

SOUTH JERSEY LIFEGUARD CHIEFS' ASSOCIATION

South Jersey Lifeguard Championships

RACE RULES (Last Revision 7/5/13)

The Competition Will Consist of Three Events

One and a Half Mile Doubles Row
Three Quarters of a Mile Swim
One Quarter of a Mile Singles Row

1. The South Jersey Lifeguard Championships are scheduled annually on the second Friday in August at 6:30 PM.
2. All Patrols must report for a meeting at [hosting beach patrol's name and location of meeting] at [specified time]. The teams will draw for lanes and rules will be reviewed. The same lane will be used for the doubles and singles surfboat races. Any team not represented will have their lane drawn for them by the officials present. The Weigh Master, Boat Inspection Official, and Flag Alignment Official will be selected by the host beach patrol. These individuals must be Chiefs/Captains in the South Jersey Lifeguard Chiefs' Association.
3. All competitors must be regular working members of their beach patrols and be at least 16 years of age. All competitors must have worked 70% of the days between July 1 and up to and including the scheduled date of the race. To be considered a day of work a competitor must work six hours between the hours of 9:00 AM and 8:00 PM. Compensatory time (days) cannot be used to reach the required days necessary to be eligible. The following chart will be used to make the determination of competitor eligibility.

South Jersey Race Dates	
Possible Race Dates	Number Of Work Days Required
Aug. 8 th	27 days
Aug. 9 th	28 days
Aug. 10 th	29 days
Aug. 11 th	29 days
Aug. 12 th	30 days
Aug. 13 th	31 days
Aug. 14 th	31 days

An exception to the this rule will be active service in the U.S. Military; including the U.S. Coast Guard, National Guard, and U.S. military reserve duty. Not included in this exception is participation in military academy programs, ROTC training programs, or any programs of this type. No competitor may represent a beach patrol if he or she was on the payroll of another beach patrol during the current or previous season.

4. The highest ranking officer of any beach patrol who is a member in good standing of the South Jersey Lifeguard Chiefs' Association may request a competitor eligibility review. This request should be filed with the president of association. The president is responsible for the collection and email distribution of all information pertaining to the eligibility of a competitor. The eligibility issue will not be determined by an in person, formal meeting and vote, but by means of a return email vote sent to the president of the association.
5. Entries must be submitted to the [host beach patrol] at least two days prior to the race date.
6. All boats used in this race must be standard Van Duyne fiberglass, standard Van Sant fiberglass, or standard Van Sant wooden surfboats and must not be altered in any manner. Boats must weigh a minimum of 325 lbs. Any additional weight needed must be permanently attached to the boat. A weigh-in and inspection by Weigh Master [name of official] will take place at [location] between the hours of [Specified Time] on race day. After the weigh-in all boats will be placed at [location designated by the host beach patrol].
7. Leg extensions are permitted. Seat extensions, of any type, are prohibited. Any seat pad or board that is placed on either the bow or stern seat must not extend past the width of that seat. An inspection of the boats will be conducted prior to the start of the doubles and singles rowing events by [name of official].
8. Any controversy with regard to ramming, crossing the finish line, etc. during the course of the races will be resolved by the race officials. The decision of the officials will be final.
9. No oars over nine feet in length may be used. Oars with spoon blades are not permitted. Blades are not to be wider than 6 ½ inches.
10. No bodysuits, wetsuits, etc. will be permitted. Men's swimsuits must not extend above the waist or below the knee. Women's swimsuits must be traditional one-piece or two-piece swimsuits.
11. No boats from any beach patrol shall be allowed to patrol the course prior to or during the race.
12. Stake Boats with officials will be present at the flag buoys during the races.

