



## NEWCASTLE PERMANENT CHARITABLE FOUNDATION ROOKIE CHALLENGE NEWCASTLE SLSC

NEWCASTLE PERMANENT  
**CHARITABLE  
FOUNDATION**

Here for our community

### EVENT DETAILS:

**Where:** Newcastle SLSC  
**When:** Saturday 22 October 2011  
**Report Time:** 9:30am

### PARTICIPANT DETAILS:

Participants need to be entered on the attached SLSA Competition entry form.

After the closing date of entries, names will be randomly drawn out of a hat and put into teams of 6 participants.

Participants will find out on the day what team they will be in.

### EVENTS:

1. Tug – O – War
2. Volley Ball
3. Beach Relay
4. Tube/Board Rescue Relay
5. Lifesaver Relay
6. Body Board Relay

### REQUIREMENTS:

- 1) Each Club must supply a minimum of:
  - ❖ 1 Qualified Official/Workforce – needed 1 hour prior to start time.
  - ❖ 1 Water Safety – needed 1 hour prior to start time.
  - ❖ 1 Rescue Board (Full size - Fibreglass)
  - ❖ 1 Surf Rescue Body Board and flippers (more than one pair recommended – SLSA approved flippers)
  - ❖ 1 Rescue Tube
- 2) Each Rookie must be dressed in full Rookie Uniform, plus their club costumes.
- 3) Each participant must be a financial member of the Surf Club for which they are competing
- 4) Each Rookie participating in the Challenge must have completed a minimum of twelve (12) hours of Patrol Hours as a Rookie in the current season up to and including the 22 October 2011 (please provide patrol hours for each participant on entry form provided).
- 5) Each club needs to list their official/workforce and water safety members on the nomination form.
- 6) At registration one team member will be responsible for the collection and return of team caps. Each team will be issued with a different colour lycra cap and they will be number 1 through to 6.
- 7) Each member must have completed the relevant age group award (these will be checked on surf guard).

## COMPETITION FORMAT:

The Rookie Challenge will maintain a lifesaving focus, with events reflecting actual lifesaving skills.

The Challenge will be a "short-course" event, with distances of the buoys set on the day depending on beach conditions.

The challenge will be conducted under Surf Life Saving Australia competition manual. No abuse of competitors or officials will be tolerated and offenders will be asked to leave the beach.

The carnival referee for the Rookie Challenge will be advised at a later date.

For events requiring two heats, the heats will be as per a pre-determined random draw and will remain that way for the duration of the Rookie Challenge.

### **Event 1** – Tug – O – War:

- ▣ Teams shall consist of six (6) members.
- ▣ Competition will be held until there are two (2) undefeated teams who will then contest to determine the victors.
- ▣ Points (see below)

### **Event 2** – Beach Volley Ball:

- ▣ Teams shall consist of six (6) members.
- ▣ Competition will be held until there are two (2) undefeated teams who will then contest to determine the victors.
- ▣ Points (see below)

### **Event 3** - Beach Relay:

- ▣ All 6 team members will compete in this event.
- ▣ The beach relay will be run on an "up-and-back" course.
- ▣ Each competitor will run 30m before rounding a turning flag and running 30m back to the start finish line.
- ▣ Points (see below)

### **Event 4** – Tube/Board Rescue Relay:

- ▣ Three team members will be selected at random to complete this task.
- ▣ Each competitor will be given a leg to complete according to their number.
- ▣ The three legs are: patient swimmer, tube swimmer and board paddler.
- ▣ Points (see below)

### **Event 5** - Lifesaver Relay:







- ▣ Three team members will be selected to complete this task, being the opposite three to which competed in the Rescue Relay.
- ▣ Each competitor will be given a leg to complete according to their number.
- ▣ The three legs are: runner, swimmer and board paddler.
- ▣ Points (see below)

### **Event 6** - Body Board Relay:

- ▣ All team members will compete in this event.
- ▣ Each competitor will compete in number order.
- ▣ Each competitor will round a set of cans before tagging the next competitor.
- ▣ Points (see below)

## POINTS:

Points will be awarded for each event as follows.

 7 points	1 <sup>st</sup> Place
 6 Points	2 <sup>nd</sup> Place
 5 points	3 <sup>Rd</sup> Place
 4 points	4 <sup>th</sup> Place
 3 Points	5 <sup>th</sup> Place
 2 points	6 <sup>th</sup> place

All other teams will receive 1 point for that event. In the event of a tie points will be added and divided by the number of tied teams. The team with the highest overall score wins.

