



World Water Safety

INTERNATIONAL LIFE SAVING FEDERATION

LIFESAVING WORLD CHAMPIONSHIPS

**NELSON MANDELA BAY
GQEBERHA (PORT ELIZABETH)
SOUTH AFRICA 2026**

HANDBOOK

MAY 2026 UPDATE





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**LIFESAVING WORLD CHAMPIONSHIPS
NELSON MANDELLA BAY
GQEBERHA (PORT ELIZABETH)
SOUTH AFRICA – 2026**

HANDBOOK

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Note: An application has been submitted to trademark Ocean M.

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LIFESAVING WORLD CHAMPIONSHIPS

NELSON MANDELLA BAY GQEBERHA (PORT ELIZABETH) SOUTH AFRICA – 2026

HANDBOOK

PART A – PRELIMINARY

1. GLOSSARY OF TERMS

Accreditation	The process of identifying, certifying and evidence of a person's entitlements related to the Lifesaving World Championship's operations and associated obligations. An accreditation pass is usually generated as evidence of the person accreditation.
Board of Directors	The ILS Board of Directors elected, constituted, and empowered under the Constitution. The Board of Directors comprises voting and non-voting members: Voting Members are the President, the Secretary General, the Vice-Presidents, the other Board Members. Non-voting Board Members are the Observer from the RLSS, the Chairs of the Commissions, the Executive Director, the Events Director, the Legal Advisor, and the Financial Advisor.
By-Laws	The By-Laws of the ILS.
Club	The basic administrative or lifesaving unit of the National Lifesaving Organisation (not an amalgam of such units). Such unit having a Constitution and having representation to a higher body.
Commission	A body established by the ILS Board of Directors responsible to the ILS Board of Directors for a designated ILS field of activity.
Constitution	The Articles of Association or Statutes of the ILS.
Delegates	ILS Patrons, ILS Life Governors, ILS Life Members, ILS Board of Director Members, ILS Commission and Committee Members, ILS Commanders, Grand Knights and Knights in the Order of Lifesaving, National Delegates and Guests.
Headquarters Hotel	The HQ Hotel is the hotel in which the ILS Secretariat and key ILS Officials are accommodated.
Host	Event Organising Group/Agency/Host City or the NLFO that is hosting the Lifesaving World Championships. For the 2026 Life Saving World

	Championships, the Host is Lifesaving South Africa (LSA) and Nelson Mandela Bay Metropolitan Municipality.
Individual Competitor	Men (Man) or Women (Woman) competing in the individual events/races at the Lifesaving World Championships.
Intellectual Property	All rights or goodwill subsisting in copyright, business names, names, trademarks (or signs), logos, designs, patents, or service marks relating to the ILS, or any event, competition or activity conducted, promoted, or administered by the ILS. All rights or goodwill subsisting in copyright, business names, names, trademarks (or signs), logos, designs, patents, or service marks relating to the ILS, or any event or activity conducted, promoted, or administered by the ILS.
Lifesaving Sport Discipline	A competitive aspect of a sport comprising one or several events. For example, Pool Lifesaving, Beach/Ocean Lifesaving, Surfboats, Simulated Emergency Response Competition (SERC), Inflatable Rescue Boats (IRB), etc.
Lifesaving Unit	For Lifesaving National Organisation or Federation or Associations (NLFOs) that do not have a club system – is: The basic administrative or lifesaving unit of the lifesaving organisation (not an amalgam of such units); such unit having a constitution and having representation to a higher body.
Liveheats	The digital registration system used for entry, draws and recording of results at Lifesaving world Championships.
LWC Section	One of the sections at the Lifesaving World Championships: e.g., Masters Lifesaving World Championships, Surfboat Lifesaving World Championships, etc.
Media	Broadcasters, radio staff, photographers, and journalists associated with providing the audio-visual reporting of the Lifesaving World Championships and Conferences.
Objectives	The objectives of the ILS as set out in the Constitution.
Organisation	A National Organisation, Federation or Association that is a member of the ILS.
Participants	Individuals participating at the Lifesaving World Championships.
Spectators	The individuals viewing the Lifesaving World Championships.
Sponsors	The corporate investors in the Lifesaving World Championships.
Sport	Lifesaving Sport.
Sport Event/Race	A scheduled unique competition resulting in the presentation of a gold, silver, or bronze medal. For example, the Surf Race is an event in Beach/Ocean Discipline.
Sports Regulations	The approved ILS Sports Regulations, including the ILS Competition Rule Book, the ILS Lifesaving World Championships Handbook, and amending ILS Bulletins and Circulars.
Team Competitor	Men (Man) or Women (Woman) competing in the team events at the Lifesaving World Championships.
Team Officials	Representatives of each NLFO who manage and/or assist the competitors. They include team managers, team coaches and trainers as well as team support staff such as physicians, physiotherapists, chaperones, etc.
Technical Official	The persons required to officiate and regulate the sport in the field of play and includes national and international appointed representatives who manage or assist in the conduct of the competition. These include chief

	referees, deputy chief referees, area referees, judges, timekeepers, and other jury officials.
VIP	The summary customer group related to the Governing Authorities of the country, e.g., the Royal Family, the Ministers, the Mayors, etc., and other persons identified by ILS e.g., Honourees, major sponsors etc.
Workforce	Organising Committee's staff that are required to prepare for, stage and manage the event. The operation personnel may be paid staff, volunteer staff, contractors, consultants, employees of external organisations, etc.
World Anti-Doping Agency	The organisation responsible for the coordination of Anti-Doping practices and participation for the world.
World Anti-Doping Code	The core document that harmonises anti-doping policies, rules, and regulations within sport organisations and among public authorities around the world.

2. LIST OF COMMON ABBREVIATIONS USED

CoCom	Coordination Committee comprising representatives from the ILS and from the Organising Committee
Competition Committee	Life Saving World Championships Competition Committee
DLRG	German Life Saving Federation
DNF	Did/Do Not Finish
DNS	Did/Do Not Start
EMC	Event Management Committee
ILS	The International Life Saving Federation
IOC	International Olympic Committee
IRB	Inflatable Rescue Boat
LOC	Life Saving World Championships Local Organising Committee
LWC	Lifesaving World Championships
LWC 2026	The Lifesaving World Championships held in South Africa in 2026
LSA	Lifesaving South Africa
NADA	National Anti-Doping Agency
NLFO	Lifesaving National Organisation or Federation or Association
NT-IRB	National Teams Inflatable Rescue Boat Lifesaving World Championships
NT-O	National Teams Open Lifesaving World Championships
NT-Y	National Teams Youth Lifesaving World Championships
QR	Quick Response (Code)
RLSS	Royal Life Saving Society
Safety Committee	Lifesaving World Championships Safety Committee
SAR	Search and Rescue (Operations)
SERC	Simulated Emergency Response Competition
URL	Uniform Resource Locators Code
VIP	Very Important Person
WADA	World Anti-Doping Agency

3. SUMMARY OF CHANGES TO THE LWC 2024 HANDBOOK

The LWC 2026 Handbook contains updated and additional information to that contained in the LWC 2024 Handbook.

