



INTERNATIONAL LIFE SAVING (ILS)
SPORT COMMISSION TECHNICAL BULLETIN # 4
ILS COMPETITION RULE BOOK 2023 EDITION

This Bulletin advises an amendment to rules of the Ocean M Lifesaver Relay event.

This change was made following discussions between ILS and its Olympics' Advisers and have been approved by the ILS Event Management Committee for LWC2024.

The amended rules are contained in S4 – 24 of the updated ILS Competition Rule Book located on the [ILS website](#).

The rules are self-explanatory, but for ease of understanding, the runner now starts the Ocean M Lifesaver Relay event with a straight line 50m run to tag the swimmer. The same runner then also completes the runs for the changes between the swimmer, board paddler, and ski paddler and also completes the event. The tag rules are the same as the Oceanman/woman Relay events.

The additional benefit of the amended rules is that there will be no change to the Ocean M arena required between the individual and relay events other than to add a 50 start line for the runners to commence the Ocean M Lifesaver Relay event. This is reflected in the updated Ocean M Lifesaver Relay diagram that has also been inserted into the Rule Book.

The amended rules take effect from 1 June 2024.

Please note that ILS Federations may elect to use the updated ILS Competition Rule Book from the date of this Technical Bulletin.

Should further information be required please direct your enquiry to the Secretary of the ILS Sport Commission at sport@ilsf.org.

7 May 2024