



# **Competition Rules OF THE UNION SPORTIVE DES POLICES D'EUROPE**

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## 1. General remarks

1.1 These Competition Rules apply to the carrying out of European Police Championships (EPC).

1.2 European Police Championships are held every four years in the following sports disciplines, in accordance with the published sports calendar:

### **Individual Sports**

Cross-country  
Cycling  
Judo  
Marathon  
Shooting  
Skiing  
Swimming  
Table tennis  
Tennis  
Track and field  
Triathlon  
Wrestling

### **Teamsports**

Basketball  
Football  
Handball  
Volleyball

1.3 European Police Championships (EPC) are only held if a minimum of ten member unions take part.

1.3.1 In order to promote female sport within USPE, in team sports a minimum of four member unions have to take part in an EPC until further notice.

1.3.2 Individual disciplines and weight classes are recognised as EPC competitions only if competitors from at least six member unions take part.  
This rule shall not apply to the disciplines of Track and Field. In this case the provision stipulated under clause 1.3.3 shall also be applicable to men's competitions.

1.3.3 In order to promote female sport within USPE, in individual disciplines/weight categories and relays, until further notice **a minimum of four female competitors of four different member unions** have to take part in an EPC.

1.4 Participation in EPC is restricted to athletes who

- meet the starting requirements laid down by their respective international sports association,
- are members of a national police sports association which has joined the USPE,
- are police officers or studying at a public police academy and have reached the age of 18 at the time the championship take place.
- have signed the Anti-Doping Declaration.

1.5 Sportsmen and -women having participated in military championships are not eligible to enter European police championships for 12 months following these military championships.

1.6 For verification of a person's eligibility, the presentation of the police ID and passport or national ID-card must be presented to the Technical Delegate of the USPE. In case these documents are not presented, permission to start could be refused.

- 1.7 Guest athletes may be allowed in EPC subject to the consent of the General Secretary, Technical Committee and the host of the EPC.  
A guest taking part in an EPC is not an official participant.
- 1.8 Competitors suspended from sports contests by the USPE or by the respective sports association due to having violated the relevant doping regulations are not eligible to enter.
- 1.9 All teams shall wear uniform sportswear displaying the emblems of their individual member union.

## **2. Holding competitions**

- 2.1 On behalf of the member union in charge of a European Police Championship the Secretary General shall invite all USPE member unions to a championship in writing as early as possible, however, as a rule, no later than 12 months prior to the event.

The organizer is to ensure that the inspection of the competition venue and the accommodation by the competent member of the Technical Commission of USPE is conducted no later than seven months prior to an EPC.

The Secretary General will send the respective invitation to enter a European police championship to the participating member unions after approval by the member union in charge and the responsible member of the Technical Commission, no later than six months prior to the date scheduled for the event.

The invitation has to contain information on the following items:

- organiser
- time and venue
- individual competitions
- competition rules
- schedule and maps outlining the courses, if required
- the jury (appellate jury)
- entries, final date of entries
- accommodation, catering

- 2.2 The final closing date for submitting the number of competitors entered in the contest shall be six months prior to the event, at the latest. The names of the participants must be submitted six weeks prior to the first day of the event.  
Subject to the USPE rules of the individual rules late or changed entries may be authorised by the organising committee of the respective EPC.  
The composition of the jury (appellate jury) shall comply with Art. R19 of the Rules and Regulations. The proceeding in case of complaints is also subject to the provisions laid down in Art. R19 of the Rules and Regulations.
- 2.3 In team competitions the organiser must play the first match of the final round just after the Opening Ceremony.  
In the final round for team events the main referee must be from a neutral country. If this is not possible a final decision will be made by the responsible TC member.
- 2.4 In basketball and volleyball each country qualified for the final round must provide an international referee. In case of non-compliance the respective country shall be sanctioned with a fine in the amount of 250,00 Euros payable to the organiser for financing a substitute referee.

As to football and handball, UEFA and the EHF will be requested to provide international referees for the final rounds.

Regarding individual competitions, the decision on referees shall be taken by the Secretary General and the competent member of the Technical Committee.

- 2.5 The Secretary General has to publish the results of the EPC.  
The competent member of Technical Commission will be responsible for evaluating the results. He will give an evaluation to the Technical Commission.

