



SURF LIFE SAVING AUSTRALIA POLICY STATEMENT MASTERS COMPETITION

**POLICY
NUMBER
5.9
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BACKGROUND

Over the years, the Australian Council has endorsed various recommendations relative to Masters Competition.

These recommendations are now incorporated in Policy 5.9 – Masters Competition generally and the Australian Masters Surf Life Saving Championships in particular.

Further, SLSA constantly monitors and reviews this policy as an ongoing responsibility to the membership.

AIMS AND OBJECTIVES

Masters Competition should be viewed as an encouragement to SLSA members to continue their participation in lifesaving and to enjoy the associated activities available within the SLSA environment. Masters Competition should also be regarded as an activity that will encourage new members to join SLSA.

Every effort should be taken to encourage mass participation by eligible members of SLSA in Masters Competition and, at the same time, recognising the achievements of members in competition.

DEFINITION

- i) When referring to Masters events/carnivals the term Masters should be implemented.
- ii) A member shall be eligible to compete in masters events after attaining the age of 30 years and fulfilling the qualifications and obligations as listed in Sections 6 and 7 of this Policy, the Competition Manual and any other relevant Bulletins. Age categories are determined as at midnight 30 September each season.

AUTHORITY

- i) The authority to conduct Masters events/carnivals comes under the jurisdiction of Surf Life Saving Australia Limited.
- ii) State Centres and Branches should establish a rationale for the amount of Masters events conducted in their competition calendar each year. However care must be taken to ensure that Masters Competition enhances the overall SLSA competition programmes, which are seen as a vital component of member motivation for patrolling and active surf lifesavers.

COMPETITION OFFICIALS

- i) The Board of Examiners/Competitors must be utilised as competition officials to an accepted minimum number. However, given the nature of Masters competitors, assistance from competitors (as accredited Competition Officials) should be forthcoming to ensure the efficient conduct of Masters Competition.

ii) It is expected that the provision of Masters Competition will encourage the availability of accredited officials for all SLSA competition.

iii) In conducting Masters Competition, referees and other officials should be particularly mindful of the widely ranging fitness conditions of Masters competitors. The Referee should use his authority and discretion to modify events due to unfavourable weather conditions, heavy seas etc.

QUALIFICATIONS AND OBLIGATIONS

i) Bronze Medallion

The SLSA Bronze Medallion, proficiency and current club membership is a compulsory pre-requisite for all competitors.

ii) Proficiency

For Masters competitors under the age of 45 years a full proficiency test as is applicable to active members of the association is mandatory.

For Masters competitors 45 years and over, the proficiency test as is applicable to Surf Life Saving Certificate awardees of the association is mandatory.

Note: However, any member 45 years and over who holds the membership category Active or Active Reserve or wishes to compete in competitions/carnivals other than Masters must, of course, complete the full proficiency test.

As a way of identification it is suggested that a prefix M be used in front of an over 45 year Master competitor, to indicate that members modified proficiency status. The implementation of this procedure is left to the respective Branch/State authority.

iii) All Master competitors should be proficient by the annual timetables set and other criteria as appropriate to all members of their respective Branch or State Centre.

The Master competitor must represent a bona fide club as specified in general SLSA competitions. It follows therefore, that competitors must fulfil patrol or all other obligations to their club as applicable to their membership category.

iv) Health and Fitness

Surf Life Saving Australia strongly recommends that members entering masters competition ensure that they are medically fit and capable of undertaking the events entered.

If in doubt, a complete medical check conducted by a medical practitioner is recommended.

AGE AND GENDER GROUPS

Masters Competition may be conducted in male, female and open categories.

The age groups for Masters competition are as follows:-

30 - 34 years

35 - 39 years

40 - 44 years
45 - 49 years
50 - 54 years
55 - 59 years
60 - 64 years
65 years and over

Masters competitors are to have their age marked on their upper arms.

The combining of competitors into events (while maintaining their individual age groups) may be permitted in the case of insufficient competitors, or for other reasons to aid the conduct of the competition.

Further, Masters competitors can only compete in their own age group in individual events and in only one age category in teams events. However, for any event to be contested at Australian Masters Surf Life Saving Championships, a minimum of two (2) starters are required. Where there are less than four competitors in an event, all place getters would be awarded medals.

Where less than two (2) starters are prepared to contest an event those competitors may contest a lower age group of the same event without prejudice to their age categories in other events.

GEAR AND EQUIPMENT

Any equipment/gear used in conjunction with Masters competitive events must be approved in accordance with SLSA requirements.

THE EVENTS

The competition rules for each of the events described in this section are as per the Competition Manual except that the race distances indicated are the maximum distances for beach events/maximum distance to the first buoy (from knee depth water at the low water mark and dependant on beach conditions and safety factors) for the events in Masters Competition.