The Handbook consists of Part A, B and C. The following summarises changes to the LWC Handbook 2022. The changes include:

Key Dates and Timings:

Monday, 31 August 2026 - the last day for a person may join an ILS member federation and be eligible to participate in LWC 2026.

Friday, 30 October 2026 – Entries close for new team registrations and entry into LWC2026.

48 hours prior to a LWC – the last opportunity to amend competitors' entry time for pool rescue events.

48 hours prior to a LWC – the last opportunity for a Team Manager to advise a change of team personnel composition or size. The only exception to this is if an independent medical certificate is produced or in the case of genuine hardship (as agreed by the Competition Committee). In such instances a change shall be accepted up to 2 hours prior to the team's first entry into a competition event.

Note 1: After the commencement of a LWC, competitors who subsequently withdraw from a team due to injury or other reason may not be replaced by a non-registered competitor

Note 2: For Surf Boats Refer to Section 6 of the ILS Competition Rule Book.

Part A - Preliminary:

General Various formatting, editorial, and other changes that do affect the conduct or rules of competition.

General Deleted all reference to LWC 2024, the host and location etc., and replaced with LWC 2026 details.

Part B - General Competitive Conditions:

General Various formatting, editorial, and other changes that do affect the conduct or rules of competition.

General Deleted all reference to LWC 2024, the location, competition venues, dates, and website references etc., and replaced with LWC 2026 details.

Section 4 The Event Management Committee (EMC) for LWC 2026 is announced.

Section 9 The LWC beach and ocean venues and back up facilities are notified.

Section 10 The planned supplied and pooled equipment to be used is updated.

Section 13 The ILS Anti-Doping Statement is advised and the mandatory Anti-Doping Education requirements notified.

Note: The top 8 teams in all Open and Youth National Teams LWC must complete WADA approved Anti-Doping Education Learning (ADEL) prior to participation in LWC 2026.

Section 14.3 The maximum team size for the National Teams IRB LWC has been increased to five (5) men and five (5) women.

Section 14.4 Interclub competitors aged 16-18 years may enter team events in either or both Open and Youth competition and participate in both individual and team events.

Section 14.5 Introduction of a "Veterans" club team category within the Masters LWC for masters aged current or former serving defence personnel (e.g. Army, Navy, Air Force, Coast Guard, etc.) and their Masters aged spouse and/or masters aged children of a veteran.

Note: Members of Veterans teams participate in the Masters LWC as a single units (clubs) as determined by their NLFO and are eligible for individual and team Masters medals.

Note: There are no separate Veterans medals awarded but Veterans competitors are eligible to win Masters' medals and points.

Section 16.2 It has been clarified that personal sponsored apparel may be worn during ILS LWC media interviews or at any presentations without prior permission of the EMC.

Section 17.2 The fee for an Appeal in any LWC event at the LWC 2026 has been set at Rand 2,000 for an individual event and Rand 3,000 for a team event. Appeals Fees are to be paid in cash.

Section 18.1 Surf and beach conditions permitting, the format for the Ocean M events shall be as follows:

The heat format for the Open and Youth National Teams and Interclub LWC individual Oceanman and Oceanwoman and the Mixed Ocean M LifeSaver LWC Mixed Ocean M LifeSaver Relay events shall be the traditional course unless

otherwise advised in the competition programme or by the LWC Competition Committee.

The finals format for the Open and Youth National Teams and Inter Club Oceanman and Oceanwoman and the Mixed Ocean M LifeSaver LWC Mixed Ocean M LifeSaver Relay events will be conducted in the Ocean M format and will have 16 competitors in each final.

Note 1: All finals will be a single race and **will not** be conducted in the eliminator format.

Note 2: The arrangements for the conduct of the Ocean M and Lifesaver Relay has been updated with the publication of the May 2026 Update (see below).

Note 3: Event presentation for Youth and Open National Teams and Interclub Ocean M and Mixed Ocean M LifeSaver Relay events shall be as detailed in Section 4 of the ILS Competition Rulebook. This includes the discretion for a “competitor only” environment during the conduct of a race i.e. all handlers and officials are either off beach or out of sight as directed by the Chief Referee.

Please also note that this requirement may also be extended to other events.

Section 18.3 All Masters Obstacle individual events will now be conducted over the 100m distance.

Section 19 It is clarified that:

In LWC National Teams, Interclub and Masters LWC Ocean events: The highest placed competitors/teams based on ocean heat placing results are assigned positions in events with a final of 16 competitors or more dependent on the event (e.g. the recommended number of starters in a Surf Race Final is up to 32 competitors whereas the Oceanman/woman and craft events the number is 16), or in an A and B final of eight competitors each (e.g. Beach Sprint and Relays, Rescue Tube Rescue, Board Rescue, IRB events).

In Masters LWC Pool events all Pool events are timed finals. The highest placed 16 competitors in each event shall be awarded medals and placing points based on the times recorded.

Should there be less than 16 teams participate or qualify for 8 person/team A and B finals, the A final in all LWCs shall consist of the maximum of eight competitors/teams and the B final shall consist of the remaining competitors/teams.

Winners of A finals shall be declared Lifesaving World Champions irrespective of whether a time recorded in the B final is faster than that recorded in an A final.

Section 20.6 A new Interclub Masters LWC team point Score has been introduced in the Overall, Pool and Ocean event categories.

Section 20.6 A team point Score has been introduced in new the new Interclub Veterans LWC in Overall, Pool and Ocean event categories.

Note: There is no separate Veterans pointscore calculated but the highest ranked Veterans team in the Masters Pointscore shall be recognised as the winning Veterans pointscore team.

Part C - Additional Information

General Various formatting, editorial, and other changes that do affect the conduct or rules of competition.