## ENTRIES:

All entries must be listed on the attached SLSA Competition entry form, complete with proficiency dates and patrol hours.

On each entry form, you must list your **nominated official/workforce and nominated water safety** names.

Entries close at Hunter Surf Life at **close of business 4pm Wednesday 19 October 2011**.  
**PO Box 44 Carrington NSW 2294** or deliver to **Unit 1, 6 Revelation Close, Tighes Hill 2297**

No late entries will be accepted on the day

## IDENTIFICATION:

All team members will be numbered 1 - 6 inclusive and will remain in that number for the duration of the Challenge.

Reserves/substitutes are not permitted unless permission is granted by the Challenge referee, where another team member is sick or has been injured. The substitute will then assume the number of the team member they have replaced.

## REPORT TIME:

### 9.30 am (sharp)

All Rookies are required to report at Newcastle Beach SLSC at 9:30am for a 10:00am.

A number of group photographs will also be taken at this point in time for the various media outlets.

### Workforce to report at 8:30 am

## EXPLANATION OF EVENTS:

### EVENT 1 – TUG – O – WAR:

Teams of six (6) members will contest this event.

Dependant on numbers participating will determine number of times you participate in this event.

Points are allocated (see above)

### EVENT 2 – BEACH VOLLEY BALL:

This event will be conducted under the Rules and Guidelines of the IBVBA.

Teams of six (6) members will contest this event.

Dependant on numbers participating will determine number of times you participate in this event.

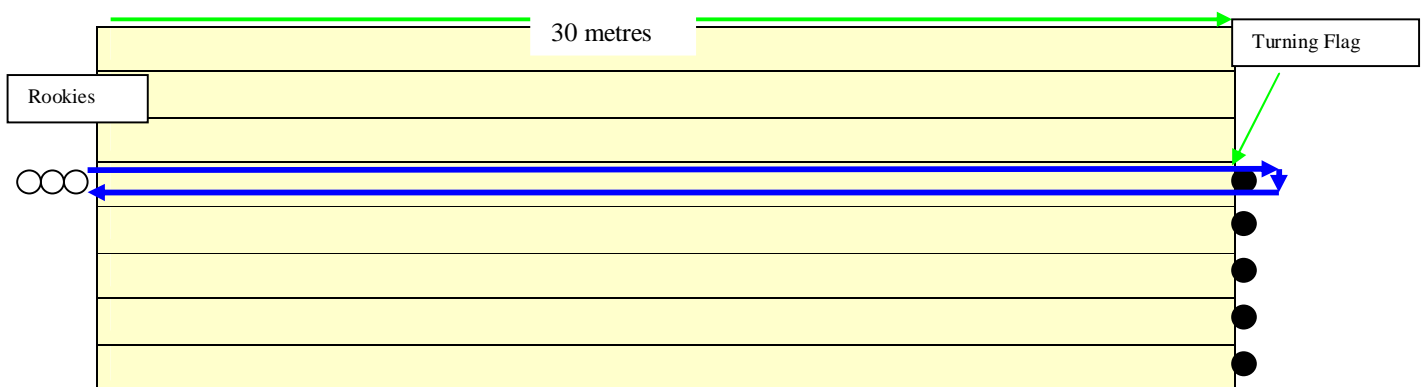
Points are allocated (see above)

### EVENT 3 - BEACH RELAY:

All six members in each team will compete in this event. Each competitor will run in number order as drawn out of a hat.

Each competitor will run an 'up-and-back' course. The course will be 30 metres in length with a turning flag in each lane. Competitors will run 30m, round the turning flag in a clockwise direction, and run 30m to the start finish line where they will interchange the baton with the next competitor.

