

GUIDELINES

ALL–WOMEN LIFEGUARD TOURNAMENT

1. This is an “inter-club” competition. It is free of charge and open to any woman working as a lifeguard on a paid or unpaid basis for the organization she represents, whether at an oceanfront, bay, lake, river, or pool.
2. Teams will compete by division based on the total number of women lifeguards on an organization’s staff—and not on the total number from that organization who show up to compete on the day of the tournament:

Division Istaff of 1–9
 Division IIstaff of 10–

3. Lifeguard organizations competing in Division II may enter more than one team—an “A” team, “B” team, etc. However, each such team must have at least 10 members, all of whom may compete on that particular team only.
4. To register, each team captain must fill out a team roster form, and each team competitor must fill out and sign an entry form and be assigned a number.
5. There will be heats by division that serve as finals in all of the tournament’s events.
6. Prior to each event, a tournament official will explain the rules of that event.
7. A team may have the following number of entries per event: Unlimited entries in the Distance Run and Run-Swim-Run. Only two entries in the Run-Paddle-Run and Ironwoman. Only one entry in all other events. All these entries may score.
8. Teams must provide their own equipment, including protective headgear for surfboat-race competitors and launcher-tenders.
9. Tenders involved in the launch phase of the Surfboat Challenge must be women. They also must wear protective headgear (e.g., cycling helmets).
10. Winners will be picked in the order their chests cross the plane of the finish line—except in the Surfboat Challenge and Beach Flags.
11. Any protest must be filed in writing by the team captain before the conclusion of the event immediately following the disputed event.
12. Team awards will go to the top five places by division. Team and top-point-scorer awards will be given out at the end.
13. Scoring for non-relay events: 1st place 11–9–8–7–6–5–4–3–2–1 points
14. Scoring for relay events: 1st place 15–13–12–11–10–9–8–7–6–5 points
15. A special award will go to the top point-scorer in each division—as determined by multiplying the number of points earned in the following events by the degree of difficulty assigned to that same event:

<u>Individual Event</u>	<u>Degree of Difficulty</u>
Run-Swim-Run	1
Run-Paddle-Run	1
Ironwoman	2

16. To facilitate ready identification of competitors in the surf, competitors in the surf events must wear caps issued to them.
17. To prevent injuries, competitors may not wear anything deemed hazardous to themselves or others.
18. The tournament will not start late for the sake of those delayed, though those delayed may compete once registered.
19. Sudden and/or unforeseen conditions deemed unsafe will affect the time the tournament starts and/or ends. In such case, the tournament will be delayed for up to 1 hour or longer.
20. The National Park Service reserves the right to change any aspect of the tournament for the sake of safety or otherwise.