Team Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Board Rescue	X	X	X	X	X	X	X	X	X

Total-Age Team Events	Ages total 90-109	Ages total 110-129	Ages total 130-149	Ages total 150-169	Ages total 170+
Surf Teams Race (3 competitors per team)	X	X	X	X	X
Surf Ski Relay (3 competitors per team)	X	X	X	X	X
Beach Relay (3 competitors per team)	X	X	X	X	X
Board Relay (3 competitors per team)	X	X	X	X	X
Oceanman/Oceanwoman Relay (3 competitors per team)	X	X	X	X	X

14.6. MINIMUM NUMBERS IN AN EVENT

An event will be contested with at least one entry. The Chief Referee will determine how best to facilitate this (e.g., races with combined genders, age-groups). Medals will be awarded according to competitors' placing in their age group and gender.

15. SCORING

15.1. FINALS AND SCORING IN EUROPEAN LIFESAVING CHAMPIONSHIPS

- a) For point score purposes finals are required to be conducted in the National Teams ELC Pool and Ocean Events, the Interclub ELC Pool and Ocean events, and the Interclub IRB ELC.
 - In National Teams and Interclub ELC Ocean events: The highest placed 16 competitors based on heats are assigned positions in a final of 16 competitors, or in an A and B final of eight competitors each.
 - In National Teams and Interclub ELC Pool events: The fastest 16 competitors based on heats are assigned positions in an A and B final of eight competitors each.
 - In Interclub IRB ELC events: The highest placed 16 competitors based on heats are assigned positions in an A and B final of eight competitors each.
- b) Winners of A finals shall be declared European Lifesaving Champions. For the purposes of managing the competition, the organisers may choose in some events to run A finals

- only. The points allocation for the B Finalists will be allocated on the basis of their times achieved in the heats of Pool events, or the semi-final placings in Ocean events.
- c) In Masters ELC, finals shall not be conducted for pool events. All pool events shall be conducted as timed-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time. Competitors shall be seeded according to their submitted times with the time-finals swum slowest to fastest.
 - d) In Interclub IRB ELC, A and B finals are required for point score purposes.
 - e) Teams competing in National Teams Open and Youth ELC, Interclub Open and Youth ELC shall be allocated the following points based on team member placing in finals. No points are allocated to Masters clubs ELC.

Place	Points	Place	Points
1 st	20	9 th	8
2 nd	18	10 th	7
3 rd	16	11 th	6
4 th	14	12 th	5
5 th	13	13 th	4
6 th	12	14 th	3
7 th	11	15 th	2
8 th	10	16 th	1

Note 1: The National Teams Open and Youth ELC, Interclub Open, Youth and IRB ELC are all separate championships with separate point scores for each.

- f) Teams competing in the Interclub IRB ELC shall be allocated the following points based on team placings in finals:

Place	Points	Place	Points
1 st	20	5 th	13
2 nd	18	6 th	12
3 rd	16	7 th	11
4 th	14	8 th	10

Note 2: Points for IRB teams entered from the same club are not aggregated with others from the same club for the overall aggregate total

In determining this point score ranking please note:

- There shall be no point score blocking. All competitors are eligible to earn points for their team.
- In finals, if two teams tie for first, each receives first-place points (20). The next placed team is awarded third place and receives 16 points, and so on.
- Ties in this team ranking point scores shall be broken using the following system:
 - Most first-place final finishes.
 - Most second-place final finishes.
 - Most third-place final finishes; and so on.
- Competitors or teams must advise if they intend to withdraw from an A or B final within thirty minutes of the finalists being announced. Competitors or teams who withdraw or do not start (DNS) in an A or B final shall not earn any points for their team's point score (i.e. zero points are scored for a "no show").
- Where one or more competitors in any ELC withdraw from an A or B final, competitors shall be called forward to finals as detailed in the ILSE Competition Rulebook.
- Competitors who do not finish (DNF) or who are disqualified in an A final shall earn eight points. Competitors who do not finish (DNF) or are disqualified in a B final shall earn one point. (See Section 2.14 Disqualifications and Did Not Finish classifications in the ILSE Competition Rulebook.)