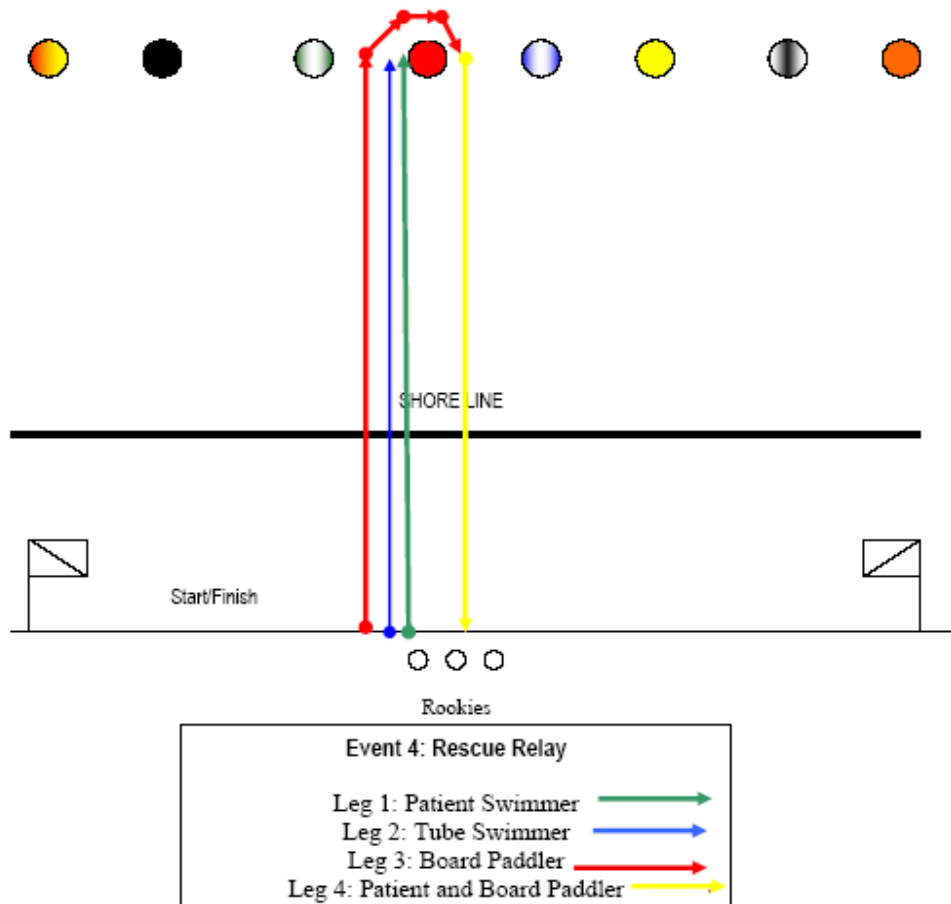
Points are allocated (see above)



#### EVENT 4 - RESCUE RELAY:

Three members from each team will be randomly selected to complete this event. Each competitor will be allocated a leg of the event according to their number. Each number will be allocated a leg of the event. There are three legs to this event (patient swimmer, tube swimmer, rescue board paddler).

- On a whistle start, patient swimmer will swim to cans;
- Upon reaching the allocated can, patient will raise one arm in the air to signal the tube swimmer;
- On seeing the signal, the tube swimmer will proceed to rescue the patient;
- Upon reaching the can and attaching the tube to the patient, the tube swimmer will raise one arm to signal the rescue board paddler (then the patient will detach the tube in order to be rescued by board paddler).
- On seeing the signal, the rescue board paddler will proceed to rescue the patient
- Rescue board paddler and patient will return to shore and finish over the start finish line both in control of the board.
- Points are allocated (see above)