### **3. Decorations and honours**

- 3.1 The winner of each individual competition of a EPC is “European Police Champion”.  
As to team or relay competitions organised within the framework of an EPC, each competitor of the winning team/relay team is “European Police Champion”.
- 3.2 Competitors taking first, second and third places in any of the individual competitions are awarded prize medals.  
As to all team and relay events, the competitors of the teams/relay teams coming first, second and third are awarded prize medals.  
As to team sports events, the players, also the attendants of the teams coming first, second and third are awarded prize medals.
- 3.3 The donation of challenge trophies and honorary prizes is possible. In agreement with the donor the organiser determines the main features of the respective trophy/prize and arranges the relevant modalities.

### **4 Competition rules**

The USPE competition rules complement the fundamental rules generally adhered to by the competent international sports associations whenever deemed absolutely indispensable.

#### **4.1 Basketball**

- 4.1.1 The rules and regulations laid down by the FIBA (International Basketball Federation) shall apply, unless otherwise stipulated below or provided for in the respective invitation to enter.
- 4.1.2 Each EPC shall comprise preliminaries round and a final round.  
Preparation and organisation of the preliminary rounds depend on the number of engaged teams. Subject to rule 1.3.1, at least six teams take part in the final round. The number of participating teams is set by the TC and is guided among other things to the total number of enrolled teams. The team of the organising member union is qualified directly.  
In the preliminary round, each team shall be allowed to enter up to 12 players as well as up to three attendants.  
In the final round, each team shall be allowed to enter up to 12 players as well as up to four attendants.
- 4.1.3 The Technical Committee decides about the organisational framework of the preliminaries and the rules and regulations applicable to the final round 18 months before the start of the final round. The list of players is closed during the technical meeting. No changes will be allowed after the technical meeting.  
The preliminaries should to be concluded no later than four months prior to the start of the final round.

- 4.1.4 In the final round when there are four teams in each group: In the event of two teams ending up with level match points in the group matches the final rankings will be obtained by comparing their performances exhibited when directly competing against each other.
- 4.1.5 In the final round when there are three teams in each group: In the event of each team winning one game, then the team with the better points difference wins the group. If this does not separate the teams, then points scored decide, then points conceded and then points scored/points conceded (points scored ÷ points conceded). The second place is given to the winner of the game between the remaining two teams.

## **4.2 Football**

- 4.2.1 The rules and regulations laid down by the UEFA shall apply, unless otherwise stipulated below or provided for in the invitation to enter.
- 4.2.2 The EPC comprises preliminaries round and a final round.  
Preparation and organisation of the preliminary rounds depend on the number of engaged teams. Subject to rule 1.3.1, at least six teams take part in the final round. The number of participating teams is set by the Technical Committee and is determined among other things by the total number of enrolled teams. The team of the organising member union is qualified directly.  
Each team may enter up to 15 players and three attendants in the preliminary rounds and up to 18 players and four attendants for the final round.
- 4.2.3 The Technical Committee determines the organisational framework of the preliminaries and the rules and regulations applicable to the final round. The preliminaries should be concluded no later than four months prior to the start of the final round.
- 4.2.4 If two or more teams are equal on points on completion of all the matches in their group, the following criteria will be used to determine the rankings in the order given:
1. goal difference in the matches among the teams in question
  2. number of goals scored in the matches among the teams in question (if more than two teams finish equal on points)
  3. goal difference in all the group matches
  4. number of goals scored in the group matches
  5. fair play conduct of the teams (final round)
  6. drawing of lots
- If two teams which have the same number of points, the same number of goals scored and conceded play their last group match against each other and are still equal at the end of that match, the ranking of the two teams in question will be determined by kicks from the penalty mark, provided no other teams within the group have the same number of points on completion of all group matches. Should more than two teams have the same number of points, the criterias (1. to 6.) listed above will apply.
- 4.2.5 If the result stands as a draw in a placement match, semi-final or final, extra time of two periods of 15 minutes shall be played. If the two teams are still equal after extra time, the winner shall be determined by kicks from the penalty mark.

