

International Lifeguard Competition  
From 10 to 12 June 2022



# COMPETITION RULE BOOK



## Acknowledgments

The Uhaina Life Guard Challenge is an international competition focusing on lifesaving rescue. It's a major exhibition bringing together sports events, demonstrations and animations.

The owner of the event, the Town Hall of Anglet, has entrusted the exclusive organisation to Les Guides de Bain Anglois lifesaving club, herein referred to as the "organisation" which is the sole responsible for resolving all disputes arising from this regulation.

### Section 1 - Eligibility

The teams will be composed of 6 rescuers (including 2 girls minimum) all aged at least 18 years old. They must have all practiced for at least one season as a professional rescuer within the city they represent (or the association that ensures its safety).

"Wild Card" derogations may be granted by the organisation at the reception of the applications.

**26 French and International teams only will be selected for the first edition.**

### Section 2 - Registration

- Send your applications to [administratif@guidesdebainangloy.fr](mailto:administratif@guidesdebainangloy.fr)
- Pre-registration deadline : **15/03/2022**
- Date of confirmation by the organisation : **30/03/2022**

### Section 3 - Composition of the pre-registration file

- Name of the city represented
- Contact details of the team captain for exchanges (e-mail, tel., address)
- Copy of each participant's passport
- Copy of their Lifeguard degree or certification
- Registration fees = 270 euros (180 euros for the events included 90€ for six Saturday lunches)
- Possibility of registration for accompanying people = 15 euros for 1 meals Saturday lunches
- Registration fees will be paid by credit/debit card on the website

#### Information

- For accommodation, please spécial tarif (fichier joint)
- Contact the Anglet Tourist Office ([reservation@anglet-tourisme.com](mailto:reservation@anglet-tourisme.com)) avec code **UHAINA 2022**
- A refreshment area and cold meals will be provided on the site
- A DJ Animation Night will be offered on Saturday night

### Section 4 – Ocean events

Specific to this competition and excluding IFL regulations

- Uhaina buoy
- Board rescue
- Swim relay
- Board relay
- Beach flag
- Bodysurf

## **Section 5 – Eligibility as a contestant team :**

- Buoy, Board rescue, Swim relay, Board relay : 4 competitors including 1 girl at least
- Beach flag : 2 competitors including 1 girl
- Bodysurf : 4 competitors including 1 girl

## **Section 6 – Participation as a judge**

- Each team must provide a judge for each event
- This clause is an obligation, on penalty of disqualification
- The distribution of these roles will be announced from registration
- The teams will be allowed to change the names of the judges to the organisation daily.

## **Section 7 – Counting of points**

### **7.1 For the Buoy, Swim relay, Board relay, Board rescue events**

It will be a 12 team final

- 1<sup>st</sup> gets 20 points
- 2<sup>nd</sup> = 18 pts
- 3<sup>rd</sup> = 16 pts
- 4<sup>th</sup> = 14 pts
- 5<sup>th</sup> = 13 pts
- 6<sup>th</sup> = 12 pts
- 7<sup>th</sup> = 11 pts
- 8<sup>th</sup> = 10 pts
- 9<sup>th</sup> = 9 pts
- 10<sup>th</sup> = 8 pts
- 11<sup>th</sup> = 7 pts
- 12<sup>th</sup> = 6 pts
- Both 7<sup>th</sup> from the series = 5 pts
- Both 8<sup>th</sup> from the series = 4 pts,
- Both 9<sup>th</sup> = 3 pts
- Both 10<sup>th</sup> = 2pts
- Both 11<sup>th</sup> = 1 pt
- Both 12<sup>th</sup> and 13<sup>th</sup> = 0 point

### **7.2 For the Beach flag events**

The winning team is the one that gets the least points by adding the points of its 2 competitors (1 boy and 1 girl). There will be a girls' tournament and a boys' tournament.

### **Rankings for the event**

- Eliminated in the first round (2 each heat) = 18 pts
- Eliminated in the second round (2 each heat) = 16pts
- Eliminated in the third round (2 each heat) = 14 pts
- Eliminated in the fourth round (2 each heat) = 12pts
- 10<sup>th</sup> = 10 pts

- 9th = 9 pts
- 8th = 8 pts
- 7th = 7 pts
- 6th = 6 pts
- 5th = 5 pts
- 4th = 4 pts
- 3rd = 3 pts
- 2nd = 2 pts
- 1st = 1 pt

*Example: A team with 1 girl who loses in the 3rd round of the heats = 14 pts, and a boy who finishes 5th in the final = 5 pts. Team total = 19 pts*

Once the boys and girls points have been added, a ranking is made. The team with the fewest points wins the event.

