



# Surf Life Saving Australia Policy

<b>Policy Name:</b>	Masters Competition Policy
<b>Policy Number:</b>	5.09
<b>Issued:</b>	August 2016

## 1. BACKGROUND

This policy is to assist those particularly involved in Masters Competition either as athletes, coaches, officials or club administrators.

This policy relates to Masters Competition generally and to the Australian Masters Championships in particular.

SLSA constantly monitors and reviews this policy as an ongoing responsibility to the membership.

## 2. AIMS AND OBJECTIVES

Masters competition should be viewed as an encouragement to SLSA members to continue their participation in lifesaving and enjoy the associated activities available within the SLSA environment. Masters competition should also be regarded as an activity that will encourage new members to join SLSA and provide an incentive for existing members to maintain the high level of fitness expected from active lifesavers on patrol.

Every effort should be taken to encourage mass participation by eligible members of SLSA in Masters Competition and, at the same time, recognise the achievements of members in surf sport competition.

## 3. DEFINITION

A member shall be eligible to compete in masters events after attaining the age of 30 years, as at 30 September prior to the season (1<sup>st</sup> October to 30<sup>th</sup> September) and fulfilling the qualifications and obligations as listed in Sections 6 and 7 of this Policy, the current edition of the Surf Sports Manual, and any other relevant Bulletins.

Age categories for the conduct of individual and team events are determined as at **midnight 30 September each season.**

**Note:** In teams events where a combined age is stated it is the age of each individual, as at 30 September prior to the season (1<sup>st</sup> October to 30<sup>th</sup> September) in which the competition is held, added together - i.e.; if you are 39 on 30<sup>th</sup> September regardless of the fact that you may turn 40 during the competition season, 39 is your age used to reach the combined age total.

## 4. AUTHORITY

4.1 The authority to conduct Masters Competition or events comes under the jurisdiction of Surf Life Saving Australia Limited.

4.2 State Centres and Branches should establish a rationale for the number of Masters competitions conducted in their sport calendar each year.

4.3 Bearing in mind age and gender equity State Centres and Branches should also identify the appropriate individual and team events, and age and gender categories to be conducted in their Masters competitions.

## 5. SURF SPORT OFFICIALS

5.1 Surf Sport officials shall be appointed to conduct Masters competitions and events.



- 5.2 In conducting Masters competitions, referees and other surf sport officials should be particularly mindful of the wide age range, gender and fitness levels of Masters competitors.
- 5.3 To assist in the conduct of Masters competitions, competitors may be expected and be requested to actively assist officials.

## 6. QUALIFICATIONS AND OBLIGATIONS

### 6.1 Membership Obligations

Masters competitors must be current members of good standing of a SLSA club to be eligible to compete.

As detailed in SLSA Policy 5.04 a Masters competitor who is required or wishes to undertake SLSA patrol duties or who wants to compete in SLSA Open Championship competition must hold a Bronze Medallion/CERT II and a current full proficiency.

Any additional qualifications and proficiencies (e.g. surf boat sweep, and IRB divers/Crew) must also be obtained for participation in surf boat and Inflatable Rescue Boat (IRB) events.

Masters Competitors over the age of 50 years who wish only to compete in Masters Championship Competition must hold a SLSA Bronze Medallion and a current extended time Masters proficiency as detailed in SLSA Policy 5.04 i.e. an extended run swim run time of 12 minutes.

**Note:** The standard proficiency shall apply to all Masters competitors until the above is confirmed in Policy 5.04.

All Masters competitors should be proficient by the set annual timetables and other criteria as appropriate to all members of their respective Branch or State Centre.

Competitors must also fulfill patrol and/or all other obligations to their club as applicable to their membership category.

### 6.2 Health and Fitness

Surf Life Saving events can involve high intensity cardiovascular activities and there is also a risk of high speed collisions and trauma. These activities can occur in surf conditions as well as to compound a potential medical situation.

Surf Life Saving Australia strongly recommends that members entering Masters competition ensure that they are medically fit and capable of undertaking the events entered. In this regard SLSA recommends that members undertake a complete medical check conducted by a medical practitioner prior to competitions.

