RESCUE AND RESUSCITATION
COMPETITION MANUAL

2 PERSON

5 PERSON

6 PERSON

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RESCUE AND RESUSCITATION
COMPETITION MANUAL

This manual has been produced as part of a set of SLSA Manuals and deals with the Rescue and Resuscitation Competition and assessment of the events

Issued by: Surf Life Saving Australia
Surf House, 789 Botany Road, Rosebery, NSW Australia 2018

Postal Address: Locked Bag 1010
Rosebery, NSW Australia 2018

Telephone: (02) 9215 8000 – Facsimile: (02) 9215 8180

Email: info@slsa.com.au – Website: http://www.slsa.com.au

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HISTORICAL PREFACE

Surf Life Saving Australia (SLSA) has in its Articles of Association a number of objects related to advancement and control of the work of surf lifesaving and the resuscitation of the apparently drowned. One of these objects is seen to be the organisation and management of competitions which provide promotion, conditioning of our members and a testing ground for methods and equipment.

Ever since its foundation in 1907 SLSA has provided handbooks or manuals to cover the various aspects of its operations. This manual covers the rescue and resuscitation (R&R) event.

The first “handbook” as it was known around 1907 was developed and printed by the Surf Life Saving Association of NSW and encompassed all aspects of work – administration, instruction, examination, competition and gear. This body revised and reprinted another three editions up until 1921. In 1923 the 5th Edition was printed under the banner of Surf Life Saving Association of Australia, and over the next 30 years a further 13 editions were revised and reprinted – No.18 being printed in 1953.

In 1954 SLSA split the handbook into four handbooks – No.1. “Green” Book – Constitution; No.2. “Blue” Book – Instruction and Examination; No.3. “Red” Book – Competition; and No.4. “Brown” Book – Gear. Four separate editions of the “Blue” Book and the “Red” Book were produced up until 1969 when the instruction/examination and competition handbooks were again combined in coloured and visual aid format, and were termed a “Manual”. This was the 23rd Edition. Heart/lung massage techniques were added as a supplement in 1971.

The 24th Edition in 1973 was Book No.2, as it was then known, dissected into three parts: No.2 Part 1 – Instruction and Examination, No.2 Part 2 – Rescue and Resuscitation (R&R) Competition, No.2 Part 3 – Competition. This format was followed for the 25th Edition in 1974 but 1978 saw the 26th Edition printed as Manual No.3 – Competition. Instruction and examination was printed under the Manual No.1 banner, and since that date all SLSA Manuals have an identification number.

The R&R Manual is identified as No.2 and has not had a great deal of revision activity since the 25th Edition in 1974, apart from bulletins on updated procedures. There have only been two editions produced:

26th Edition – September 1980, when the 4 man event was introduced;
27th Edition – November 1987, when the 4 man became 5 man and the reprint was in colour.
28th Edition – November 1998, where 2, 5 and 6 Person events were incorporated into a single Manual. This Edition was reprinted a number of times.
28th Edition Second Revised Edition – 2006, where the Manual was published on the SLSA’s website and incorporated major changes to SLSA’s resuscitation techniques. Changes were made to this Internet edition in 2008 and 2010.
28th Edition Third Revised Edition – 2013, where a number of changes were made to improve rule clarity and conducting the event.
28th Edition Fourth Revised Edition – 2015, where a number of changes were made to improve rule clarity and conducting the event.
CHAPTER 1
GENERAL CONDITIONS

1. INTRODUCTION

The Rescue and Resuscitation (R&R) event, in its different forms, provides the opportunity for SLSA to demonstrate in a competitive manner, the original and developing methods of rescue as well as the modern techniques of resuscitation. There are various age divisions as well as a variation of procedures and formats which are aimed at combined patrol procedures, and an introduction of the younger member into the field of rescue and resuscitation which is, after all, the prime reason for SLSA’s existence.

The various formats the R&R competition takes are:

5 Person: Where a team consists of five competitors – one acting as patient, one as belter and rescuer and the other three as reel and line operators.

2 Person: Where a team consists of two competitors – one acting as patient and the other as rescuer.

6 Person: Where a team consists of six competitors – similar to 5 Person, with the sixth competitor utilising the rescue tube as an assistant to the belter in the rescue.

