



**INTERNATIONAL LIFE SAVING (ILS)**  
**SPORT COMMISSION TECHNICAL BULLETIN**  
**ILS COMPETITION RULE BOOK 2023 EDITION**

The ILS Sport Commission is continually working to evolve and improve the safe and fair delivery of lifesaving competition with the aim of having rules that are simple to understand, and that encourages the delivery of sport in a format that is exciting to watch and provides objective outcomes for all involved.

This Bulletin advises the completion and publication of the ILS Competition Rule Book 2023 Edition.

The new Rulebook comes into effect from Thursday, 1 June 2023. Dependent on their competition calendars, federations may choose a later date for implementation of the 2023 edition Rule Book. However, any applications for World records from that date will only be considered for events conducted under these ILS rules.

The changes to the previous edition are detailed in the Preface Section at the front of the new Rule Book and include:

- The manikin carry rules have been amended to eliminate further “difficult to judge” rules. The amendments will further reduce technical disqualifications and also improve event presentation.
- Changeovers in pool relay events have been redefined to allow the outgoing competitor, while maintaining contact with the turning wall/edge, to touch and/or grasp the manikin or tube (as appropriate) before the incoming competitor has touched the turning edge/wall/ surfaced the manikin (dependent on the event).
- The Line Throw event throw zone has been redefined and the compulsory use of marked lines removed. For the purposes of judging competitors will still be required to remain within their lane but with this change the judging focus is now on not interfering with any other team in an event.
- Two new events have been added to the Rule Book in anticipation of a review of the pool events to be conducted at future Life Saving World Championships (LWCs).  
**Note:** There are no changes to events to be conducted at LWC 2024.
- All the diagrams for the ocean events have been updated and replaced.
- The start process for ocean events has been clarified to define that starts are to be no more than a three part process involving either words (applicable to the event) or signals.
- The Ocean M event has been further refined to improve event presentation.
- The finish of the Board Rescue and Rescue Tube Rescue events have been clarified.
- The age requirements have been reviewed for participation in IRB and Surf Boat events.

- No appeal fee is to be payable if a Referee refers a protest directly to an Appeals Committee without first hearing the protest.
- Various formatting editorial and other changes that do not affect the rules of competition.

The Rule Book has been published on the ILS website and may be downloaded from <https://www.ilsf.org/lifesaving-sport/rules>

Should further information be required please direct our enquiry to the Secretary of the ILS Sport Commission at [sport@ilsf.org](mailto:sport@ilsf.org).

**01 May 2023**