

# 4 x 10 m Line- Throw-Staffel

Im Anschluss an den „normalen“ Line-Throw-Wettbewerb, wollen wir auch eine 4 x 10 m Line-Throw-Staffel durchführen.

Die Durchführung erfolgt gemäß dem aktuellen „SpeedLifeSaving Competition Manual“. (Siehe Rückseite.)



**Anmeldeschluss ist am Freitag, 23.06.2023 um 22.00 Uhr im Orgabüro.**

Die Wertung erfolgt **altersklassen- und geschlechtsübergreifend.**

Bitte nummeriert eure Teams entsprechend durch.

## Anmeldung für 4 x 10 m Line-Throw-Staffel Bayerische Mehrkampf-Meisterschaften 2023

Gliederung:  Nr.

Name m/w Jg.  
Sportler\*in 1:

Sportler\*in 2:

Sportler\*in 3:

Sportler\*in 4:

# 4 x 10 m Line Throw Relay

## SpeedLifeSaving Competition Manual 2015 Edition

Swimmer 1 stands on the poolside holding the end of the line, swimmer 2 beside swimmer 1. Swimmer 3 and 4 are in the water at the crossbar 10m away. Swimmer 3 is in front of the line with one hand on the crossbar and one hand on the line which is extended over and beyond the crossbar. On the starting signal, Swimmer 1 coils the line and throws it to swimmer 3 who takes hold of the line with both hands and is pulled through the water. On reaching the side, the swimmer 3 must touch the end of the pool. Swimmer 1 then enters the water to become the catcher for swimmer 3. Swimmer 2 then coils the line and throws it to the Swimmer 4 who takes hold of the line with both hands and is pulled through the water until he touches the end of the pool. The event continues in the same manner as above all swimmers. The event finishes when the catcher for swimmer 4 touches the finish edge.

Starting position: Swimmer 1 stands facing the victim, motionless with legs together and arms beside the body. The end of the line is held in one hand.

Swimmer 3 treads water in the center of the lane on the near side of the crossbar holding the line with one hand and the designated spot on the crossbar with the other. The surplus line trails in the water over and beyond the crossbar.

On an acoustic starting signal: Swimmer 3 release the throw lines, enabling swimmer 1 to retrieve and throw the line back to the victims and pull them through the water to the edge of the pool. The event is finished when the catcher for swimmer 4 touches the finish edge.

Fair throw: Swimmers may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the crossbar. Swimmers may submerge to retrieve the line.

There is no penalty for pulling on the rigid crossbar while attempting to reach the line.

Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands. Swimmers may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

Time Limit: The Team of swimmers must make fair throws and complete the event within 3min 30 seconds. If a throw falls short or outside the allocated lane, Swimmers may recover the line and throw again as often as necessary up to the 3min 30-second limit. Teams which fail to complete the event, will be disqualified.

The Throw Zone has the same wide like the lane and a minimum length of 2m. The Throw Zone has to be clearly marked by the organizers.

Swimmers standing on the poolside may leave the Throwing Zone, but must not interfere other teams.

The swimmer throwing or pulling has to be in the Throwing Zone with at least one part of his body. If the line falls into the water, only the swimmer which throwed just before is allowed to bring the line to the swimmer which is throwing. If the line of swimmer 1 falls into the water, only swimmer 4 can bring the line back to swimmer 1.

Disqualification

- One competitor repeating two or more legs of the event.
- Touching the rope before the previous victim has touched the wall