General Deleted all reference to LWC 2024, the location, competition venues, dates, and website references etc., and replaced with LWC 2026 details.

May 2026 Update:

Part B – S3.1 Addition of two notes relating to the conduct Surf Boat and IRB events at LWC2026:

Formal confirmation that the Inter Club Open and Masters Surf Boat LWCs **will be conducted** at LWC2026; and.

Formal announcement that the National Teams and Interclub Teams IRB LWCs **will regrettably not be conducted** at LWC2026. As a result, all references to IRB competition in the LWC2026 Handbook, while not deleted, are not applicable for the conduct of LWC2026.

Part B – S9.2 A note has been added to advise that, because the pool depth at one end of the LWC2026 Nelson Pool does not meet ILS specifications, no new world record times will be recognised in the Open, Youth and Masters Individual Obstacle or Obstacle Relay events at LWC2026.

Note: This note has been repeated in the table of events at Part B - 18.1 and 18.2.

Part B – S18.1 The heat and final format for the Open and Youth National Teams and Interclub Oceanman, Oceanwoman, and Ocean M Lifesaver Relay events have been reviewed for presentation purposes.

Part B – S24 The annexure containing the overall LWC2026 programme and key dates has been updated to reflect the non-conduct of the IRB events.

General: Correction of typographical errors, formatting, and other minor edits plus the naming of some perpetual trophies. These changes do not affect the rules of competition nor the conduct of LWC2026.



LIFESAVING WORLD CHAMPIONSHIPS

NELSON MANDELLA BAY, GQEBERHA (PORT ELIZABETH) – SOUTH AFRICA – 2026

PART B – GENERAL COMPETITIVE CONDITIONS

Information relating to LWC 2026, may be found in the [ILS Competition Rule Book](#), in this Handbook, at www.lifesaving2026.com, and at www.ilsf.org.

1. INTRODUCTION

In 2015, the Sport Commission of the International Lifesaving Federation (ILS) separated the contents that address the Lifesaving World Championships (LWC) from the content that addresses the rules, procedures, and standards for lifesaving sport. This resulted in two publications: A Lifesaving World Championships Handbook and an ILS Competition Rule Book.

This Handbook contains information specific to the 2026 Lifesaving World Championships (LWC 2026) to be held in South Africa and to be hosted by Lifesaving South Africa (LSA). This Handbook should be consulted in conjunction with the 2025 edition of the ILS Competition Rule Book (and any subsequent amending and/or clarifying Rule Book Updates, Bulletins and Circulars). Additional information about the LWC 2026 and the ILS Competition Rule Book may be found at www.lifesaving2026.com, and www.ilsf.org.

Please note that this English language version of the ILS LWC 2026 Handbook, together with any ILS amending and/or clarifying Bulletins and Circulars, is the authorised reference/source document. Any translations into other languages are for ease of use and understanding only.

2. ILS AUTHORITY

- 2.1 The sport of lifesaving contributes to the worldwide drowning prevention mission of the ILS. As the international federation for lifesaving sport, the ILS establishes rules for the purpose of ensuring a safe and fair system, within which lifesaving competitions may be regulated and conducted.
- 2.2 The ILS awards the LWC to an ILS Full Member or to another Organisation such as a Governmental Institution, and/or a City, etc. to conduct the LWC on its behalf and under its authority.
- 2.3 In addition to the rules and procedures outlined in this document, the ILS LWCs are governed by the 2025 Edition of the ILS Competition Rule. The ILS Sport Commission may also issue amending and/or clarifying Rule Book Updates, Bulletins and Circulars from time to time, which then are made available at www.ilsf.org.

3. TYPES OF LIFESAVING WORLD CHAMPIONSHIPS

- 3.1 The Lifesaving World Championships are organised every two years in the even years and mandatorily include the following ten World Championships:

National Teams Open Lifesaving World Championships (NT-O).

National Teams Youth Lifesaving World Championships (NT-Y).

National Teams Inflatable Rescue Boat Lifesaving World Championships (NT-IRB). *

Interclub Teams Open Lifesaving World Championships (IC-O).

Interclub Teams Youth Lifesaving World Championships (IC-Y).

Interclub Teams Inflatable Rescue Boat Lifesaving World Championships (IC-IRB). *

Interclub Masters Lifesaving World Championships (IC-M).

Interclub Open Surf Boat Lifesaving World Championships (IC-SBO). *

Interclub Masters Surf Boats Lifesaving World Championships (IC-SBM). *

Interclub Beach Run Lifesaving World Championships (IC-BR).

Note 1: The conduct of Inter Club Open and Masters Surf Boat LWCs **are confirmed** for LWC2026.

Note 2: The National Teams and Interclub Teams IRB LWCs **will regrettably not be conducted** at LWC2026. Accordingly, all references to IRB competition in this Handbook, while not deleted, are not applicable for LWC2026.

- 3.2 The ILS may authorise the Host to conduct extra events (e.g., Ocean Swim Race, Long Distance Surf Ski Race, Long Distance Board Race, March Past, Inclusive Competitor (Adaptive), etc.) in conjunction with the LWC. These events may also reflect unique lifesaving events conducted in the region of the Host.

There are no Extra Demonstration/Participation events scheduled for LWC2026.

4. ILS LWC EVENT MANAGEMENT COMMITTEE (EMC)

- 4.1 The ILS Board shall appoint a standing Committee that is named the "ILS Event Management Committee" (EMC). This Committee appoints particular members to form the ILS LWC and World Drowning Conference EMCs.

- 4.2 The ILS EMC for LWC 2026 shall consist of:

ILS President (ILS EMC Chair)

ILS Secretary General (ILS EMC Deputy Chair)

The Sport Commission Chair (who shall also be the LWC 2026 Event Director).

The Sport Commission Secretary (who will also be the EMC LWC Secretary and the Chair of the Competition Committee * at the Pool Venue)

The Chair of the Competition Committee * at the Ocean venue who is also the Chair of the ILS Anti-Doping Committee)

The ILS LWC Marketing, and Sponsorship, Contracts, Safety and Contingency, Media, Websites, Social Media, Protocols, ILS Board, VIPs, Adviser *

The ILS /LOC Liaison LWC Operational and Officials Adviser *

The LWC Registrations, Entries and Results Coordinator *

The Chair of the Athletes Commission *

The ILS Executive Manager (for Administration, Meetings, Functions and Related Organisational Matters)*

The LOC Event Manager.