## 7. AGE AND GENDER GROUPS

Masters competition may be conducted in male, female and mixed categories in Surf Life Saving and Pool Rescue competitions. (For individual events "mixed" means male and female competitors. For Team events "mixed" means specified or non-specified numbers of male and female competitors.) The age groups range may from 30 years to 70 years plus and may be conducted in in minimum five-year age categories unless otherwise advised.

Masters IRB competition may be conducted in over 35 Years in male, female and mixed categories in IRB competitions.

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Masters competitors are to have their age (as defined in Section 3 of this policy) marked on both their upper arms.

Masters competitors may only compete in their own age group in individual events and in only one age category in each different team event entered (see Section 10).

**Note:** This section does not preclude a qualified Master competitor from participating in their Masters Individual Age Group and also in Open age events.

For any event to be contested at Australian Masters Surf Lifesaving, Masters Pool Rescue and/or Masters IRB Championships, a minimum of one (1) starter is required provided that the competitor/team correctly completes the course. Where Championship events are contested all place getters shall be awarded placing medals.

The combining of competitors into events (while maintaining the individual age or team age groups) may also be permitted in the case of insufficient competitors, or for other reasons to aid the conduct of the competition.

## 8. GEAR AND EQUIPMENT

Any equipment/gear used in conjunction with Masters competition events must be approved in accordance with SLSA requirements.

## 9. THE EVENTS

Events to be conducted at Masters Competitions are to be determined by the relevant authority conducting the competitions at Branch, State, or SLSA level and are promulgated by way of entry circular.

It is up to each organising authority to assess the potential number of competitors in a competition and to determine the events and age categories to be conducted.

The competition rules and distance for events are described in the (current edition) Surf Sports Manual and subsequent bulletins and circulars or supplementary regulations.

At the Australian Masters Surf Life Saving Championships the following individual events are to be conducted;

- Surf Race
- 2km Ocean Swim
- Tube Rescue Race
- Board Race
- Single Ski Race
- Beach Flags
- Beach Sprint
- 2km / 1km Beach Run
- Ironman / Ironwoman
- Board Riding (short board)
- Board Riding (long board)
- Champion Lifesaver

At the Australian Masters Pool Rescue Championships the following individual events are to be conducted;

- 200m / 100m Obstacles
- 50m Manikin Carry
- 100m Tow with fins
- 100m carry with fins

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The specific age categories for male, female and mixed genders are detailed in the appendix to this policy.

## 10. TEAM EVENTS

The competition rules for each of the team events listed below are as per the (current edition) Surf Sports Manual.

Masters competitors are permitted to compete in only one Masters team age category in each team event discipline conducted at a competition. Further, Masters teams are only permitted to compete only in their own team/crew age category in which their team/crew qualify by way of ages unless there are insufficient starters. In such cases the team may compete in the next youngest age category.

Masters competitors shall only compete in one age category as a rower but may also compete in multiple age groups as a sweep oarsman (see also Surf Boat Race details below).

**Note 1:** The conventions are:

- Where a team event consisting of two competitors is conducted, the age of the younger competitor shall determine the age category;
- Where an event with three or more competitors is conducted the combined ages of the team members shall apply; and
- In Masters surf boat categories the combined age category is determined by the ages of the four rowers (and not the sweep oarsman).

**Note 2:** This section does not preclude a Master competitor from participating in their Masters Team Age Group and also in Open age team category.

For the following events the age category of youngest competitor shall determine the age category of the team:

- Surf Board Rescue
- Double Ski
- Line Throw

For the following events the aggregate age of the three competitors shall determine the age category of the team:

- Surf Team
- Surf Board Relay
- Surf Ski Relay
- 3 Person Taplin Relays

For the Australian Masters Surf Life Saving Championships the four possible team age categories are:

- 110 years +
- 130 years +
- 150 years +
- 170 years +

For the following event the aggregate age of the four competitors shall determine the age category of the team:

- Beach Relay

For the Australian Masters Surf Life Saving Championships the four possible team age categories are:

- 140 years +
- 170 years +
- 200 years +
- 230 years +

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For the Surf Boat Race there are eight age category events consisting of four competitors (rowers) whose aggregate ages shall total:

- 120 years +
- 140 years +
- 160 years +
- 180 years +
- 200 years +
- 220 years +
- 240 years +
- 260 years +

The age category for Surf Boat events is calculated using the aggregate ages of the four rowers in the crew as at the 30<sup>th</sup> September and this does not include the sweep.