9.1 Individual Events

- i) Following are the recommended individual events for Masters competition:-
- a) Rescue Tube Race (approx. 120 metres)
 - b) Surf Swim (approx. 120 metres)
 - c) Surf Ski Paddling (approx. 250 metres)
 - d) Surf Board Paddling (approx. 250 metres)
 - e) Beach Sprint (approx. 70 metres)
 - f) Beach Flags (approx. 15 metres)
 - g) Ironman (swim approximately 120 metres, board and ski buoys set 50 metres respectively behind each other)
 - h) Ironwoman (distances as above, however no ski leg)

Note: In Masters events if the ironman swim course would exceed 120 metres because of prevailing surf conditions, two single buoys, laid a minimum of 10 metres apart at the 120 metre mark may be used. In such circumstances the standard swim course will be utilised for the board leg and for the first and third turning buoys of the

ski leg. An apex buoy placed 10 metres behind the swim buoys will complete the ski course.

9.2 Team Events

i) Following are the recommended team events for Masters competition:-

- a) Surf Board Rescue Race
- b) Double Surf Ski Race
- c) Surf Board Relay
- d) Surf Ski Relay
- e) Beach Relay
- f) Surf Teams Race
- g) Surf Boat Race
- h) Taplin Relay

ii) The competition rules for each of these events are as per the Competition Manual, with the exception of Surf Board Rescue Race and the Double Surf Ski Race in which age categories are determined by the age of the younger competitor. All other team events are conducted as combined ages.

Masters competitors may compete in only one age category in each team event contested.

The maximum distances for beach events/maximum distance to the first buoy (from knee depth water at the low water mark and dependent on beach conditions and safety factors) and age restrictions for these events are detailed as follows:-

a) Surf Board Rescue Race

Team Restrictions

Age category of younger competitor in all age categories.

Race Distance

Maximum 120 metres.

b) Double Surf Ski Race

Team Restrictions

Age category of younger competitor (all age categories).

Race Distance

Maximum 250 metres.

c) Surf Board Relay

Team Restrictions

Three teams race categories each consisting of three competitors whose aggregate ages total:-

* 110 years +

* 130 years +

* 150 years +

Race Distance

Maximum 250 metres per leg.

d) Surf Ski Relay

Team Restrictions

Three teams race categories each consisting of three competitors whose aggregate ages total:-

- * 110 years +
- * 130 years +
- * 150 years +

Race Distance

Maximum 250 metres per leg.

e) Beach Relay

Team Restrictions

Three teams race categories each consisting of four competitors whose aggregate ages total:-

- * 140 years +
- * 170 years +
- * 200 years +

Race Distance

Maximum 70 metres per leg.

f) Surf Teams Race

Team Restrictions

Three teams race categories each consisting of three competitors whose aggregate ages total:-

- * 110 years +
- * 130 years +
- * 150 years +

Race Distance

Maximum 120 metres.

g) Surf Boat Race

Age Groups

- 120 years +
- 140 years +
- 160 years +
- 180 years +
- 200 years +
- 220 years +
- 240 years +

The age category is calculated using the aggregate ages of the four rowers in the crew and does not include the sweep.

Note: The Sweep does not need to be a Master competitor but must be a bronze medallion holder and proficient to the relevant level for his age.

Race Distance

Maximum 400 metres.

h) Taplin Relay

Team Restrictions

Three teams race categories each consisting of three competitors (1 x board, 1 x ski, 1 x swim) whose aggregate ages total:-

- * 110 years +
- * 130 years +
- * 150 years +

Race Distance

As per the Ironman event.

Note: Where a combined age is stated it is the age of each individual, as at 30 September in the season in which the competition is held, added together - ie; if you are 39 on 30 September regardless of the fact that you may turn 40 during the season, 39 is your age used to reach the combined age total.

- 9.3 The events listed are not the only events that may be conducted at State, Branch and Club Masters Competitions; other events can be conducted with the express permission of the local SLSA authority.

It would be advisable to check with the General Manager Competitions if it is intended to vary or add to events as some medical problems may be encountered.

CLEARANCES, TRANSFERS, COMPETITORS RIGHTS

The normal requirements of SLSA applies to Masters competitors in respect of clearances, transfers and the assignment of competitors rights.

THE AUSTRALIAN MASTERS SURF LIFE SAVING CHAMPIONSHIPS

11.1 Status

The Australian Masters Surf Life Saving Championships carnival is conducted separately from existing Championship carnivals.

11.2 The Events

The events to be conducted in the Australian Masters Surf Life Saving Championship carnival are promulgated by way of entry Circular each year.

The events are conducted under the conditions outlined in the Competition Manual and the specific provisions combined in this Policy Statement.

SUMMARY

It is the responsibility of Surf Life Saving Australia to:-

- a) Promote an awareness and encourage Masters members to participate in surf competition;
- b) Recognise the performance of elite Masters competitors in their relevant age categories;
- c) Provide the opportunity for masters members to retain active involvement within their respective clubs;
- d) Encourage new members to join SLSA and to participate in Masters Competition;

- e) Provide Masters members with a forum for exchange of information, advice, coaching and assistance where applicable;
- f) Encourage members participation in administrative or management and social activities in clubs at all levels of the association including Board of Examiners/Competition.

Should members require further information or clarification on this Policy, or Masters Competition in general, do not hesitate to contact Surf Life Saving Australia.