Note 1: The Chair of the ILS Sport Commission appoints the persons to the roles marked with an asterisk (*) in consultation with the ILS President and Secretary General.

Note 2: An individual member of the EMC may undertake more than one EMC role.

Note 3: Other persons may be invited to attend and advise the EMC from time to time.

- 4.3 The LWC EMC is responsible on behalf of the ILS for the overall management of each LWC, as well as the overall ongoing management of the LWC competition. The Committee's role includes, but is not limited to, overseeing the organisation of the LWC,

and liaising and advising the Host, the Local Organising Committee (LOC) and the LWC Competition Committee.

- 4.4 The ILS Event Director works to support ILS and is a member of both the ILS EMC and the LWC Competition Committee.
- 4.5 The relationship between the EMC, LOC, Competition Committee, Safety Committees etc. are detailed in the schematic diagram in the annexure to this Handbook.

5. ILS LWC COMPETITION COMMITTEE (COMPETITION COMMITTEE)

- 5.1 For each LWC, the EMC shall appoint a Competition Committee that is responsible to the EMC for the planning, delivery and conduct of the competition.
- 5.2 The Competition Committee shall have full control and authority over all aspects of competition for ILS LWCs.
- 5.3 The Competition Committee is also responsible for designing the competition programmes, appointing the Safety Committee, the LWC Chief Referees (with the assistance of the ILS Championship Officials Panel appointed by the EMC), Technical Officials (with the assistance of the appointed Chief Referees), endorsing participants, dealing with issues, and answering competition conduct and organisation questions prior to commencement of LWCs.
- 5.4 The Competition Committee shall also have the authority to approve LWC Local Organising Committee organisational plans delegated to it including the LWC Event Timetabling, Transport, Sustenance, Safety and Emergency, and Contingency and Relocation Plans, etc.
- 5.5 As detailed in the ILS Competition Rulebook the Competition Committee has the authority to alter, postpone and cancel events or alter the competition venue.
- 5.6 The Competition Committee shall also have jurisdiction over all matters not assigned by the competition rules to the Chief Referee or other officials.
- 5.7 The Competition Committee shall seek advice from the EMC, the LOC, Chief Referee(s), the Safety Officer, the Security Officer and relevant emergency personnel, subject matter experts and others as appropriate relating the organisation and conduct of the LWC.
- 5.8 Formal records of Competition Committee meetings must be maintained and kept.
- 5.9 Prior to the LWC 2026 the Competition Committee for pre-event organisation may consist of the LWC EMC.

The Sport Commission Chair (who shall also be the LWC 2026 Event Director).

The Sport Commission Secretary (who will also be the EMC LWC Secretary)

The Chair of the Competition Committee at the Pool Venue)

The Chair of the Competition Committee at the Ocean venue)

The LWC Operational and Officials Adviser

The Chair of the Athletes Commission

The LOC Representative (for LWC2026 this will be the LOC Event Manager)

ILS President (ILS EMC Chair – Ex Officio)

ILS Secretary General (ILS EMC Deputy Chair- Ex Officio)

- 5.10 At LWC 2026 the following may be invited to join the Competition Committee:

The Chief Referees. The Chief Referees sit on the Competition Committee only for the LWC events they are overseeing.

The Local Organising Committee Pool Event Manager appointed by the Host.

The Local Organising Committee Ocean Venue Manager appointed by the Host.

The Safety Officer appointed by the Host.

The Security Officer appointed by the Host.

Other members appointed by the Event Management Committee (including athlete representatives for each LWC).

6. LWC LOCAL ORGANISING COMMITTEE (LOC)

- 6.1 The LWC Local Organising Committee (LOC) shall, as detailed in the ILS Contract to host the LWC, be responsible to the LWC EMC for the development and delivery of the safety, security, logistical, and operational plans for the LWCs including overall LWC Calendar, Transport, Sustenance, Clothing, Safety and Emergency, and Relocation Plans, etc.
- 6.2 A Local Event Manager is to be appointed and is responsible to the LOC. The Local Event Manager is responsible for the organisation of the competition within the parameters established by this Handbook, the current edition ILS Competition Rule Book, and the Competition Committee. The Local Event Manager deals with any issues and represents the LOC at the LWC venues. During the LWC the Local Event Manager reports to the Competition Committee.
- 6.3 The EMC or the Competition Committee, as appropriate, shall approve competition and non-competition matters relating to the LWCs.
- 6.4 The composition of the Local Organising Committee shall be determined by the host but must include Safety and Security Officers and LOC Venue Managers for pool and ocean venues.
- 6.5 Formal records of any meetings of the LOC must be taken and kept.

7. COORDINATION COMMITTEE (COCOM)

- 7.1 The CoCom is a periodic meeting of agreed participants from ILS (usually the EMC) and the Local Organising Committee to review preparations for the Life Saving World Championships. These CoCom participants report progress and agreed actions to their respective Committees.
- Formal records of any meetings of the CoCom must be taken and kept.

8. LWC SAFETY COMMITTEE (SAFETY COMMITTEE)

- 8.1 For each LWC, the Competition Committee shall appoint a Safety Committee.
- 8.2 The Safety Committee must consider and advise the Competition Committee on all matters relating to competition and non-competition safety and emergency services. The Chair of the Safety Committee shall be the Safety and Emergency Management Coordinator who shall also be a member of the LOC and the Competition Committee.
- 8.3 Formal records of any meetings of the Safety Committee must be taken and kept.
- 8.4 The composition of the Safety Committee will be determined by the Competition Committee and may include the following:
- The Safety Officer (Chair).
 - The Security Officer.
 - Medical/First Aid Officer.
 - Work Health and Safety Advisor.
 - Infectious Disease (COVID) Adviser (or Marshall).
 - Chief Referee or Deputy Referee. The Referees sit on the LWSC only for the LWC events they are overseeing.
 - Power Craft Coordinator.
 - Safety and Emergency Management Officers.
 - Water Safety Coordinator.
 - LOC Representative for Pool and Ocean Venues (as appropriate).
 - Local Lifesaving/Lifeguarding Authority Representative (where appropriate).
 - Local Police/Emergency Service Organisations.

9. LWC VENUES

- 9.1 The Host shall provide to the ILS Sport Commission a declaration that the pool venue and the beach venue meet all ILS specifications.