The events conducted in the various age divisions are:

Under 10 – Under 11 2 Person R&R event
Under 12 – Under 13 2 Person R&R event
Under 14 – Under 15 2 Person R&R event
Under 12 – Under 14 5 Person R&R event
Under 15 5 Person R&R event
Under 17 5 Person R&R event
Under 19 5 Person R&R event
Under 23 5 Person R&R event
Open age 5 Person Mixed R&R event
Open age 5 Man R&R event
Open age 5 Woman R&R event
Open age 6 Person R&R event
Open age 6 Person Mixed R&R event

Note 1: The gender combinations of male and female in the Open 5 Person Mixed R&R event must be mixed and be 3-2 in either gender in each team. A mixed team may also consist of a maximum of 2 members in the team who are also competitors in an Open Women’s or Open Men’s 5 R&R event at the same competition. For example, a team may be made up of 2 members from an Open Men’s or Women’s 5 team and 3 others or 1 member from an Open...
Men’s 5 team and 1 from an Open Women’s 5 team and 3 others. A competitor is permitted to compete in the U/17 and/or U/19 5 Person R&R events and/or the Open 6 Person R&R event and still be eligible to enter/compete in the Open 5 Person Mixed R&R event provided that they are a currently proficient Bronze Medallion holder.

**Note 2:** Competitors eligible to compete in the U/15 age competition are permitted to compete only in the U15 age competition and are not permitted to compete in any older age events.

**Note 3:** The Under 23 5 Person event involves a partial draw for positions. Linesmen and reelman draw for positions. Patient and beltman remain as nominated positions.

**Note 4:** In the Open 6 Person Mixed R&R event the gender mix shall be 3 Males and 3 Females.

**Note 5:** There are also a number of activities that are common to all formats of R&R and these are contained in this chapter whilst the individual characteristics of the various procedures are detailed in separate chapters.

**Note 6:** Except where specifically stated in this Manual, reference to the male gender is intended to cover both male and female members of SLSA.

**Note 7:** SLSA may issue additional regulations or bulletins for these events which shall be read in conjunction with this manual.

2. **COMPETITION CONDITIONS**

2.1 **General Competitive Conditions**

(a) General competitive conditions including age and gender limitations, dress, entries and substitution rules shall be as detailed in the current Competition Manual.

2.2 **Arena**

(a) The competition arena shall be set out and designated by pegs, poles and flags as shown in Diagram 1. This diagram also indicates, where required, the position of the swimming buoys and suggested positions for the duty boat. The swimming buoys shall normally be laid a minimum of 120 metres from the end of knee depth water at low tide (taking into account varying conditions such as sandbars, exclusion of holes and rips, surf conditions and safety factors).

(b) The course shall be set as above and in the manner described in the current SLSA Surf Sports Manual.

(c) Should conditions warrant it being impossible to lay swimming buoys for the safe conduct of the event at a minimum of 120 metres the Referee shall at his/her discretion be permitted to lay the buoys at a shorter distance.

(d) If the Referee determines that for any reason the event cannot be run with the inclusion of the swimming part of the event, then the event MAY be conducted without the swim.

2.3 **Heats, Semi-finals, Finals**

(a) A maximum of 6 teams will compete in a heat or final.

(b) If 6 or less teams are entered into the event, no rounds will be conducted and all teams will proceed directly to the final.
General Conditions

(c) If 7 to 12 teams are entered in an event, one round will be conducted with teams randomly drawn and the 6 teams with the lowest scores proceeding to the final. At non-championship carnivals when 7 to 9 teams are entered in an event it is at the discretion of the Referee whether a round will be held or all teams contest only a final.

(d) If 13 or more teams are entered in an event, two rounds will be conducted with teams randomly drawn for both rounds. The 6 teams with the lowest aggregate scores over the two rounds will proceed to the final.

2.4 Permanent Physical Disabilities

(a) Competitors with a permanent limiting disability may apply for an allowance as detailed in the current edition of the SLSA Surf Sports Manual.

(b) Any other allowances may be made at the Referee’s discretion and the team’s captain is advised to report such cases to the Referee 15 minutes prior to the competition.