- 4.2.6 The implementation of disciplinary actions is in the responsibility of the jury of appeal. In principle the following sanctions apply:
- |   |   |  |
|---|---|--|
| 2 yellow cards, in different matches        | = | ban for 1 match;   |
| 2 yellow cards, in one match (=1 red card)  | = | ban for 1 match;   |
| 1 red card directly (normal violations)     | = | ban for 1 match;   |
| 1 red card qualified (for example violence) | = | minimum ban for 2 matches  |
| Seriously bad behaviour                     | = | exclusion from the match and immediate exclusion from the current championship |

### 4.3 **Handball**

- 4.3.1 The rules and regulations laid down by the EHF shall apply, unless otherwise stipulated below or provided for in the invitation to enter.
- 4.3.2 The EPC shall comprise preliminaries and a final round. Preparation and organisation of the preliminary rounds depend on the number of engaged teams. Subject to rule 1.3.1, at least six teams take part in the final round. The number of participating teams is set by the TC and is determined among other things to the total number of enrolled teams. The team of the organising member union is qualified directly. Each team may enter up to 14 players and four attendants in the preliminary rounds and up to 16 players and four attendants in the final round.
- 4.3.3 The Technical Commission determines the organisational framework of the preliminaries and the rules and regulations applicable to the final round. The preliminaries should be concluded no later than four months prior to the start of the final round.
- 4.3.4 If two or more teams have gained the same number of points from the group matches, the teams will be ranked as follows:
1. goal difference in the direct encounter of the teams,
  2. greater number of plus goals in the direct encounter of the teams,
  3. goal difference in all matches (achieved by subtraction),
  4. greater number of plus goals in all matches.
- If the rank is still not possible, a draw decides the ranking. The draw shall be carried out by the USPE, if possible in presence of the responsible team officials.
- 4.3.5 If a placement match, semi-final or final ends in a draw, there shall be a five minutes break followed by an extra time of 2 x 5 minutes, with a 1-minute half-time break. If the match is still undecided after the first period of extra time, there shall be another break of five minutes followed by a second period of extra time of 2 x 5 minutes, with a 1-minute half-time break. If there is no winner after the second period of extra time, the match will be decided by penalty throws.

### 4.4 **Volleyball**

- 4.4.1 The rules and regulations laid down by the FIVB apply, unless otherwise stipulated below or provided for in the invitation to enter.
- 4.4.2 The EPC shall comprise preliminaries and a final round. Preparation and organisation of the preliminary rounds depend on the number of engaged teams. Subject to rule 1.3.1, at least six teams take part in the final round. The number of participating teams is set by the TC and is guided among other things

to the total number of enrolled teams. The team of the organising member union is qualified directly.

For the preliminary round, every team will be able to engage a maximum of 12 players and up to three attendants.

For the final round, every team will be able to engage a maximum of 12 players and up to four attendants.

The list of the players is closed during the technical meeting. No changes will be allowed after the technical meeting.

In agreement with the Secretary General, the responsible member of TC decides

The Technical Commission shall determine the organisational framework of the preliminaries and the rules and regulations applicable to the final round eighteen months before the organisation of this last one.

The preliminaries should be concluded no later than four months prior to the start of the final round.

- 4.4.3 In the event of level scores regarding both the preliminaries and the main event, the final rankings shall be determined in accordance with Art. 4.7 of the “Senior European Championships Regulations” laid own by the CEV.

#### **4.5 Judo**

- 4.5.1 The rules and regulations laid down by the International Judo Federation (IJF) shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

- 4.5.2 In agreement with the organizer and the Secretary General, the responsible member of the TC determines the weight categories for the EPC.

- 4.5.3 Each member union may only nominate one female/male competitor per weight category.

Up to four attendants may be nominated. However, the number of attendants must not exceed the number of sportsmen/-women.

In agreement with the Secretary General, the responsible member of the TC decides which member unions have to send IJF-referees to the final round.

#### **4.6 Wrestling**

- 4.6.1 The rules and regulations laid down by the FILA shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

- 4.6.2 The championship shall comprise the following styles: Graeco-Roman and freestyle wrestling.

- 4.6.3 In agreement with the organiser and the Secretary General, the responsible member of the TC determines the weight categories for the EPC.

- 4.6.4 Each member union may only nominate one competitor per wrestling style and weight category. Up to four attendants may be nominated. However, the number of attendants must not exceed the number of sportsmen.

In agreement with the Secretary General, the responsible member of the TC decides which member unions have to send FILA-referees to the final round.