- However, competitors shall not earn any points if they are disqualified for “Competing unfairly” or for a “Serious discipline offence”. (See Section 2.13 Misconduct in the ILSE Competition Rulebook.)
- Note: For clarification of “elimination” vs “disqualification” for Beach Flags refer to the Beach Flags event description in the ILSE Competition Rulebook.
- No points shall be credited to any team if an event is cancelled – even if some heats have been conducted.

16. AWARDS

16.1. NATIONAL TEAMS OPEN ELC

- a) **Overall:** A result will be declared and awards shall be presented to the first, second, and third place Open National Team, based on the overall point score (as detailed in Section 15) for all pool and ocean events and the Simulated Emergency Response Competition.
 - A perpetual trophy shall be presented to the winning team of the National Teams ELC.
 - Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.
- b) **Pool events – overall:** A result will be declared and announced to show the first-place team in pool events, based on the point score of all pool events but excluding the SERC.
 - **Pool events – overall male team:** A result shall be declared based on the point score but no award presented to the male team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay events and the SERC, based on the total male point score.
 - **Pool events – overall female team:** A result shall be declared based on the point score, but no award presented to the female team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total female point score.
- c) **Ocean events – overall:** A result will be declared and announced to show the first-place team in ocean events based on the point score of all ocean events.
 - **Ocean events – overall male team:** A result shall be declared based on the point score, but no award presented to the male team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event.
 - **Ocean events – overall female team:** A result shall be declared based on the point score, but no award presented to the female team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event.
- d) **SERC:** A result will be declared and announced to show all teams placing in the SERC.
- e) **Event winners:** Individual awards shall be presented to the first three places in the final of all events in the National Teams Open ELC. Event winners shall be recognised as National Teams Open European Lifesaving Champions in those events. In addition, finalist certificates shall be awarded to the top 8 placings in each individual and team conducted.

Note: These certificates may be sent digitally by ILSE following the ELC to National Federations for distribution to successful athletes.

16.2. NATIONAL TEAMS YOUTH ELC

- a) **Overall:** A result will be declared and awards shall be presented to the first, second and third place Youth National Team, based on the overall point score (as detailed in Section 15) for all pool and ocean events, events, and the SERC.
 - A perpetual trophy shall be presented to the winning team of the National Teams ELC.
 - Individual awards shall be presented to each member of the first, second, and third place teams, and to a maximum of two management or coaching personnel per team.

- b) **Pool events – overall:** A result will be declared and announced to show the first-place team in pool events, based on the based on the point score of all pool events but excluding the SERC.
- **Pool events – overall male team:** A result shall be declared based on the point score but no award presented to the male team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total male point score.
 - **Pool events – overall female team:** A result shall be declared based on the point score, but no award presented to the female team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total female point score.
- c) **Ocean events – overall:** A result will be declared and announced to show the first-place team in ocean events based on the based on the point score of all ocean events.
- **Ocean events – overall male team:** A result shall be declared based on the point score, but no award presented to the male team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event.
 - **Ocean events – overall female team:** A result shall be declared based on the point score but no award presented to the female team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event.
- d) **SERC:** A result will be declared and announced to show all teams placing in the SERC.
- e) **Event winners:** Individual awards shall be presented to the first three places in the final of all events in the Youth National Teams Youth ELC. Event winners shall be recognised as Youth National Teams European Lifesaving Champions in those events. In addition, finalist certificates shall be awarded to the top 8 placings in each individual and team conducted.
- Note: These certificates may be sent digitally by ILSE following the ELC to National Federations for distribution to successful athletes.