**Note1:** The Sweep may sweep in a number of age categories and does not need to be a Master competitor but must be a bronze medallion holder, be proficient, and hold the necessary SLSA sweep qualifications.

**Note 2:** A Masters rower shall compete as a rower in only one Masters age category but may also compete in multiple age groups as a sweep oarsman.

**Reminder:** Where a combined age is stated it is the age of each individual, as at 30 September prior to the season in which the competition is held (1<sup>st</sup> October to 30<sup>th</sup> September), added together - i.e.; if you are 39 on 30 September regardless of the fact that you may turn 40 during the season, 39 is your age used to reach the combined age total.

Pool Rescue Events;

- 4 X 50m Obstacles
- 4 X 25m Manikin Carry
- 4 X50 Medley Relay
- Simulated Emergency Response Competition (SERC)

IRB Events;

- IRB Rescue Tube
- IRB Mass Rescue
- IRB Teams Rescue
- IRB Rescue

The actual events to be conducted for each age group at Australian Masters Surf Life Saving, Masters Pool Rescue and Masters IRB Championships are detailed in the appendix to this policy.

## 11. CLEARANCES, TRANSFERS, COMPETITORS RIGHTS

The normal requirements of SLSA apply to Masters Competitors in respect of clearances, transfers and the assignment of competitor's rights.

## 11. THE AUSTRALIAN MASTERS SURF LIFE SAVING CHAMPIONSHIPS

### 12.1 Status

The Australian Masters Surf Life Saving Championships, Masters Pool Rescue and Masters IRB Championships competitions may be conducted within or separate from Open or Age Championship events.

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## 12.2 The Events

The events are conducted under the conditions outlined in the (current edition) Surf Sports Manual and the specific provisions combined in this Policy Statement.

To assist with event conduct Masters age group categories and/or genders may be conducted concurrently in the one race with separate results being recorded for each age category and gender.

The events to be conducted in the Australian Masters Surf Life Saving Championship carnival are promulgated by way of entry Circular each year.

The events to be conducted in the Australian Masters Pool Rescue Championships are promulgated by way of entry Circular each year.

The events to be conducted in the Australian Masters IRB Championships are promulgated by way of entry Circular each year.

## 12.3 Addition or Deletion of Events

The age categories and gender split for each event to be conducted at Australian Masters Surf Life Saving and Masters Pool Rescue Championships will be reviewed immediately following each Championships by the SLSA Chair of Sport and Sport Manager with the assistance of the SLSA Technical Adviser.

With the exception of any restricted entry (i.e. state qualification) events, in any age category where there are nine or more starters in an individual event, and there is no event in the next older 5-year age category, then an additional age category shall be conducted in the immediate following year. Similarly where there are six or more starters in a team event, and there is no event in the next older team age grouping, then the additional age category shall be added for the immediate following year.

**Note 1:** The above only applies to age groupings up to the oldest age groupings detailed in this policy. The inclusion of further age categories shall be separately considered by SLSA.

**Note 2:** The above does not apply to Masters IRB Championships, Board Riding, Champion Lifesaver or the 2km Swim. The inclusion of further age categories shall be separately considered by SLSA.

Events may be deleted by SLSA the SLSA Chair of Sport and Sport Manager with the assistance of the SLSA Technical Adviser based on assessment of projected future participation in Championship competition.

## SUMMARY

It is the responsibility of Surf Life Saving Australia to:

- a) promote awareness and encourage Masters members to participate in surf sports competition;
- b) recognise the performance of elite Masters competitors in their relevant age categories;
- c) provide the opportunity for masters members to retain active involvement within their respective clubs through competition involvement;
- d) encourage members to participate in administrative, management and/or social activities in clubs at all levels of the association including Surf Sports Officiating and Coaching.

Should members require further information or clarification on this Policy, or Masters competition in general, contact Surf Life Saving Australia.