- 9.2 The selected Beach and Pool venues for the LWC 2026 are:

Beach: King's Beach, see: https://www.nmbt.co.za/listing/kings_beach.html

Pool: Newton Park Pool, see:

https://artefacts.co.za/main/Buildings/bldgframes_mob.php?bldgid=10574

Note: Because the pool depth at an end of the LWC2026 pool does not meet ILS specifications, no new world record times will be recognised in Individual Obstacle or Obstacle Relay events at LWC2026.

- 9.3 The back up Beach and Pool venues for LWC2026 are:

Beach: Pollock, Hobie and Humewood beaches.

Pool: Gelvandale Swimming Pool

10. EQUIPMENT

- 10.1 The Host shall submit to the ILS Sport Commission a declaration that all provided equipment to be used in the LWC 2026 meets ILS specifications and standards.

- 10.2 The Host shall supply the equipment at least two days before the start of the competitions and during the complete duration of the competitions.

- 10.3 The Host will guarantee that the equipment meets the ILS approved specifications and is in excellent condition.

- 10.4 The Host will provide the following competition equipment:

- a) For the designated Training Pools

Obstacles.

Rescue tubes ¹.

Manikins ².

Throw lines.

- b) For the Pool Competitions

At least 18 obstacles.

At least 18 rescue tubes ¹.

At least 18 manikins ².

At least 10 throwing lines.

At least 32 stopwatches and clipboards.

All SERC equipment requested by the ILS EMC.

Automatic officiating equipment for timing, placing, and interfacing with the scoring system.

- c) For the Beach Competitions

At least 68 Batons for the Beach Relay and Beach Flags events.

- d) For the Ocean Competitions

At least 20 rescue tubes ¹.

At least 24 clipboards.

A pool of equipment of:

At least 6 ILS-Endorsed and fully equipped surfboats and related oars and sweep oars.

At least 8 ILS-endorsed and fully equipped and Inflatable Rescue Boats with engines with gear protection ³.

¹ The Rescue Tubes from Wetiz or any other rescue tube with the same specification and approved by the ILS Sport Commission.

² The Manikins from the Wetiz or any other manikin with the same specifications and approved by the ILS Sport Commission.

³ The LOC will provide fully equipped IRBs on a pooled basis for the IRB LWC. (See the ILS Competition Rulebook Section 7). The competition IRBs and associated equipment must be of the same design, make and model and in excellent working condition.

At least 24 surf skis

At least 24 paddles.

At least 24 racing boards.

Note: The LWC Organisers may also arrange for exclusive use hire skis, paddles and boards (for training and competition) and manikins and tubes (for training only). Any such arrangements shall be detailed on the LWC website at www.lifesaving2026.com.

e) For the Set-up, safety and judging

At least 6 fully equipped Inflatable Rescue Boats with engines or other suitable motorised surf break watercraft and safety equipment (also refer below) for the crew and officials.

10.5 The following equipment is considered to be personal equipment and will not be provided by the Host: swimwear, nose clips, ear plugs, goggles, caps, swimming fins, helmets, and personal life vests/jackets.

10.6 The Host shall separately publish/advise details of the equipment pool and under what terms and conditions such equipment is available for training and competition use by competitors. Refer <https://www.lwc2026.com> for details.

The LWC 2026 LOC has prepared this list of contents of the equipment pool with the brand or description and reference information available at the time of publication. The LOC reserves the right to substitute similar equipment and will provide updates as appropriate on the ILS website: See: www.ilsf.org.

Manikins: Wetiz branded manikins that comply with ILS specifications will be used
Website reference: <https://wetiz.eu/en/accessoires/1573-manikin-pool-lifesaving-official-competition.html>

Rescue tubes: Wetiz branded rescue tubes that comply with ILS specifications will be used.

Website reference: <https://wetiz.eu/en/professional-equipment/789-rescue-tube-lifesaving-wetiz.html>

Throw lines: Throw lines that comply with ILS specifications shall be used.

Website reference: <https://wetiz.eu/en/accessoires/89-line-throw-line.html>

Obstacles: In-house manufactured obstacles that comply with ILS specifications will be used. The construction is white pressure pipe with red/orange coloured cloth (mesh) inserts. The obstacles are suspended over the lanes ropes and are secured to form a straight line across the pool surface.

Batons: SLSA branded beach relay/flags batons that comply with ILS specifications will be used.

Website reference: <https://shop.sls.com.au/product/beach-flags-5-pack>

Surf skis: Carbonology, and Fenn and branded current model surf skis that comply with ILS specifications will be used. Different leg lengths/variable leg lengths will be available.

Website references: <https://www.carbonologysport.com/surf-x/>, and <https://www.fennkayaks.com/products/surfskis/single/fennix-ls/>

Surf ski paddles: Carbonology, and/or Fenn branded paddles with differing lengths and blade sizes to suit competitor requirements will be made available.

Website references: <https://www.carbonologysport.com/paddles/>, <https://www.fennkayaks.com/products/category/paddles/> and

Racing boards: Kracka and Wetiz branded racing paddle boards that comply with ILS specifications will be used. Different paddler weights will be available.

Website references: <https://www.krackasurfcraft.com.au/our-boards/>,
<https://raceone.com.au>, and <https://wetiz.eu/en/10-boards>

IRB hulls: N/A.

Website reference: N/A

IRB engines: N/A.⁴

Website reference: N/A

Surf Boat and Oars: Pooled Surf boats and oars of various brands.

11. MANIKIN HANDLING STAFF IN THE POOL

- 11.1 During pool competition the Host will provide a team of at least 12 poolside workers, the team consists of 10 good swimmers who all are uniformly dressed and have swimming fins and preferably swim vests, and two divers. The selected swimmers will bring the manikins, all in one line, to their starting position and position the manikins on the bottom of the pool as per the rules. At least 2 divers are also to be provided by the Host. The divers assist with the correct placement of the manikins, and correct misplacements, with one diver to be located on each side of the pool.