- 1<sup>st</sup> gets 20 points
- 2<sup>nd</sup> = 18 pts
- 3rd = 16 pts
- 4th = 14 pts
- 5th = 13 pts
- 6th = 12 pts
- 7th = 11 pts
- 8th = 10 pts
- 9th = 9 pts
- 10th = 8 pts
- 11th = 7 pts
- 12th = 6 pts
- 13th = 5 pts
- 14th = 4 pts
- 15th = 3 pts
- 16th = 2 pts
- 17th = 1 pt
- From 18<sup>th</sup> to 26th = 0 pt

### 7.3 For the bodysurf event :

Finalists

- 1<sup>st</sup> gets 20 points
- 2<sup>nd</sup> = 18 pts
- 3rd = 16 pts
- 4th = 14 pts
- The four 2<sup>nd</sup> teams in the second round = 10 pts
- The four 3rd teams in the second round = 8 pts
- The six 3rd teams in the first round = 4 pts
- The six 4th teams in the first round = 2 pts
- The six 5th teams in the first round = 1 pt

## Section 8 – Description of the events

### 8.1 Uhaina Buoy Race

- 2 podium places
- 4 lifeguards including 1 girl at least per team
- 1 Uhaina buoy provided by the organisation per team
- 2 heats of 13 teams, a 12 team final

Each victim swimmer must go to a specific buoy (if heaps of them) or to an area delimited by two buoys, without fins. He raises his arm as the sign of departure for the rescuer who can use bodysurf fins ( fiber fins are not allowed). The latter is equipped with an Uhaina buoy which he strikes when he reaches the victim and puts it under his armpits to tow it on his way back. Assistants can only enter the water to help the rescuer from the moment he is on his way back. The victim can help the rescuer by kicking.

The arrival of a team is judged from the moment a part of the body of one of the assistants crosses the line provided that he is in contact with the victim and that the latter is also in contact with the second assistant. The victim is not allowed to help with his legs while he is dragged out on the sand.

### 8.2 Board Rescue Race

- 2 podium places
- 4 lifeguards including 1 girl at least per team
- 1 board rescue provided by the organisation per team
- 2 heats of 13 teams, a 12 team final

On the starting line, 1 Victim swimmer (NV1) must go to a specific buoy (if heaps of them) or to an area between two buoys, without fins. He raises his arm as a sign of departure for the board rescuer 1 (SP1) on his board rescue to round the buoy, loads the victim on his board and comes back with him. The two keeping contact with the board, come and slap the hand of the victim swimmer 2 (NV2) who does the same route as NV1. The Board rescuer 2 (SP2) does the same route as SP1. The arrival of a team is judged from the moment a part of the body of one of the two contestants number 2 crosses the line, provided that they are both in contact with the board.

### 8.3 Swim Relay

- 2 podium places
- 4 lifeguards including 1 girl at least per team
- 2 heats of 13 teams, a 12 team final

On the starting line, swimmer 1 (N1) must swim to a buoy (or two), go around it, come back, and slap the hand of swimmer 2 (N2), who is on the same route. And N3 and N4 do likewise. The finish is judged when N4 crosses the line on his feet.

### 8.4 Board Relay Race

- 2 podium places
- 4 lifeguards including 1 girl at least per team
- 1 board rescue provided by the organisation per team
- 2 heats of 13 teams, a 12 team final

On a starting line, rescuer 1 rows to a buoy (or two) on his rescue board, rounds it, comes back, slaps the hand of rescuer 2 (S2) while carrying his board. S2 does the same route, then passes the relay to S3 which passes the relay to S4. The finish is judged when S4 crosses the line on his feet while carrying his board.

### 8.5 Beach Flag

- 2 zones on 1 site
- 1 girl and 1 boy per team
- 2 series of 13 girls and 2 sets of 13 boys
- 2 eliminated per heat on the first 4 rounds and then 1 on each round.

From a prone starting position on the beach, the competitors rise, turn and race approximately 20 meters to obtain a baton (Beach Flag) seated upright in the sand with 2/3 showing. Since there are always fewer batons than competitors, those who fail to catch a baton are eliminated. Competitors lie face down with their toes on the start line with heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be extended 90 degrees to the body's midline and hips and stomach must be in contact with the sand. The body's midline should be 90 degrees to the start line.