(c) Competitors are permitted to wear spectacles or sunglasses (prescription or non-prescription) in R&R events. No deduction shall be made where a competitor is required to remove his glasses prior to commencing to swim.

(d) Linemen and reelman are permitted to wear protective gloves or tape on their hands to prevent injury. Gloves may be removed without penalty.

(e) Judges may collect any discarded glasses and gloves.

2.5 Dead Heats

(a) For the purpose of determining the winner and placing’s in cases of equal point scores in 5 and 6 Person R&R events (see note 1 below for U12 - U15 events) the team with the least swimming points shall be declared the winner or place getter. Failing a decision by this means, the team with the lowest points in Section 4 shall be declared the winner or place getter. In the event of a further dead heat, then Sections 5, 3, 2, 1 and 6 shall be used in that order, to determine a winner or place getter. Failing to reach a decision in this manner shall result in the lowest cumulative deduction of all judges’ allotments in the left hand column of the master card for each section progressively in the following order: 4, 5, 3, 2, 1 and 6 shall be used until a result is decided. If placing’s are still unable to be determined, then a dead heat shall be declared.

Note 1: For U12 – U15 5 Person events the process shall be as above but deleting the swimming points.

Note 2: For 2 Person R&R events – refer to chapter 4, B5.

2.6 Re-Runs

(a) In the event of a re-run of a heat, semi-final or final, the beach positions of the teams and the balloted positions of the team members (where required) shall not alter.

2.7 Disputes and Protests

(a) Any dispute or protest shall be determined as provided for in the current SLSA Competition Manual provided that in relation to judging decisions the only dispute or protest which will be considered is relative to disqualification, major or serious errors.
3. **JUDGE PROCEDURES**

3.1 **Sectional Judging**

(a) The event is divided into six sections which provides for the various groups of judges to view a number of teams and at the end of each section judges change team positions. Sections are detailed in the various event descriptions.

3.2 **Points Allotment**

(a) Points shall be allotted for errors in accordance with the error schedule, and the team scoring the lowest number of points shall be declared the winner. The next lowest shall be placed second, and so on.

3.3 **Time Keeping**

(a) Accurate timekeeping and placings are essential elements in relation to the swimming component at these events. Because of the varying conditions (big seas, sun glare, lack of personnel, etc.) this activity can become very difficult and therefore every endeavour should be made to ensure an accurate result. It is recommended that adequate stationery and multi-stop watches be provided for timekeepers and their assistants and they be suitably positioned for a complete view of the arena. It is further recommended that:

(i) “Spotters” be appointed to call buoy signals (maximum 2 buoys per spotter)

(ii) Recorders be appointed to record calls (preferably 2)

(iii) Timekeepers be appointed to operate stopwatches (preferably two)

(iv) A judge in boat record finishes at the buoys.

3.4 **Allocation of Judges**

(a) One, two or three judges may be allotted to each beach position and each shall be issued with a correspondingly numbered judge’s card. When two judges are allocated, their respective cards shall be marked 1A, 1B – 2A, 2B and so on. When three judges are allocated their cards shall be marked 1A, 1B, 1C, etc. The conduct of the ballot is the responsibility of the Marshall, or other Officials nominated by the Referee. For the first section of the judging, each judge shall judge the work of the team whose beach position corresponds with the number on his card. He shall write the name and number of the team in the appropriate section. The Referee shall review the judging cards to, as far as practicable, prepare balanced judging panels for ensuring events.

(b) The make-up of panels and the allocation of duties to officials is the responsibility of the Referee. In determining panels the Referee should where practicable seek the assistance of the chief judge and or sectional referee.

(c) The Referee is to be at all times mindful of any potential for conflicts of interests arising from the allocation of duties – e.g. team coaches or family members being appointed as judges. Where practicable such conflicts should be avoided. While individual officials have a responsibility to declare any potential conflicts of interest, the Referee remains ultimately responsible for determining how those conflicts are addressed.

3.5 **Judges Conferring**

(a) Judges should not confer during a competition unless a disqualification or decision on a 5-point or more deduction is to be made. Judges wishing to confer, unless there is an
exceptional circumstance, shall do so at the end of the section and shall move to the rear of the team’s beach position. They should take up positions and move about the beach so they do not crowd one another. Judges should also refrain from actions or words likely to interfere with or distract teams.