## **4.7 Track and Field**

- 4.7.1 The rules and regulations laid down by the IAAF shall apply, unless otherwise stipulated below or provided for in the invitation to enter.
- 4.7.2 In agreement with the organiser and the Secretary General, the responsible member of the TC determines the disciplines for the EPC.
- 4.7.3 Each member union may enter up to two sportsmen/-women per individual discipline with regard to both men's and ladies' events.  
One team per relay event may be entered.  
Each member union is allowed to enter up to 28 sportsmen/-women and up to four attendants. However, the number of attendants must not exceed the number of sportsmen/-women.  
In agreement with the Secretary General, the responsible member of the TC decides about the distribution of the 28 places on men and women per member union, under consideration of the disciplines determined in the invitation to enter.
- 4.7.4 In order to determine an athlete's eligibility to start, the Technical Committee may lay down minimum requirements with regard to the individual disciplines.

## **4.8 Triathlon**

- 4.8.1 The rules and regulations laid down by the ITU shall apply, unless otherwise stipulated below or provided for in the invitation to enter.
- 4.8.2 Each member union may enter up to six sportsmen and six sportswomen as well as *four* attendants. However, the number of attendants must not exceed the number of sportsmen/-women.
- 4.8.3 The team score shall embrace the individual results (exact total times) achieved by the first four sportsmen/-women.
- 4.8.4 The championship may be held within the framework of an official Triathlon event.

## **4.9 Swimming**

- 4.9.1 The rules and regulations laid down by FINA shall apply, unless otherwise stipulated below or provided for in the invitation to enter. Lifesaving forms part of the swimming competition. The rules applicable to lifesaving are stipulated in the Annex to these Competition Rules.
- 4.9.2 In agreement with the organiser and the Secretary General, the responsible member of the TC determines the disciplines for the EPC.
- 4.9.3 Each member union may enter up to two sportsmen/-women per individual discipline with regard to both men's and ladies' events.  
The number of starts in individual disciplines inclusive lifesaving is limited to three per sportsmen/-women. One team per relay event may be entered.  
Each member union may send up to 28 sportsmen/-women as well as up to four attendants. However, the number of attendants must not exceed the number of sportsmen/-women.  
In agreement with the Secretary General, the responsible member of the TC decides about the distribution of the 28 places on men and women per member union, under consideration of the disciplines determined in the invitation to enter.



- mixed doubles
- team competitions for ladies and men

4.12.3 Each member union may enter up to four sportsmen and four sportswomen as well as up to two attendants. However, the number of attendants must not exceed the number of sportsmen/-women.

#### **4.13 Shooting**

4.13.1 The rules and regulations laid down by the ISSF shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

4.13.2 The championships may include the following disciplines:

##### **Men**

- |  |                                     |
|--|-------------------------------------|
| 1. Small-bore rifle, free rifle three positions: 40 rounds each prone, standing up, kneeling 5.6 mm rim-fire cartridges (.22")             | Distance: 50 metres<br>120 rounds   |
| 2. Small-bore rifle, prone (English Match) 5.6 mm cartridges (.22")  | Distance: 50 metres<br>60 rounds    |
| 3. Air rifle Calibre 4.5 mm  | Distance: 0 metres<br>60 rounds     |
| 4. Rapid fire pistol in accordance with item 4.3 of the Special Technical Rules laid down by the ISSF - Calibre 5.6 mm (.22")              | Distance: 25 metres<br>60 rounds    |
| 5. Centre fire pistol in accordance with item 4.4 of the Special Technical Rules laid down by the ISSF Calibre 7.62 - 9.85 mm (.30"- .38") | Distance: 25 metres<br>30/30 rounds |
| 6. Free pistol in accordance with item 4.6 of the Special Technical Rules laid down by the ISSF - Calibre 5.6 mm (.22")                    | Distance: 50 metres<br>60 rounds    |
| 7. Air pistol Calibre 4.5 mm   | Distance: 10 metres<br>60 rounds    |

##### **Women**

- |  |                                     |
|--|-------------------------------------|
| 1. Small-bore standard rifle three positions; 20 rounds each prone, standing up and kneeling 5.6 mm rim-fire cartridges (.22") | Distance: 50 metres<br>60 rounds    |
| 2. Small-bore rifle prone (English Match)  | Distance: 50 metres<br>60 rounds    |
| 3. Air rifle Calibre 4.5 mm  | Distance: 10 metres<br>40 rounds    |
| 4. Sport pistol in accordance with item 4.5 of the Special Technical Rules laid down by the ISSF - Calibre 5.6 mm (.22")       | Distance: 25 metres<br>30/30 rounds |

5. Air pistol Calibre 4.5 mm Distance: 10 metres  
40 rounds

### **Women and Men**

1. PPC 1500 Distance: 7-50 meters  
Open class revolver in accordance 150 rounds  
Special Technical Rules laid down by the  
“WA-1500 PPC”  
Caliber -32” or larger
2. PPC 1500 Distance: 7-50 meters  
Open class semi-auto pistol in 150 rounds  
accordance Special Technical Rules laid  
down by the “WA-  
1500 PPC” Caliber -35” or larger

In agreement with the organiser and the Secretary General, the responsible member of the TC determines the disciplines for the EPC.