### 8.6 Bodysurf

- 2 podiums
- 4 competitors including one girl.
- 1st round with 4 heats and 4 teams and 1 with 5 teams
- 2nd round with 4 heats and 3 teams
- A 4 team final

A Tag team of 40 minutes, unlimited number of waves, the best wave of each competitor is counted. All competitors must have taken at least one wave, otherwise the team will be ranked last in the heats.

## Section 9 – Events schedule

Contestants must show up an hour before each event to the Beach Marshall.

The schedule may be changed at the last minute due to sea conditions and the weather forecast.

Vendredi 10 juin 2022			
Matin	Midi	Après-midi	Soir
10h00 - 11h00 : Briefing organisation			
	12h00 - 17h00 : réception des équipes (Chapiteau) et entrainement (Plage des Sables d'Or/Marinella)		
		17h00-18h30 : Briefing des 26 capitaines + tirage au sort (Chapiteau)	
		19h00-20h00 : Mot du maire et de l'Agba (Espace de l'Océan à la Chambre d'Amour)	
		20h00-23h00 : Repas Espace de L'Océan	

## Samedi 11 juin 2022

Epreuves (Haute 15h00 Coef 67) => Sites Podium1 = PISCINE / Podium 2 = SABLES D'OR / Podium 3 = MARINELLA

	Durée	Site = Podium
<b>Call 08h00 - Début compétition 08h30</b>		
Body surf - Deux séries x 4 => 2 qualifiés	90'	1
Body surf - Deux séries x 4 => 2 qualifiés	90'	2
Body surf - Deux séries x 5 => 2 qualifiés	90'	3
<b>10h00 - Demi finale Body surf</b>	20'	2
Body surf - Deux séries x 4 => 1 qualifiés par série = 2 qualifiés pour la finale	90'	2
Body surf - Deux séries x 4 => 1 qualifiés par série = 2 qualifiés pour la finale	90'	2
<b>Fin des épreuves 11h30 Call 13h30 - Début compétition 14h00</b>		
Démonstration Jet Ski + Jeunes du club		2
Démonstration Hélicoptère + Jeunes du club		2
<b>Reprise compétition 14h00</b>		
Sauvetage bouée tubes 1 série x 13 => 6 qualifiés pour la finale	20'	2
Relais planche 1 série x 13 => 6 qualifiés pour la finale	30'	3
Relais planche 1 série x 13 => 6 qualifiés pour la finale	30'	3
<b>Fin 15h15 - reprise 15h30</b>		
Relais nage	30'	2
Sauvetage planche	30'	3
<b>Fin épreuves 16h45 - Démonstration et reprise compétition 21h00</b>		
Démonstration Jet Ski + Jeunes du club		2
Démonstration Hélicoptère + Jeunes du club		2
Beach flag 2 séries x 13 garçons => 6 qualifiés par série pour la finale à 12	60'	Sable
Beach flag 2 séries x 13 garçons => 6 qualifiés par série pour la finale à 12	60'	Sable
Beach flag finale garçons => 12	45'	Sable
Beach flag finale garçons => 12	45'	Sable
<b>Fin 23h00 maximum</b>		
Animation DJ + Bar		Sable
<b>Fin soirée animation 01h00</b>		

## Dimanche 12 juin 2022

Epreuves (bas 09h24 coeff 77) => Sites Podium 2 SABLES D'OR / Podium 3 MARINELLA

	Durée	Site = Podium
<b>Call 07h30 - Début compétition 08h00</b>		
Finale sauvetage nage	30'	1
Finale bouée tube	30'	1
Sauvetage planche	30'	2
Relais planche	30'	2
Bodysurf	60'	1 ou 2
<b>Fin des finales maximum 13h00</b>		

Section 10 – Site

Sables d'Or beach, Anglet (France)



## Section 11 – Distribution of the cash prize money 10.000€ + in-kind gifts

### 11.1 Team ranking

N°1	4.200€ cash
N°2	2.400€ cash
N°3	1.200€ cash
N°4	600€ cash
N°5	300€ cash

### 11.2 Special Jury Prize

Special Jury Prize 1 = 1.000€ cash

Special Jury Prize 1 = 300€ cash

### 11.3 In-kind gifts by drawing lots

 **ANGLET**

**UHAINA**  
  
**LifeGuard**  
**CHALLENGE**

11&12 juin **2022**

 #UHAINALIFEGUARDCHALLENGE



**COMPÉTITION & DÉMONSTRATION DE SAUVETAGE CÔTIER // LIFESAVING CONTEST & DEMO**