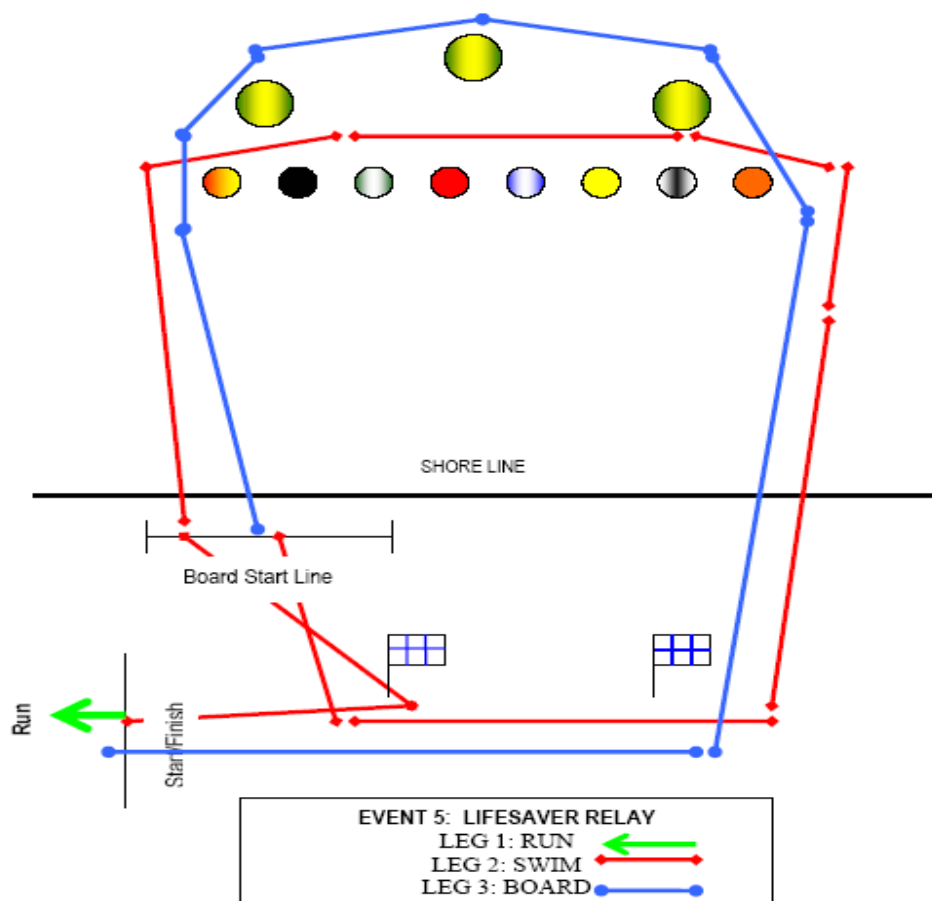


## EVENT 5 - LIFESAVER RELAY:

Three team members will compete in this event. The team members will be the opposite three to that which completed the Rescue Relay (Event 3). Each competitor will be allocated a leg of the event according to their number.

Each number will be allocated a leg of the event. There are three legs to this event (runner, swimmer, rescue board paddler).

- On a whistle start, the runner will set out on a run leg which is 400m in distance, consisting of 200m north of Fingal Beach SLSC, round a turning flag, and 200m to the start/finish line;
- Runner will tag swimmer;
- Swimmer will round a turning flag and proceed around a string of cans and return to shore;
- Swimmer will round two (2) turning flags and tag rescue board paddler;
- Rescue board paddler will round the string plus an apex buoy and return to shore;
- Rescue Board paddler will dismount from board, round two (2) turning flags and run to finish line.
- Points are allocated (see above)



## **EVENT 6 - BODY BOARD RELAY:**

Each team will consist of all six members.

The course will include all participants completing a body board paddle around swim buoys and a change over run leg. Each participant will compete in allocated number order.

- a) Prior to the race start each competitor will be required to stand on or behind the Start Line with his or her body board and flippers in hand.
- b) On the starting signal from the starter, the competitors shall enter the water with their boards and paddle around all buoys and return to the beach.
- c) To complete each leg, a competitor must be in possession of his/her board when crossing the changeover line from the seaward side whilst maintaining contact with the board. If incomplete the participant must recover board and return to the changeover line.
- d) The first paddler after completing the course, will hand over their body board to the sixth paddler who will then run with the Body Board around two poles and hand over the body board to the second paddler who will already have his/her flippers in their hand, and complete the same course as the first paddler.
- e) The Second paddler will complete the same course, but will hand over to the First paddler who will then run with the Body Board around two poles and hand over the body board to the Third paddler, who will already have his/her flippers in their hand.
- f) Third paddler will complete the same course, but will hand the board over to the Second paddler who will then run with the Body Board around two poles and hand over the body board to the Fourth paddler, who will already have his/her flippers in their hand.
- g) The Fourth paddler will complete the same course, but will hand over to the Third paddler who will then run with the Body Board around two poles and hand over the body board to the Fifth paddler, who will already have his/her flippers in their hand.
- h) The Fifth paddler will complete the same course, but will hand the board over to the Fourth paddler who will then run with the Body Board around two poles and hand over the body board to the Sixth paddler, who will already have his/her flippers in their hand.
- i) The Sixth paddler after completing the course, will tag the Fifth paddler who will run around two poles to the finish line with nothing in hand.
- j) Points are allocated (see above)

### **FINS/FLIPPER:**

Fins/Flippers are to be worn throughout the race providing they are put on only when they get into the water and taken off before they exit the water.

**Please note that events may be subject to change.**