- 4.13.3 Each member union may enter up to two sportsmen/-women in each discipline. Each member union may send up to 22 sportsmen/-women as well as up to four attendants. However, the number of attendants must not exceed the number of sportsmen/-women.

### **4.14 Skiing**

- 4.14.1 The rules and regulations laid down by the Fédération Internationale de Ski (FIS), the International Biathlon Union (IBU) and the International Shooting Sport Federation (ISSF), shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

- 4.14.2 The championships may include the following disciplines:

#### **Men:**

- Special slalom  
Giant slalom  
Pursuit competition 2 x 10 km (classical/free style)  
Relay 3 x10 km (1 classic, 2 freestyle)  
Police biathlon Sprint 10 km (2 x shooting)  
Police biathlon Pursuit 12.5 km (4 x shooting)  
Police biathlon Relay 3 x 7.5 km (2 x shooting per round)

#### **Ladies:**

- Special slalom  
Giant slalom  
Pursuit competition 2 x 7.5 km (classical/free style)  
Relay 3 x 5 km (1 classic, 2 freestyle)  
Police biathlon Sprint 7.5 km (2 x shooting)  
Police biathlon Pursuit 10.0 km (4 x shooting)  
Police biathlon Relay 3 x 6 km (2 x shooting per round)

The responsible member of the Technical Commission will lay down in agreement with the organizer and the secretary general, what will be the disciplines to hold for the EPC.

4.14.3 Each member union may nominate up to three sportsmen/-women in each discipline. For the relay competitions, each member union may enter one team. Each member union may enter up to 12 sportsmen and 12 sportswomen as well as up to four attendants. However, the number of attendants must not exceed the number of sportsmen/-women.

4.14.4 The following special provisions shall apply with regard to **police biathlon**:

Authorised weapon: Standard, 5.6 mm (.22") calibre, rapid fire pistol, in accordance with the rules laid down by the ISSF.

Targets: Mechanical or electronic, Diameter 115 mm

Shooting distance: 17.5 m

Shooting lanes: Sprint: 2  
Pursuit: 4  
Relay: 2

Number of shots: Sprint: 5 per shooting lane  
Pursuit: 5 per shooting lane  
Relay: 5 per shooting lane, 3 spare rounds

Shooting positions: Sprint: Shooting lane 1 standing one hand  
Shooting lane 2 standing two hands  
Pursuit: Shooting lane 1 and 2 standing one hand  
Shooting lane 3 and 4 standing two hands  
Relay: Shooting lane 1 standing one hand  
Shooting lane 2 standing two hands

Penalties: Sprint, Pursuit and Relay: 1 penalty loop (150 m) per miss

Transport of ammunition: Each competitor is authorised to carry 4 magazines containing a maximum number of 5 rounds of cartridges each.

Safety: Safety: At the start and after each shooting exercise the weapon must be in a safe condition (the pistol is to be unloaded, the magazine must be removed from the pistol), i.e. the barrel of the pistol has to be empty and must not hold any cartridges, with the hammer assembly being closed or in the cocked position.

#### **4.15 Marathon**

4.15.1 The rules and regulations laid down by the IAAF shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

4.15.2 Each member union may enter up to six sportsmen and six sportswomen as well as up to three attendants. However, the number of attendants must not exceed the number of sportsmen/-women.

4.15.3 The team score shall embrace the individual results (exact times) achieved by the first four runners.

4.15.4 The championship may be held within the framework of an official marathon event.

**4.16 Cross-country**

4.16.1 The rules and regulations laid down by the IAAF shall apply, unless otherwise stipulated below or provided for in the invitation to enter.

4.16.2 Men's events will be approximately 12 km, while ladies' races will be approximately 8 km.

The teams scores shall embrace the individual results (positions) achieved by the first four runners. In the event of a tie, the position of the last placed runner in each team shall be decisive.