3.6 Referees Attention

(a) Should judges need to attract the attention of the Referee during the competition the Judges shall retire to the rear of the team and signal by raising a right arm.

3.7 Judges Changing

(a) On completion of the first section of the judging and on the command “Judges Change” (given by the Referee), each judge or judges shall move to the next team position. This shall be done in a clockwise direction facing the water and judge the work of the team in the second section, noting the name and number of the team on the judge’s card. Similar action will be taken on completion of each section. Should there be a full panel of judges and less than nine teams the full panel of judges shall be utilised with judges rotating as described and indicating on their cards the beach positions where teams are missing.

3.8 Points Recording

(a) Judges shall record on their judging cards points allotted by them and then total each section. Method of recording errors or disqualifications are as directed in Section D (Error Schedule) and the judging cards. Immediately the teams leave the competition arena, judges should complete their cards, sign them, and hand them to the designated official without comparison or discussion.

(b) In allotting points to teams, all deductions must be objective in nature – i.e. based solely on the description of the drill as outlined in the wording in the manual.

3.9 Calculation of Points from Judges’ Markings

(a) When three judges per team are appointed the highest marking and the lowest marking shall be disregarded and the remaining marking shall be recorded e.g.:

<table>
<thead>
<tr>
<th>Judge</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judge A</td>
<td>3</td>
<td>(6)</td>
<td>8</td>
</tr>
<tr>
<td>Judge B</td>
<td>(4)</td>
<td>6</td>
<td>(9)</td>
</tr>
<tr>
<td>Judge C</td>
<td>5</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>

(b) When two judges per team are appointed the points are aggregated and divided by two.

(c) The Referee Steward shall prepare the master card from the markings on the judges’ cards. The judges’ and master cards are shown in the Appendix.

3.10 Handling of Gear

(a) Judges must not at any time handle gear during an R&R competition unless exceptional circumstances arise or after consultation with, or decision by the Sectional Referee.
4. **ERROR SCHEDULE**

(a) The schedule covers errors that can be made during competition. The drill must be carried out in accordance with the information given in this manual and this schedule is used to indicate the value of errors so that points can be allotted.

(b) Any error not provided for shall be decided by the judge/s concerned together with the Referee.

### 4.1 Error Classification

(a) Points allotment or errors are classified into five categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>Error Classification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>(I)</td>
<td>Total Disqualification</td>
<td>(D)</td>
</tr>
<tr>
<td>(II)</td>
<td>Major</td>
<td>(10)</td>
</tr>
<tr>
<td>(III)</td>
<td>Serious</td>
<td>(5)</td>
</tr>
<tr>
<td>(IV)</td>
<td>Minor</td>
<td>(2)</td>
</tr>
<tr>
<td>(V)</td>
<td>Observed</td>
<td>(1)</td>
</tr>
</tbody>
</table>

### 4.2 Total Disqualifications

(a) These penalties are applicable to all sections or to the sections in which they can occur. If a judge believes a team should be disqualified, at the end of the section the judge must stand behind the team and raise their arm. The referee or chief judge shall attend and confer with all judges. If an official other than a team judge believes a team should be disqualified, all judges on that team and the Referee shall be notified at the end of the section. If there is disagreement the decision shall be deferred until the end of the competition when the matter shall be placed before those judges and the Referee for a decision. The Referee may act independently in regards to disqualifications and shall have the final decision on disqualification. Total disqualification is recorded in the deductions section of the judge’s card by marking the relative error indicator “AA”, “BB”, etc. as referred to below.

**Note:** Total disqualification from the event and any additional penalty that may be imposed by SLSA.

- AA – Abusing any official in the competition arena.
- BB – Impersonating or unauthorised competing.
- CC – Attempting to defeat the purpose of the ballot in any manner (excluding section 4).
- DD – Wilfully jostling or obstructing so as to impede another’s progress or competing unfairly.
- EE – Acting in a manner prejudicial to the good name of SLSA.