16.3. INTERCLUB OPEN ELC

- a) **Overall:** A result will be declared and awards shall be presented to the first, second and third place Open Interclub Team, based on the overall point score (as detailed in Section 15) for all pool and ocean events and the SERC.
- A perpetual trophy shall be presented to the winning club team of the Open Interclub ELC.
 - Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.
- b) **Pool events – overall:** A result will be declared and The Josef Schmitz Memorial Trophy shall be presented to the club placing first in the pool events based on the total point score of all pool events but excluding the SERC.
- **Pool events – overall male team:** A result shall be declared but no award presented to the male team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total male point score.
 - **Pool events – overall female team:** A result shall be declared but no award presented to the female team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total female point score.
- c) **Ocean events – overall:** A result will be declared and The Mike Mortimer Memorial Trophy shall be presented to the club placing first in the ocean events based on the total point score of all ocean events.
- **Ocean events – overall male team:** A result shall be declared but no award presented to the male team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver event, based on the total male point score.
 - **Ocean events – overall female team:** A result shall be declared but no award presented to the female team placing first overall in ocean events but excluding the Mixed Ocean M Relay Lifesaver event, based on the total female point score.

- d) **SERC:** A result will be declared and an award shall be presented to the first-place team in the SERC.
- e) **Event winners:** Individual awards shall be presented to the first three places in the final of all events of the Open Interclub ELC. Event winners shall be recognised as Open Interclub European Lifesaving Champions in these events.

16.4. INTERCLUB MASTERS ELC

Within each Masters age group, awards shall be presented to the first three places in the final of all events at the Interclub Masters ELC. Event winners shall be recognised as Interclub Masters World Lifesaving Champions.

Note: There shall be no club award presented for the Masters ELC.

16.5. PRESENTATIONS, CEREMONIES AND FUNCTIONS

- a) Official ceremonies shall be conducted throughout the championships. The ceremonies and functions include:
 - An overall ELC Opening Ceremony.
 - Victory Ceremonies for each ELC event conducted.
 - Victory Ceremonies declaring overall winners of the Open and Youth National and Interclub Teams and IRB National and Interclub teams.
 - An overall ELC Closing Ceremony.
 - Closing Parties.

Note: When involved in any medal presentation or ceremony all involved are expected to comply with the ILSE procedures and standards detailed in Part C.

17. FLAGS AND BANNERS

- a) Each team shall bring a national flag to the ELC for use in opening, victory and closing ceremonies as required. The recommended flag shall measure approximately 192 cm in length and 128 cm in height.
- b) The organising committee will provide banners or plates indicating the nation.
- c) Flags and banners shall be carried at the official opening ceremony. In addition, organisers may request the flags and banners to be displayed at the competition sites, official functions, and award presentations.
- d) On flags and banners in the National Teams ELC, the nation's identity (i.e., national flag) shall be prominent although other elements (national team name and/or symbol) may be included.
- e) On flags and banners in the Interclub ELC, the club identity (name and/or symbol) shall be prominent, although other elements (e.g., country or national association) may be included.
Note: Flags and Banners are not permitted to be taken onto the podium for medal or awards presentations

18. TECHNICAL OFFICIALS

- The ILSE EMC shall have full control and authority over all aspects of competition for ELC. ILSE Event Venue Managers may be appointed to assist with this process.
- The ILSE Event Director works to support ILSE, the ILSE Sport Commission in the planning, and delivery of ELC and reports to the ILSE EMC at ELC.
- The Local Event Manager reports to the LOC and, during competition, to the ILSE EMC. The Local Event Manager is responsible for the organisation of the competition within the parameters established by this Handbook, the ILSE Competition Rulebook and the ILSE EMC. The Local Event Manager deals with any issues and represents the LOC at the ELC venues.
- With the assistance of the Championships Officials Panel the ILSE EMC shall appoint the technical officials for ELC.
- The full nomination and appointment process is detailed in the ILSE Competition Operations Manual.
- The roles and responsibilities of Technical Officials are outlined in Section 2 of the ILSE Competition Rulebook.

PART C - ADDITIONAL INFORMATION

1. OPENING CEREMONIES

1.1. GRAND OPENING CEREMONY FOR THE ELC

A Grand Opening Ceremony will take place on a suitable site such as a city square or either of the beach or swimming pool venues. It features National Teams, officials and volunteers. Parading participants are to be marshalled and briefed on details.

