

## Rules of Long Reef Club Championships

(1) **The objective** of Long Reef Club Championships is for maximum member engagement, participation and enjoyment.

(2) Club Championships will be **determined by** the cumulation of points over 3 rounds, held on predetermined and advertised dates throughout the Patrolling season. Three dates allowing for at least one date being cancelled due to un-favorable and unsafe conditions i.e. Beach Closed.

### (3) Age Categories are

- Cadet with SRC/Bronze Medallion\* 13-16 yrs.
- Open 17-39 yrs. with Bronze Medallion\*
- Masters (40+)

### (4) Gender Categories are

- male
- female

### (5) Events are

- Surf Race (nb. not compulsory but a bonus point is given for all entrants regardless of placing).
- Board Race.
- Beach Sprint.
- Beach Flags.
- Beach Run 1-2km.
- Ironman (board, swim, run).
- Ski (nb. the winner overall gets 2 points and other entrants a single bonus point).

(6) **Points** are to be awarded for each event and totaled over 3 Rounds to determine the winner.

- 1st Place 5 points
- 2nd Place 4 points
- 3rd place 3 points
- All other entrants in race get 1 point, or 2 points for Surf Race.

(7) Each event must have at least **two (2) entrants to be a valid event**. However, an individual competing in an event alone will be given a bonus point for participating with other age/gender categories, or 2 points for winning overall (eg. Ski race).

(8) **Overall Club Champion** will be determined by total points regardless of Age/Gender.

### (9) Bonus Points

- Completing the Surf Race without placing in top 3
- Masters 60+ get 1 bonus point per event entered regardless of placing
- Masters 70+ get 2 bonus points per event entered regardless of placing
- Individual competing in an event alone will be given a bonus point for participating with other age/gender categories, or 2 points for winning overall (eg. Ski race).

- Ski Race the winner overall gets 2 points and other entrants a single bonus point

**(10) A risk assessment** of beach is conducted prior to commencement of the Championship. Modifications to the course or running of events may be necessary. If the Risk Assessment finds the Beach unsafe, the Round is to be cancelled. **Water safety** shall be provided either in the form of an IRB and crew, rescue boards and/or tubes, to the minimum ratio of 1 water safety per 10 person's in the water. The wearing of Hi-vis is highly recommended when in the water

**(11)** No member is eligible to win the Championship event unless they are a Financial, Proficient Bronze\* or SRC\* holder who has carried out their Patrol Duties.

**(12)** The Race Secretary and/or Competition Captain will judge all events and deal with any protests.

\*NB. New members without SRC or Bronze may compete in the Club Championships providing they have completed successfully the Pre-requirement swim for either SRC or Bronze Medallion awards in 120 days prior to the Club Championships eg. 400 metres in under 9 minutes for Bronze Medallion.