(b) Total Disqualification from the Event:

- FF – Rescuer reaching buoy before patient and signaling.
- GG – Line breaking or parting from the belt during the pay-out.
- HH – Beltman reaching the buoy before the rescuer and signaling.
- II – Rescuer or beltman arriving at the buoy without tube or belt.
- JJ – Rescuer or beltman exceeding swimming time limit.
KK – Patient or rescuer pulling or pushing buoys with a view to assisting their team members.

LL – Patient swimming to beltman or rescuer at any time before they have signaled their arrival at the buoy or at any time during the haul in.

4.3 Major Errors (10 points)

(a) These are applicable to all sections and incur the same value (10 points) irrespective of when the breach is committed. If a judge believes a team should incur a major penalty, at the end of the section they must stand behind the team and raise their arm. The Referee or chief judge shall attend and confer will all judges. The error may be allotted only after all judges on that team agree. In the case of a disagreement the matter shall be determined by the Referee or chief judge.

(b) If a major error is to be recorded the figure “10” is placed in the deduction section of the judge’s card and the relative error indicator A, B, D or E as referred to below is also recorded.

A – Jostling or obstructing (not willfully) so as to impede another’s progress.

B – Receiving and acting upon outside assistance or signals other than verbal or direction.

C – Breaking ranks through indisposition (for over three minutes).

D – Rescuer or beltman swimming to wrong buoy and signaling.

E – Failure of team to march on with rescue tube. (Note: A check to be made by judges prior to beltman commencing to swim to ensure team has a rescue tube on the reel. Once this error is confirmed the Referee shall arrange for a rescue tube to be placed on the team’s reel).

4.4 Serious Errors (5 points)

(a) These errors are considered to be detrimental to sound lifesaving practices and are listed in their various sections. If a judge believes a team should incur a serious penalty, at the end of the section they must stand behind the team and raise their arm. The Referee or chief judge shall attend and confer will all judges. A deduction for the error may be imposed only if all judges on that team agree. In the case of a disagreement the team shall be deducted for an observed error. The observed error to be deducted shall be agreed to by all the judges and shall be recorded by the judge or judges who observed the original error.

4.5 Minor Errors (2 points)

(a) These errors are considered to be poor lifesaving and are listed in italics on the judging card. There shall be no repetitious recording of these errors other than those designated “each occasion”.

4.6 Observed Errors (1 point)

(a) These errors are relative to normal instructional and disciplinary activities and are listed on the judging card. There shall be no repetitious recording of these errors other than those designated “each occasion”.

Page 7
5. **BASIC PRELIMINARY DRILL**

(a) The various commands and the routines to be followed are set out below. Any happening or ruling not covered in this manual should be reported to the SLSA’s Director of Surf Sports, for guidance.

5.1 **Commands**

(a) Should be pronounced distinctly, and sufficiently loud to be heard by all concerned. Commands that consist of one word shall be preceded by a caution. The caution or the cautionary part of a command shall be given distinctly and deliberately. The final executive part, which, as a rule, consists of only one word or syllable, shall be given sharply as:


5.2 **Length of Paces**

(a) A pace forward or to the rear should be 650 mm to 750 mm and should be taken moving off with the left foot. Length of pace may vary throughout the drill to accommodate the required movements of team members e.g. marching into position other than straight forward.

   **Note:** U12–U14 5 person 500-600mm; 2 person 350-500mm.

5.3 **Fall-In**

(a) Members of the team or squad will form up at “Attention” in a single rank, (spacing to be not more than 50mm apart at the elbows) and “Stand Easy.”

5.4 **Foot Movement**

(a) During all preliminary drills, unless otherwise provided, movements such a “Quick March”, “A pace forward or backward into line”, the left foot shall be moved first and all of the moving foot shall clear the sand.

5.5 **Stand Easy**

(a) The limbs, head and body may be moved, but the feet must not be moved, so that on coming to “Attention” there will be no loss of dressing. Talking or slouching attitudes are not permitted. On the cautionary word “Team” the correct position of “Attention” should be resumed.