Ceremonial Presentation

The Ceremonial presentation is as follows:

Preparation and Seating

- The Master of Ceremony announces the start of the Opening Ceremony of the European Lifesaving Championships (ELC).
- The city authorities, the ILSE authorities and the ILSE family and spectators sit in the Grand Stand and on appropriate places.
- Spectators sit or stand in appropriate places.

Parade

- The Master of Ceremony introduces the parade.
- The national teams march into the venue accompanied music and behind their name plate and a member of their team carrying their flag. The entry order is in alphabetical order. The host nation closes the list. The national team competitors and team officials are dressed in their national dress or sports attire.
- Technical Official follow the national teams dressed in uniform.
- Then the Volunteers follow dressed in their uniform.
- Each nation is welcomed as they are pass the grandstand.
- The Master of Ceremonies announces the end of the parade.

Speeches

- The Master of Ceremony invites the speakers one by one to the podium in order of the local authority, the Host President, the Organising Committee Chair, and the ILSE President.
- Participants stand for the national anthem and raising of the flag of the Host nation.
- The ILSE song is played, and the ILSE flag is raised.
- The highest authority declares the opening of the ELC: *"I declare open the (year) European Lifesaving Championships in (city) – (country)."*

Oaths

- The Master of Ceremony invites the person carrying the ILSE Flag to the podium.
- An athlete's oath is delivered while the competitors are touching the ILSE flag with one hand each: *"In the name of all competitors, we promise that we shall take part in these National Teams European Lifesaving Championships, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship and fair play, for the glory of the lifesaving sport and the honour of our teams."*
- A technical official's oath is delivered while the technical officials are touching the ILSE flag with one hand each: *"In the name of all the technical officials, we promise that we shall officiate in these National Teams European Lifesaving Championships with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship."*
- A coach's oath is delivered while the team officials are touching the ILSE flag with one hand each: *"In the name of all the coaches and team officials, we promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld in accordance with the fundamental principles of"*

Lifesaving."

- All teams, technical officials and volunteers march down while music is played and then sit down to view the Entertainment.

Artistic and/or Entertainment Presentation.

The Artistic/entertainment presentation allows the host country to showcase its past, future, culture and other elements.

1.2. OTHER CHAMPIONSHIP OPENING CEREMONIES

Apart from the Grand Opening Ceremony other opening ceremonies for specific ELCs may be programmed. The venue shall be either the beach or the swimming pool venue of the ELC and the elements may include.

- A welcome to the specific ELC on behalf of ILSE.
- An athlete's oath as above detailing the specific ELC.
- A technical official's oath as above detailing the specific ELC.
- A coach's oath as above detailing the specific ELC.

The programming for these opening ceremonies shall be communicated as part of event timetables etc.

2. VICTORY CEREMONIES

2.1. VICTORY CEREMONY: MEDAL CEREMONIES

Each of the races/events at the European Lifesaving Championships end with a medal ceremony. The medal ceremony can be conducted after the event or events at the respective venue or can be presented at a Medal Plaza.

Note: Unless otherwise advised the announcement and awarding of overall Teams ELC trophies (for pool, ocean, SERC, IRB point score trophies) shall take place at the competition venue as soon as practical following the conclusion of all competition at the venue. Team members are to be dressed as per the requirements for medal presentations.

Ceremony preparation

- The award deliverers, medal winners and presenter escorts take position on the backstage.
 - For National Teams Open, Youth and ELC, the national flags or slides are prepared.
- Note: there is no flag raising for Interclub ELC.

Ceremony begins

- The ELC Signature Tune is played.
- The Master of Ceremony (MC) announces the Ceremony: "*Ladies and gentlemen the Medal Ceremony for the (race) at the (National Teams, Interclub, National Teams or Interclub IRB Surf Boat, or Beach Run or Extra as appropriate) European Lifesaving Championships will now begin. Please welcome the medallists*".
- Music starts. The escort followed by the competitors, followed by the presenters followed by the medal carrier enter the stage. The medallists take position at the marks behind the podium (in a row formation). The medal presenter take position on the left side of the podium. The MC is at the right side of the podium. Once all people are in position, the music fades out.

