





## **How old do you need to be to enter?**

SLSNZ Junior Surf competitions are for children aged Under 11 (U11) to Under 14 (U14) as at midnight 30 September. Children are placed into age categories for competition. Some Club carnivals invite children from 5 years of age to attend; this will be detailed on the event flyer.

Once athletes have successfully attained their 200m safety badge they are able to take part in a greater range of events. Most carnivals are held in either the Coromandel or in the Bay of Plenty and on the East Coast, so they are easily accessible and children need only have basic surf skills to participate.

## **What events should I enter?**

Competitions incorporate both beach and water events. It is great for children to compete in as many events as possible, but we understand that younger children may get too tired to do everything. As children get older the race courses get longer.

U8 & U9 will use a boogie board for their board events at some carnivals, U9 who hold their 200m safety badge will have a foam (foamie) kneeboard race.

U10 & U14 will use a foam or fibreglass kneeboard for their board events as long as they have a current 200m safety badge.

## **How do I enter and what does it cost?**

Newsletters, posts on the Waihi Beach Junior Surf Facebook page, coaches, age-group managers, and the Junior Surf Competitions Co-ordinators will advise parents of upcoming carnivals or competitions, entry close-off dates and if there is an entry fee. Where there is an entry fee, this will be invoiced and these are required to be paid prior to the event's entry closing off date. No refunds are given for cancellations after the close off date.

It is necessary to pre-enrol and indicate what events the athlete is competing in. No enrolments are accepted after the competition close-off date.

If your child is entered in a specific race that they then wish to withdraw from on the day, the Team Manager or your age-group manager must be notified, so the marshal can be advised and numbers in heats adjusted accordingly. This all helps the events to run more smoothly and on time.





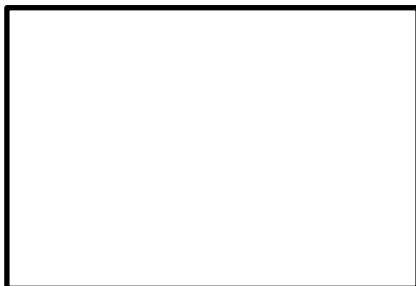


**Run-Swim-Run (U10-U14)** – This is a beach/water event. Competitors run from the starting line on the beach into the water and swim out and around two markers and back into shore where they sprint to cross the finish line.

**Surf Race (U10-U14)** – This is a swimming race which starts near the water's edge. The course will be no longer than 200m. All competitors must have completed their 200m badge. Competitor's swim around the course and upon returning to shore, sprint to cross the finishing line.

**Boogie Board Race (U8-U10)** – The race starts at the water's edge with all competitors' board leashes attached to their wrists. They race out and around two markers, paddling back into shore. Competitors must cross the finish line in contact with their board. No fins are used.

**Board Race (U10-U14)** - This is a kneeboard race, using either a foam or fibreglass kneeboard. Competitors start at the water's edge holding their board. On the starter's whistle they race out into the water, paddle out and around three buoys, sometimes called "cans", then back into shore to the finish line. If a competitor loses their board after the last buoy they can swim the remainder of the course but must regain control of, and cross the line, in contact with their board.



**Board Relay (U10-U14)** – Same rules as for the Board Race but with teams of 3. The first team member completes the water course, leaves their board in the shallows or just on the sand for their board handler (usually the 3<sup>rd</sup> team member) to grab, then sprints around the flags to tag the next team member on their shoulder or back, not their board. The final team member may choose to leave their board in the water and sprint up the beach to cross the finishing line. The other team members take responsibility for collecting the board.

**Diamond Race (U8-U14)** – This is a multi-discipline event. The order of events is swim, board, run. The competitor swims out and around two markers, returns to the beach and picks up their board, they return to the water and paddle out and around the markers, return to the beach and drop their board at the flags to sprint to the finishing line.

**Cameron Relay (U8-U14)** – This is a multi-discipline event. Order of events is the same as the diamond race but done in a team of 4 – a swimmer, a runner and 2 board paddlers. The sequence of legs is drawn by ballot and the athletes notified during

marshalling. The final swimmer or board paddler returns to the water's edge to tag their runner who sprints to the finishing line.

**Tube Rescue (U13-U14)** – Teams consist of a patient and rescuer. The patient lines up at the start between their flags. On the starter's whistle they swim out to their buoy/can. On reaching the buoy the patient places a hand on the top of the buoy and raises their other hand up. On seeing the signal from the patient, the rescuer, who stands on the seaward side of the start line, runs up the beach to get the rescue tube and fins, which can be put on as soon as the rescuer is ready, and swims out to the patient at the buoy.



They swim left to right around behind the buoy to clip in the patient, who can help them clip in the tube before they cross back over the buoy line and swim into shore. The patient must remain on their back while being towed and can assist by kicking and/or sculling underwater. When they are in shallow water the rescuer removes their fins and the team runs up the beach to finish in between their flags.



**Board Rescue (U13-U14)** – Teams consist of a swimmer and a paddler. On the starter's whistle the swimmer races out to their allocated buoy and on arrival signals that assistance is required by placing one hand on top of the buoy and raising the other hand in the air. The paddler begins at the swimmer's signal and must go around the buoy from left to right to reach the swimmer. The paddler picks up the swimmer, making sure that they

are on the seaward side of the buoy during the pick-up and the team jointly paddles back to shore. The paddler and swimmer run to cross the finishing line with both competitors in contact with the board.

The full surf sport manual with rules and descriptions of events is available to download on the Surf Lifesaving New Zealand website. <http://www.surflifesaving.org.nz/sport/about-us/surf-sport-manual/>