5.6 **Attention**
(a) Heels together and in line. (If, owing to the structure of the legs or knees, it is a physical impossibility to keep the heels together, judges are to show tolerance). Feet turned outwards so that the angle between them is approximately 45 degrees. Knees straight. Body erect and carried evenly over the thighs, with the shoulders (which should be level and square to the front) drawn moderately back—this should bring the chest into its natural forward position without any straining or stiffening. Arms hanging from the shoulders as straight as the natural bend of the arm when the muscles are relaxed will allow, but with the hands level with the centre of the thighs. Wrists straight. Palms of the hands turned towards the thigh, hands closed, but not clenched, back of fingers lightly touching the thigh, thumb to the front and close to the forefinger, neck erect, head balanced evenly on the neck, eyes looking their own height and straight to the front. The weight of the body should be evenly balanced on both feet. Breathing must not in any way be restricted, and no part of the body should be either drawn in or pushed out. The position is one of readiness but there should be no stiffness or unnatural straining to maintain it.

5.7 **Lift & Down Reel**

(a) Down reel – the reel carrying party shall go down to a squatting position by bending their knees, keeping the reel reasonably level and then releasing their grip on the handles when the reel is on the sand. The reel carrying party shall then all rise together.

(b) Lift reel – the reel carrying party shall do down to a squatting position in time by bending their knees, taking hold of the handles of the reel and then rise together, keeping the reel reasonably level at all times.

(c) In both movements, the disengaged hand must be closed and not used for balance and all up and down movements are achieved using the legs.

5.8 **Eyes Front**

(a) Each man shall turn his head and eyes smartly to the front.

5.9 **Kneel at Attention**

(a) Knees and feet together, toes extended back-wards, and in line with the body. Arms, hands, head and body in the position of “Attention”.
5.10 Kneel at Ease

(a) From the “Kneel at Attention” position, relax the body and sit back on the heels, toes extended back-wards, head and eyes square to the front, with the hands closed, but not clenched, resting on the thighs.

5.11 About Turn, (two actions)

(a) “First”: Keeping the body erect, arms close to the sides, turn about to the right on the right heel and left toe, raising the left heel and right toe in doing so, but keeping the right heel firmly on the sand. On completion of this preliminary movement, the right foot must be flat on the sand and the left heel raised; both knees straight, the weight of the body which must be erect, on the right foot. “Second”: Bring the left heel smartly up to the right. In all turns foot clearance above the sand shall be the same as for a normal pace – see paragraph 5.
5.12 Quick March
(a) The rate of marching shall be 110 to 120 paces to the minute and carried out in the following manner:

(i) Each man shall step off with his left foot, keeping his head and body in the position of “Attention”. The foot shall be carried straight to the front with the toes pointed slightly downward so that the weight is taken on the ball of the foot.

(ii) The body should be in an upright position (not leaning forward or backward) with the head slightly high, but generally with the eyes looking straight ahead. The whole body should be relaxed with no stiffness apparent.

(iii) The arm action should display a natural swing from the shoulders with no excessive movement of the top part of the body. The arm should be slightly bent but on no account should there be any “hooking” at the elbow or a rigid stiffness of the arm. If the arm swing is correct it should be uniform within the team and should swing forward and behind the body but in no way restricted.

(iv) Hands should be closed, not tightly but naturally with the thumb pointing forward along the top of the first finger.

(v) The movement of the leg must spring from the haunch and be free and natural. The legs should be swung forward freely and naturally from the hip joints, each leg, as it swings forward, being bent sufficiently at the knee to enable the foot to clear the sand. The toes shall be slightly pointed and the foot should hit the sand with the ball of the foot. All of the moving foot shall clear the sand. The foot should be carried straight to the front and without being drawn back, placed firmly upon the sand with the knee straight, without jerking the body.

5.13 Halt
(a) A pace shall be completed with the moving foot, and then the other foot shall be brought up into line with that foot. At the completion of the halt the heels shall be together with feet turned outwards to an angle of approximately 45 degrees.

5.14 Rate of Drill
(a) Except where otherwise stated, all drill movements shall be carried out at the rate of march (i.e. 110-120 movements per minute).
5.15 **Continuous Movement**

(a) This shall be at the correct speed without pauses or stops in order to co-ordinate teamwork.

5.16 **Run**

(a) To move at pace faster than marching; and the length of step to be at least equal to the length of marching. The length of pace may vary to accommodate the required movements.

5.17 **Entering the Water**

(a) In all instances the competitor entering the water may do so at their own discretion.

5.18 **Team Movements**

All team movements shall be carried out in time unless otherwise indicated.