13. Flag alignment will be checked by [name of official] prior to race time.
14. Starting lanes on the beach are determined by the drawing for flag positions. Lane one is the northern most lane. The lowest numbered lane has first choice as to boat placement at the water's edge. The flag judge will settle all disputes on boats positioned to gain an unfair advantage. No jumping or crowding into other lanes will be permitted.
15. No electronic or mechanical devices may be used to direct the competitors during the race.
16. A course flag will be set at the site of the race one week prior to the date of the race.
17. In case of extremely hazardous conditions caused by dangerous surf, lightning, high seas, etc... The host beach patrol will have the authority to postpone the races until weather permits the races to be held. In such a case beach patrols will be notified no later than 4:00 PM on the day of the race.

SCORING

The point system to determine the championship is:

- | | |
|----------------------------------|----------|
| A. First place in each events = | 5 points |
| B. Second place in each events = | 4 points |
| C. Third place in each event = | 3 points |
| D. Fourth place in each event = | 2 points |
| E. Fifth place in each event = | 1 point |

The beach patrol earning the most points will be designated the team champions and will be awarded the SOUTH JERSEY CHAMPIONSHIP AWARD as well as the honor of hosting the race the next year. In the event of a numerical tie, the teams finishing higher in the double rowing race will be declared the overall winner and South Jersey Champions.

THE EVENTS

First Event - **Doubles Rowing Race**
Approximately Fourteen to Sixteen Minutes
Approximately One and One Half Miles
Each Patrol May Enter One Crew

START - Lane number 1 will be toward the north end of the course. Boundaries will be discussed at the meeting prior to the race. The boat crews will take off from a floating start with one man on each side of the boat; oars in the boat. The position of the oars is

optional. Boats will be placed in their respective lanes marked by the officials. The man on the port side of the boat must have his right hand on the bow thole pin and his left hand toward the bow of the boat. The man on the starboard side of the boat must have his left hand on the bow thole pin and his right hand toward the bow of the boat. Both men must remain stationary until the start of the race. A judge will be assigned to each boat to inform and assist the crews. When the boats are in the ready position, the assistant starter will check with each boat. When he reaches the end lane he will signal the starter. When all boats are in position, the starter will raise the starting flag to an upright position. The dropping of the flag will signal the start of the race.

TURN - Each crew must row out to and round their respective flag buoy into the wind (direction to be determined prior to the race). Flag buoys will be set approximately three-quarters of a mile at sea. Proper turn procedures will be discussed during the pre-race meeting.

FINISH - The finish line will be the same as the starting line and the first boat to cross it shall be declared the winner. Any part of the boat may cross the finish line to win. Water shipped or loss of oars will not be considered, but if either man shall leave the boat after the turn of the buoy; and before crossing the finish line, they will be disqualified.

Second Event - **Swimming Race**
Approximately Fourteen to Sixteen Minutes
Approximately Three Quarters of a Mile
Each Patrol May Enter One Swimmer

START - Swimmers will start from a rope, twenty-five yards in length, stretched parallel to the water's edge. A whistle and or starting flag will be used to signal the start of the race.

TURN - Swimmers will swim out to and around a flag buoy approximately three-eighths of a mile at sea and return to the starting rope. A stake boat will be stationed at the flag buoy. Swimmers may turn the flag buoy in any direction, but must call out their city as they round the flag buoy.

FINISH - Swimmers need not return to any specific area of the beach; however, they must touch the starting line rope to finish. The first man to touch the line will be declared the winner.

Third Event - **Singles Rowing Race**
Approximately Four to Six Minutes
Approximately One Quarter of a Mile
Each Patrol May Enter One Rower

START - The same rules apply to this event as in the doubles rowing event with the following exceptions: Each rower will take off from a floating start, with each rower at the stern of his respective boat. Each rower may have a person at the bow of the boat steadying it until the starting flag drops. Once the flag drops this person may render no additional assistance.

TURN - Each rower must row out to and round his respective flag buoy into the wind (direction to be determined prior to the race). Flag buoys will be set approximately one-eighth of a mile at sea. Proper turn procedures will be discussed during the pre-race meeting. If the rower leaves his boat after the turn of the flag; and before crossing the finish line, he will be disqualified.

FINISH - Same as in the doubles rowing event.

Any changes to these rules must be voted on and approved by a majority of the members of the South Jersey Lifeguard Chiefs' Association.