Presentation begins

- The MC introduces the presenters: "*The Medals will be presented by (title) (forename) (name), (function)*".
- The MC speaks: "*The winner(s) of the bronze medal(s), is/are (name(s)), representing (country/club as appropriate)*".
- The competitor steps onto the platform and the medal presenter takes the medal(s) and

steps to the competitor, place the medal over the head to the neck and then shakes his/her hand to say “*congratulations*” or similar.

- The MC speaks: “*The winner(s) of the silver medal(s), is/are (name(s)), representing (country/club as appropriate)*”.
- The competitor steps onto the platform and the medal presenter takes the medal(s) and steps to the competitor, place the medal over the head to the neck and then shakes his/her hand to say “*congratulations*” or similar.
- The MC speaks: “*The winner(s) of the gold medal(s), and World Champion(s) is/are (name(s)), representing (country/club as appropriate)*”.
- The competitor steps onto the platform and the medal presenter takes the medal(s) and steps to the competitor, place the medal over the head to the neck and then shakes his/her hand to say “*congratulations*” or similar.

National Anthem (only played for National Teams Open and Youth ELC)

- The MC speaks: “*Ladies and gentlemen, please raise in respect of the national anthem of (country)*”.
- The National Anthem is played.
- Flag bearers raise the national flags on the national anthem of the gold medallist.
- Medallists, presenters, and cast turn to face the flagpole to witness the raising of the flags for the duration of the anthem.

Closing

- The MC speaks: “*Ladies and gentlemen, congratulate the medallists*”.
- Photo time of maximum 30 seconds.
- The MC speaks: “*Ladies and gentlemen, this concludes the Medal Ceremony for the (race). Please let us once again congratulate the medallists*”.
- Signature Tune start, the escort followed by the competitors, followed by the presenters followed by the medal carrier exit the stage to the sport presentation waiting tent or area.

2.2. VICTORY CEREMONY: DRESS CODE

Victory ceremonies are extremely important to the competitors, their federations, their nations, the spectators and the media. They will, therefore, be carefully planned and conducted in a dignified manner. Victory Ceremonies that are well-prepared and conducted in a proper setting, with official announcements, medal presentations, flag raising, and music provide traditional and memorable opportunities to recognise medal-winning competitors’ accomplishments in a dignified and attractive atmosphere.

Dress Code

The ILSE enforces proper dress code for participants of the ceremony. Before entering the stage, the Victory Ceremony team will ensure that the athletes are correctly dressed. The organiser will refuse to let any athlete take with him/her any forbidden items. No Sports Equipment or Accessories may be brought to the victory ceremony location. No personal accessories, including but not limited to mobile phones, water bottles, national flags and camera devices, are permitted on podiums. National Flags cannot be brought to the stage for any victory ceremony

The Team Manager is primarily responsible for ensuring that all items worn or used by the members of their delegation comply with these ILSE Guidelines.

Dress code – Competitors

Allowed (in order of preference):

- Team uniform and normal or sports shoes.
- Team track suit: long pants and jacket and under the jacket a polo shirt or t-shirt, or short pants and track suit jacket or, short pants and a national polo or t-shirt.
- Team competition caps at ocean event presentations.
- Sport shoes, thongs or barefoot is allowed.
- National Flags or other Flags cannot be brought to the stage for any victory ceremony.

Not Allowed

- Swimming costumes.
- National Flags or other Flags.
- Competitors are not allowed to bring signs, sunglasses, hats, caps, headbands, bottles, competition equipment and other such items to the stage.

The sports attire may include the name of the company producing the training jacket and pants. If that name is present, it should not exceed 120 cm² for the jacket and 120 cm² for the pants. An additional sponsor can be added on the jacket, but such cannot be larger than 120 cm².

Dress code – Medal Presenters

The medal presenters shall wear appropriate clothing.

The following is allowed (in order of preference):

- For men: jacket suit and tie. For women: robe, skirt and blouse.
- For men: long trousers and a collared shirt. For women: skirt and blouse or collared shirt.
- Footwear: Shoes
- Medal presenters are not allowed to bring signs, sunglasses, hats, caps, headbands, bottles, competition equipment and other such items to the stage.