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## SLSA MASTERS COMPETITION

### Australian Masters Surf Life Saving Championships Events

1a. The following individual events are conducted in Male, and Female categories as listed:

Masters Individual Events	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Surf Race	X	X	X	X	X	X	X	X	X
Rescue Tube Race	X	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	X	X	X
Beach Sprint	X	X	X	X	X	X	X	X	X
2km Beach Run	X	X	X	X	X	X			
1km Beach Run							X	X	X
Single Ski Race	X	X	X	X	X	X	X	X	X
Board Race	X	X	X	X	X	X	X	X	X
Iron man (with Ski leg)	X	X	X	X	X	X	X	X	X
Iron woman (with Ski leg)	X	X	X	X	X	X	X	X	X

1b. The following individual events are conducted in both male and female categories as listed:

Masters Individual Events	30-39	40-49	50-59	60+	60-69	70+
Board Riding (Short Board)	X	X	X	X		
Board Riding (Long Board)	X	X	X	X		
Champion Lifesaver*	X	X	X	X		
2km Ocean Swim	X	X	X		X	X

\* The Champion Lifesaver event is a restricted entry (i.e. state qualification) event. Please refer to entry bulletins for entry detail.

2a. The Surf Board Rescue team event is conducted in Male and Female categories as listed:

Team Events x 2 Competitors *	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70 +
Surf Board Rescue	X	X	X	X	X	X	X	X	X

\*The age category is determined by the age of the younger of the two competitors in a team.

2b. The Double Ski team event is conducted in Male and Female categories as listed:

Team Events x 2 Competitors *	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70 +
Double Ski	X	X	X	X	X	X	X	X	X

\*The age category is determined by the age of the younger of the two competitors in a team.



3. The following team events are conducted in Male and Female categories as listed:

Total Age Team Events x 3 Competitors *	Ages total 110+	Ages total 130+	Ages total 150+	Ages total 170+
Surf Teams Race	X	X	X	X
Surf Ski Relay	X	X	X	X
Board Relay	X	X	X	X
Taplin Relay	X	X	X	X

\*The aggregate ages will be determined by the ages of the three (3) competitors in a team.

4. The following team event is conducted in Male and Female categories as listed:

Total Age Team Events x 4 Competitors *	Ages total 140+	Ages total 170+	Ages total 200+	Ages total 230+
Beach Relay	X	X	X	X

\*The aggregate ages will be determined by the ages of four (4) competitors in a team.

5. The following team events to be conducted in Male and Female categories as listed:

Total Age Surf Boats x 4 Competitors *	120+	140+	160+	180+	200+	220+	240+	260+
Surf Boat Race	X	X	X	X	X	X	X	X

\*The aggregate age of competitors will be determined by the ages of the four (4) rowers in a crew and this does not include the Sweep.

## AUSTRALIAN MASTERS POOL RESCUE CHAMPIONSHIPS

1. The following individual events are conducted in Male and Female categories as listed:

Masters Individual Events	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
200m Obstacles	X	X	X	X	X	X			
100m Obstacles							X	X	X
50m Manikin Carry	X	X	X	X	X	X	X	X	X
100m Tow with fins	X	X	X	X	X	X	X	X	X
100m Carry with fins	X	X	X	X	X	X	X	X	X

2a. The following team events are conducted in Male and Female categories as listed:

Total Age Team Events x 4 Competitors	Ages total 120+	Ages total 200+
4 X 50m Obstacles	X	X
4 X 25 Manikin Carry	X	X
4 X 50m Medley Relay	X	X





2b. The following team event is conducted in Male and Female categories as listed:

Team Events x 2 Competitors *	30-39	40+	50+
Line Throw	X	X	X

\*The age category is determined by the age of the younger of the two competitors in a team.

### AUSTRALIAN MASTERS INFLATBLE RESCUE BOAT (IRB) CHAMPIONSHIPS

1. The following team events are conducted in Male and Female categories as listed:

Team Events *	Minimum Age 35*
IRB Rescue Tube Race	X
IRB Mass Rescue	X
IRB Teams Rescue	X
IRB Rescue	X

\*The patients do not need to be Masters Competitors and can be of either gender in both Male and Female events.