12. COMPETITION SAFETY AND SECURITY ⁵

- 12.1 The provision of a safe and secure LWC is essential. At the LWC, the Host is responsible for the provision of adequate resources to ensure the safety and security of those involved with the LWC competition.
- 12.2 The Host shall appoint a Safety Officer who is responsible for ensuring that all competition facilities and environments are safe for use, and that the appropriate safety plan, and infectious disease plan (where required), equipment, craft, procedures, and emergency personnel are in place to ensure the safety of competitors, officials, and spectators, etc. The Safety Officer is a member of the Competition Committee and is Chair of the LWC Safety Committee.
- 12.3 The Host shall appoint a Security Officer who shall be responsible for advising the LOC, Competition Committee and Safety Committee on all matters relating to competition and non-competition security. The Security Officer is also responsible for ensuring that an appropriate security plan, procedures and security and personnel are in place to secure all participants, spectators, equipment, and gear etc. at competition venues, facilities, and environments. The Security Officer is a member of the Competition Committee and the Safety Committee.
- 12.4 If required the Host will have an infectious disease (e.g., Covid-19) management plan in place to ensure that the event is run totally in accordance with any the restrictions and protocols that are in place to meet Government regulations that will be in place at the time of the event. Any plan developed plan will be monitored and adjusted as required as regulations change. Such plans will be communicated to all participating teams in advance of the LWC events. Online briefings will be arranged for team managers and Technical Officials, if required, prior to the commencement of LWC 2026.
- 12.5 The Host shall submit its safety and emergency plan, relocation contingency plan and its security plan to the ILS EMC no later than six months prior to the start of the LWC.
- 12.6 The safety and emergency plan and the relocation contingency plan shall be published on the LWC website at www.lifesaving2026.com at least 6 months prior to the start of LWC 2026.

⁴ A marine mechanic is to be on site during competition to ensure that the IRB Hulls and motors are in good working order for competition and safety purposes.

⁵ Refer to the current edition ILS Competition Rule Book for development and implementation of the Safety and Emergency Plan and the Relocation Contingency Plan for LWC.

Note: Subject to conditions, and unless otherwise authorised by the Competition Committee, no ocean water event shall commence prior to one (1) hour after first light or will conclude less than a minimum of ninety minutes before there is insufficient light to enable an effective search and rescue operation (SAR) to be undertaken in the event of a missing LWC participant.

- 12.7 No competition shall be conducted until the Competition Committee is satisfied that the competition facilities are safe and secure, and that the appropriate safety and emergency plan, security plan, equipment, procedures, and personnel are in place.
- 12.8 No ocean event shall be conducted until the Chief Referee has assessed the surf conditions and reported to the Competition Committee. Only the Competition Committee has the authority to cancel, reschedule, or relocate the Championships and/or an event.
- 12.9 The Chief Referee or the appointed coordinator of emergency services (as named in the safety and emergency plan) shall assume control of emergencies arising during competition.⁶

13. ANTI-DOPING AND DOPING CONTROL

13.1 ILS ANTI-DOPING STATEMENT

The ILS shares the World Anti-Doping Agency (WADA) vision of a world where athletes can participate in a doping-free sporting environment.

ILS has committed itself and its member federations/organisations to adhere to the WADA standards and seeks to provide a clean, safe, and fair sporting environment.

This includes all ILS LWC, The World Games, ILS regional championships, Sanctioned events and events conducted by ILS NLFOs.

To this end ILS provides comprehensive anti-doping information to its members via its website. ILS also has in place anti-doping rules that are consistent with WADA standards.

A key principle of WADA's World Anti-Doping Code International Standard for Education is that the first encounter with clean sport and anti-doping should be for athletes to be educated before being tested.

This principle is reflected in the ILS Anti-Doping Education Plan (note: this document is currently being updated) that applies from club to international level participants including athletes of all ages, coaches, managers, medical professionals, parents, carers and officials.

Please also note that education is the responsibility of ILS National Lifesaving Federations/Organisations (NLFOs) and that their NADA should be their point of contact for their Anti-Doping matters.

13.2 MANDATORY ANTI-DOPING EDUCATION REQUIREMENTS

As per the [ILS Anti-Doping Education Plan](#) athletes, coaches, managers and medical professionals from the top eight ranked Open, Youth and IRB National Teams from LWC2024 are required to complete WADA or WADA Approved National Anti-Doping Agency (NADA) Anti-Doping Education Learning (ADEL) prior to participation in LWC 2026. It is also recommended that members of all other National Teams undertake this training.

⁶ Accredited team medical staff have immediate and appropriate entry to ocean and beach event arenas, pool deck areas, first aid facilities and to treatment rooms, etc. to access an injured or ill athlete from their team. Accredited team medical staff are to be identified in the competition arena by appropriate badge, bib or clothing and should make themselves known beforehand to the Host safety teams.

The top eight ranked Open, Youth and IRB National Teams at LWC2024 were:

Placing	Open National Teams	Youth National Teams	IRB National Teams
1	Australia	Australia	New Zealand
2	New Zealand	New Zealand	Australia
3	France	France	Great Britain and Northern Ireland
4	Italy	Spain	Japan
5	Germany	South Africa	Belgium
6	Japan	Great Britain and Northern Ireland	Poland
7	Great Britain and Northern Ireland	Ireland	-
8	Spain	Japan	-

Note 1: ILS will require confirmation that approved Anti-Doping education has been completed and will advise details of what is required and the final date for submission to ILS.

Note 2: should any athlete, coach, manager, or medical professional fail to submit the required detail by the due date they may be ineligible to participate in the National Teams LWC 2026.

Note 3: ILS and National Lifesaving Federations/Organisations (NLFOs) will recognise and accept certifications from ILS participants completing education via other WADA recognised international federations.

ILS also recommends that all athletes, coaches, managers, medical professionals, parents and carers participating at LWC2026 also undertake anti-doping education relevant to their role at the Championships.

13.3 ANTI-DOPING CONTROL

The ILS has a policy of drug-free competition with possible drug testing at all ILS LWC, Refer to www.ilsf.org to view or download ILS Anti-Doping Rules.

A violation of the ILS Anti-Doping Rules leads to disqualification of an athlete's individual results including forfeiture of points, medals, and prizes in individual events. In a team event, if a member of a team violates the ILS Anti-Doping Rules, the entire team shall be disqualified from that event with the attendant loss of points, medals, and prizes.

Note: See Section 2 of the current edition ILS Competition Rule Book for more details.

The ILS recognises that the host country may have laws or legal requirements in addition to the ILS drug policy. Competitors must be informed of such requirements as part of registration procedures.

14. ELIGIBILITY RULES AND RIGHT TO COMPETE

14.1 GENERAL

- a) The National Teams LWC (Open, Youth and IRB) are open to competitors of Nations of an ILS Full Member National Lifesaving Federation/Organisation (NLFO). Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO), but only if the Full Member NLFO provides written approval to ILS.