4.16.3 Each member association may enter up to six sportsmen and six sportswomen as well as up to three attendants. However, the number of attendant must not exceed the number of sportsmen/-women.

**The following rules will apply to the combined lifesaving event:**

The lifesaving competitions will embrace the following contests:

- **combined lifesaving individual competition for female and male competitors**
- **combined lifesaving team competition for female and male competitors**

The individual event in combined lifesaving will embrace the following exercises to take place in the following order:

- **50m swimming, fully dressed**
- **50m diving/swimming, combined event**
- **50m rescue of a dummy**

Only dummies and overalls approved by the organiser may be used.

**Construction:**

Dummies are to be constructed of PITET type plastic and must be hermetic (i.e.) capable of being filled with water and sealed for competition.

Height: The dummy shall be 1 m in height

Colour: The back of the dummies head must be painted in a colour contrasting with the rest of the dummy and with the water.

Transverse line: A transverse line of 15 cm is painted in a contrasting colour in the middle of the body (measured 40 cm from the bottom of the body to 55 cm in the direction of the head).

Each member union may enter up to four male/female competitors, respectively.

The final score will be determined by adding up the times achieved in the individual exercises. In the event of a competitor not finishing or being suspended from an individual exercise, the respective competitor will be disqualified from the overall competition. The competitors will only be allowed one attempt per exercise.

In the event of level time scores, the respective competitors will be awarded the same place.

As to the **50m swimming, fully dressed**, the swimmers will start in wet clothing in accordance with the FINA competition rules. The sleeves and the trousers may neither be rolled up nor be attached to the body by way of any additional aids. They are to reach the competitors' wrists or ankles, respectively.

The jacket is to be buttoned up by using the existing button holes.

The respective swimming stroke may be freely chosen; any change of stroke will be allowed. Timekeeping will start at the time the starting signal is given and end with the touch of the wall.

The garments to be worn by each swimmer comprise a pair of ankle-length trousers and a jacket with full-length sleeves (wrist length) which must be worn separately (no overalls).

It is neither permitted to roll up the jacket sleeves or the trouser legs nor to attach them to the body by any additional means.

The jacket must be buttoned up by using the existing button holes.

Regarding the **diving/swimming combined event** (25m diving/25m breaststroke) the start will take place in accordance with the FINA competition rules.

After the start, the competitors must cover the first 25m by diving. The stroke used during this diving may be chosen freely.

The body must remain completely under water throughout the entire dive. Should one part of the body visibly stick out of the water during the dive, the competitor will be disqualified. Surfacing must take place in the surfacing zone. This surfacing zone is 5m long and starts after a distance of 25m.

The place in which the head comes out of the water shall be decisive. The 25m mark shall be indicated for each lane at the bottom of the pool for the male and female competitors to see and, in addition to that, the walls on both sides of the pool shall be marked along the entire surfacing zone.

After surfacing, the FINA competition rules governing the breaststroke will apply.

As to the **50m rescue of a dummy**, the start shall take place in accordance with the FINA competition rules. All dummies will be positioned at the bottom of the pool at a distance of 25m from the start, with their heads pointing towards the starting block, all of them at the same distance and at the same depth. After the start, the competitors may either swim towards the dummy by using any stroke they like or by diving. Subsequently, the competitors shall get hold of the dummies under their armpits, with the faces of the latter pointing upwards and transport them back to the start wall. After taking hold of the dummy, the competitor may push him-/herself off the bottom of the pool one time. Thereupon, the distance is to be covered by swimming on the back. With the exception of the hands touching the start wall, both hands shall remain in constant contact with the dummy and must not be used in order to make any forward movement. Standing up or walking will not be admitted. Timekeeping shall start at the time the starting signal is given and end with the competitors touching the wall of the pool.

The **team score in combined lifesaving** will be determined by adding up the times scored by the 3 x 50m relay team and the times scored by the individual members of the relay team in the individual competitions.

Teams with level times scores will be awarded the same place.

The lifesaving relay will embrace the following exercises:

- 1<sup>st</sup> swimmer: 50m rescue of a dummy
- 2<sup>nd</sup> swimmer: 50m lifesaving, combined event
- 3<sup>rd</sup> swimmer: 50m swimming, fully dressed

The competition rules applicable to the individual exercises will also apply to the individual distances forming part of the relay event.