3. CLOSING CEREMONIES

3.1. CLOSING CEREMONIES

A Closing Ceremony may be conducted for all Championships where medals are still to be presented and/or where point score trophies are to be awarded. All ceremonies should include a Ceremonial presentation.

In addition, a final closing ceremony shall be conducted following the completion of the final ELC competition.

The closing ceremony may be conducted at the pool or ocean venue or at the Lifesaving Village where medals are presented.

Awards Presentation

The awards presentation:

- Any outstanding medals in individual and team events are awarded.
- For the Open and Youth National Teams and Interclub the point score results are announced for the pool, then ocean, the SERC and finally the overall winner classification. For the pool and ocean trophy the results from the tenth placed team to the second placed team are announced. The Team Manager or Captain of the first placed team accepts the trophy on the podium.
- For the Open and Youth National and InterClub Teams and the National and InterClub IRB ELC the Master of Ceremony finishes with the overall results. The results from the tenth team to the fourth team are announced. The competitors and a maximum of two team management of the third, second first placed team accepts the trophy in that order on the podium.
- The Trophies to be awarded at the various ceremonies are:

National Teams

Open:

Overall winning team – A Perpetual Trophy

Pool point score - Trophy

Ocean point score – Trophy

SERC Winning Team - Trophy

Youth:

Overall winning team – A Perpetual Trophy

Pool point score - Trophy

Ocean point score – Trophy

SERC Winning Team - Trophy

Interclub Teams ELC

Open:

Overall winning team – A Perpetual Trophy
Pool point score - Trophy
Ocean point score –Trophy
SERC Winning Team - Trophy

Youth:

Overall winning team – A Perpetual Trophy
Pool point score - Trophy
Ocean point score – Trophy
SERC Winning Team - Trophy

Interclub IRB:

Overall winning team – Trophy

Ceremonial Presentation

The Ceremonial presentation includes:

- The ELC Signature Tune is played.
- The Announcement of the start of the Closing Ceremony for the respective ELC.
- Completion of any outstanding medal ceremonies in individual and team.
- Announcement and presentation of point score awards and trophies.
- The Master of Ceremony invites the ILSE President or his/her representative to the podium to speak.
- A closing message by the Master of Ceremony.
- Closing music is played.

In addition, the final closing ceremony (which for the ELC is normally at the conclusion of the Open Interclub ELC) shall involve further components and follows the completion of any outstanding medal ceremonies including:

- The Announcement of the start of the Closing Ceremony of the whole ELC.
- The naming of the nations present at the ELC and statistics on participation.
- The Master of Ceremony invites the speakers one by one to the podium in order of highest-ranked local authority, the Host President, Organising Committee Chair and the ILSE President.
- The Master of Ceremony invites the participants to stand for the national anthem of the host country and flag.
- The national anthem is played, and the national flag is lowered.
- The ILSE song is played, and the ILSE flag is lowered.
- The flag is handed over from the host of the current ELC then to ILSE and finally to the host of the next ELC.
- A speech by the host of the next ELC and a video (if any) on the next championships.
- A closing message by the Master of Ceremony.
- A closing music is played.

4. MEDALS FOR THE LIFESAVING EUROPEAN CHAMPIONSHIPS 2023

The medals for all ELCs (Open and Youth National Teams and Interclub, Masters, IRB) will be of the same design and quality.

The variation between the National Team (Open and Youth), Interclub (including Open and Youth, IRB) and Masters ELC shall be the colour of the ribbon (i.e. three different colours to be used).

Specifications

Recipients: the top three competitors/teams in each event receive medals.

The competitors and a maximum of two team management of the top three teams in Open and Youth National and Interclub Teams, Interclub IRB ELC teams receive ELC receive medals.

The medals for the winners are in golden colours, the medals for the second place are in silver colours and the medal for the third place are in bronze colours.

The colours of the ribbon will be different for National Teams Open, Youth and IRB, - blue and Interclub Open, Youth, IRB, Surf Boat and Beach Run, and Masters. The ribbons may also include the ELC and ILSE logos.