- b) The Interclub Teams LWC (Open, Youth, Masters, IRB and Surfboat may also be entered by competitors of Associate and Corresponding NLFO, but only if the Full Member NLFO provides written approval to the ILS.
- c) The LWC are intended for bona fide members of their ILS NLFO and eligibility to compete is determined by each NLFO.
- d) The ILS considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competing in the LWC. ILS NLFO and Team officials are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour.
- e) A competitor is permitted to compete for a National Team from one country and for a Club Team from a different country or organisation at the same LWC year.
- f) A competitor must compete for only one nation in all National Teams LWC conducted in the same year.
- g) A competitor must compete for one club for the entire LWC, e.g., in the same LWC year a member is not permitted to compete for one club in the Masters LWC and for another club in the Open Interclub LWC.
- h) It is the responsibility of a NLFO to endorse their participants in LWC. If this endorsement is not provided upon request, the Competition Committee reserves the right to undertake any required measure to ensure the eligibility of competitors to participate.
- i) The ILS has age requirements to be eligible to compete in LWC. In this regard, the ILS follows the International Olympic Committee (IOC) guidelines for determining the age of competitors in LWC. In short, a competitor’s age is determined by how old he or she is as at December 31 of the year in which they are participating in the LWC. Particular age requirements are detailed in each of the LWC.
- j) Personal and other insurances are the responsibility of each person attending an ILS LWC irrespective of their capacity e.g., competitor, team official, technical official, handler, supporter, delegate, board member, commission member, spectator etc.

14.2 ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS OPEN AND YOUTH LWC

- a) The National Teams LWC are open to one Youth team and one Open team per nation.
- b) Each nation, as defined by the ILS, must have at least one current ILS Full Member to be eligible to enter a team.
- c) To be eligible to compete on a national team, competitors shall:
 - Be citizens, by birth or naturalisation, of the nation they represent and satisfy the IOC eligibility requirements to compete for that nation.
 - Be bona fide members in good standing of the ILS Full Member NLFO and eligible to compete as determined by the NLFO. Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO, but only if the Full Member NLFO provides written approval to ILS.
 - Have been members of their team’s NLFO for a continuous period of at least 90 days prior to the first day of the LWC – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before Monday, 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., The Masters LWC commences on Sunday, 29 November 2026).

Completed and submitted proof of anti-doping ILS education as detailed in this Handbook, the entry instructions, and as per the ILS Education Plan.

Note: This requirement also applies to national team coaches, managers and medical professionals.

Attained the required age in the year of the LWC:

Youth – be 15 to 18 years of age.

Open – be a minimum of 16 years of age.

Specifically, for the National Teams LWC 2026:

Youth	
Eligible	Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.
Not Eligible	Competitors who turn 14 or 19 in 2026 and those not endorsed by their NLFO to participate.

Open	
Eligible	Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Competitors who are younger than 15 or turn 15 in 2026 and those not endorsed by their NLFO to participate.

- d) A competitor who is a citizen of more than one nation must choose which one to represent in National Teams LWC. The competitor shall then fall under the exclusive jurisdiction of that nation's ILS NLFO.
- e) The ILS NLFO shall provide an endorsement declaring that their national team members are bona fide members, have completed, where applicable, the required WADA approved Anti-Doping education (refer point c), and provide proof of national team eligibility, i.e., copy of the passport or other citizenship document for each member of the national team.
- f) Composition of a team: A team consists of competitors and team officials:
Competitors: A team may consist of a minimum of one competitor and a maximum of six women and a maximum of six men competitors. It is not mandatory to have both men and women competitors in a team. Teams may not increase the number of men or women competitors beyond six.
Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits on the number of or gender requirements for Team Officials.
Note 1: Consideration should be given to the gender composition of competitors and when selecting Team Officials.
Note 2: Notwithstanding the number of team officials, a maximum of two medals for team officials are awarded to teams finishing first, second, and third in the overall point score.
- g) National Team competitors 16 to 18 years may enter either Open or Youth competition but not both. Fifteen-year-olds are not eligible for Open competition.

14.3 ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS IRB LWC

- a) The National Teams IRB LWC is open to one team per nation.
- b) Each nation, as defined by the ILS, must have at least one current ILS Full Member to be eligible to enter a team.

- c) To be eligible to compete on a national team, competitors shall:
- Be citizens, by birth or naturalisation, of the nation they represent.
 - Be bona fide members in good standing of the ILS Full Member NLFO and eligible to compete as determined by the NLFO. Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO, but only if the Full Member NLFO provides written approval to ILS.
 - Have been members of their team's NLFO for a continuous period of at least 90 days prior to the first day of the LWC – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before Monday, 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., The Masters LWC commences on Sunday, 29 November 2026).
 - Completed and submitted proof of anti-doping ILS education as detailed in this Handbook, the entry instructions, and as per the ILS Education Plan.
- Note: This requirement also applies to national team coaches, managers and medical professionals.
- Attained the required age in the year of the Championships:
- Drivers – be a minimum of 18 years of age.
 - Crew - be a minimum of 16 years of age.
 - Patients - be a minimum of 15 years of age.
- Drivers, Crew and Patients being certified by the NLFO as being competent to operate and/or participate (as appropriate) in IRB competition.

Specifically, for National Teams IRB LWC 2026:

Inflatable Rescue Boats (IRBs)	
Eligible	Drivers who turn 18 years of age on or before 31/12/2026. There is no maximum age. ⁷
Not Eligible	Drivers who turn 17 in 2026, those who are not certified by their NLFO to operate craft and unlicensed drivers.
Eligible	Crew who turn 16 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Crew who turn 15 in 2026 and those who are not certified by their NLFO to crew IRBs.
Eligible	Patients who turn 15 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Patients who turn 14 in 2026 and those who are not certified by their NLFO to be a patient in IRB competition.

- d) A competitor who is a citizen of more than one nation must choose which nation to represent. The competitor shall then fall under the exclusive jurisdiction of that nation's ILS NLFO.
- e) The ILS NLFO shall provide an endorsement declaring that their national team members are bona fide members, have completed, where applicable, the required WADA approved Anti-Doping education (refer point c), and provide proof of national team eligibility, i.e., copy of the passport or other citizenship document for each member of the national team.

⁷ The Host will advise teams if there are any particular Queensland, Australia licensing requirements to be obtained to operate IRBs and, if required, the arrangements for licensing. Refer also the LWC 2026 website at <https://www.lwc2026.com>.

- f) Composition of a team: A team consist of competitors and team officials:
- Competitors: A team may consist of a minimum of three competitors of the same gender and a maximum of five women and a maximum of five men. It is not mandatory to have both men and women competitors on a team. Teams may not increase the number of men or women competitors beyond five.
- Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits or gender requirements on the number of or gender requirements for Team Officials.
- Note 1:** Consideration should be given to the gender composition of competitors and when selecting Team Officials.
- Note 2:** Notwithstanding the number of team officials, a maximum of two medals for team officials are awarded to teams finishing first, second, and third in the overall point score.

14.4 ELIGIBILITY TO PARTICIPATE IN INTERCLUB OPEN AND YOUTH TEAMS LWC

- a) The Interclub LWC are open to one Youth team and one Open team per club ⁸ or lifesaving unit ⁹. All team members must be in good standing with a current ILS Full-Member.
- b) The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILS.
- c) To be eligible to compete in the Interclub LWC, competitors shall:
- Be bona fide members in good standing of an eligible current ILS Member and eligible to compete as determined by the NLFO.
- Have been members of their ILS NLFO for a continuous period of at least 90 days prior to the first day of the LWC – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before Monday, 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., The Masters LWC commences on Sunday, 29 November 2026).
- All be members of the same lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not a composite team from multiple clubs or units.
- Attain the required age in the year of the Championships:
- Youth – be 15 to 18 years of age.
- Open – be a minimum of 16 years of age.

Specifically, for the Interclub LWC 2026:

Youth	
Eligible	Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.
Not Eligible	Competitors who turn 14 or 19 in 2026 and those not endorsed by their NLFO to participate.

⁸ A club is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units). Such club having a constitution and having representation to a higher body.

⁹ A lifesaving unit is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

Open	
Eligible	Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Competitors who are younger than 15 or turn 15 in 2026 and those not endorsed by their NLFO to participate.

- d) For entry into the Interclub LWC, national lifesaving organisations shall provide an endorsement declaring that competitors meet the eligibility requirements listed above.
- e) International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region, and national organisation. Refer to the ILS Competition Rulebook for International club transfer rules and procedures.
- f) Composition of a team: A team consist of competitors and team officials:
 Competitors: A team may consist of a minimum of one competitor and a maximum of ten women and a maximum of ten men competitors. It is not mandatory to have both men and women competitors in a team. Teams may not increase the number of men or women competitors beyond ten.
 Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits or gender requirements on the number of or gender requirements for Team Officials.
Note 1: Consideration should be given to the gender composition of competitors and when selecting Team Officials.
Note 2: Notwithstanding the number of team officials, a maximum of two medals for team officials are awarded to teams finishing first, second, and third in the overall point score.
- g) Interclub competitors 16-18 years may enter team events in either or both Open and Youth competition and participate in both individual and team events. Regardless, team size for both Open and Youth Interclub teams remain at 10 men and 10 women maximum. No event will be delayed allowing participants to compete in both Interclub youth and open competitions.

14.5 ELIGIBILITY TO COMPETE IN INTERCLUB MASTERS LWC

- a) The Interclub LWC are open to club ¹⁰ or lifesaving unit ¹¹ Masters aged members. All team members must be in good standing with a current ILS Full Member.
- b) The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILS.
- c) To be eligible to compete in the Interclub Masters LWC, competitors shall:
 Be bona fide members in good standing of an eligible current ILS Member club and eligible to compete as determined by the NLFO.
 Have been members of their team's NLFO for a continuous period of at least 90 days prior to the first day of the LWC – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their

¹⁰ A club is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units). Such club having a constitution and having representation to a higher body.

¹¹ A lifesaving unit is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

NLFO on or before Monday, 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., The Masters LWC commences on Sunday, 29 November 2026).

All be members of the same lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not a composite team from multiple clubs or units.

Be a minimum of 30 years of age in the year of the LWC.

Note 1: Masters aged current or former serving defence personnel (e.g. Army, Navy, Air Force, Coast Guard etc.) and their Masters aged spouse and/or Masters aged children of a veteran as determined by their NLFO and endorsed by their NLFO as eligible to compete in the Masters LWC in the veterans sub-category as a single unit (club).

Note 2: Members of Veterans teams participate in the Masters LWC as a single units (clubs) as determined by their NLFO and are eligible for individual and team Masters medals and Masters placing points. There is no separate Veterans medals or point scores but the highest ranked Veterans team in the Masters Pool, Ocean, and Overall Point Score shall be recognised as the winning Veterans point score teams.

Specifically, for the Interclub Masters LWC 2026:

Masters	
Eligible	Competitors who turn 30 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Competitors who turn 29 or younger in 2026 and those not endorsed by their NLFO to participate.

- d) For Masters team events, in which the ages of the team members total a specified cumulative age, the cumulative age is determined by the age of the team members in the year of the LWC. For example, in a four-person team where the total age is to be a minimum of 140 years, team members may be 30 years, 35 years, 37 years and 38 years of age on or before 31 December 2026.
- e) Masters competitors may not compete in more than one age category in Masters competition.
- f) Masters competitors may participate in both individual events and team events. In team events, the team must not be made up of competitors from multiple clubs or multiple lifesaving units.
- g) Composition of a team: A team consist of competitors and team officials:
Competitors: A team may consist of a minimum of one competitor. There is no maximum. It is not mandatory to have both men and women competitors in a team.
Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits on the number of or gender requirements for Team Officials.
Note: Consideration should be given to the gender composition of competitors and when selecting Team Officials.
- h) Competitors entered as a club must be members of the same club or lifesaving unit.
- i) International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region and NLFO. Refer to the current edition ILS Competition Rule Book for International club transfer rules and procedures.

- j) For entry into the Interclub Masters LWC, NLFO shall provide an endorsement to the Host declaring that competitors meet the eligibility requirements listed above.
- k) Team events: Team events may only be entered by a club. Team members must represent the same club. In each team event, Masters competitors shall compete only in the age-group for which they are eligible. In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.
- l) Individual events: In individual events, Masters competitors must compete only in the age-group for which they are eligible.

14.6 ELIGIBILITY TO PARTICIPATE IN THE INTERCLUB IRB, SURF BOATS, AND BEACH RUN LWC

- a) The Interclub IRB, Surf Boat, and Beach Run Relay LWC are open to club ¹² or lifesaving unit ¹³ members. All team members must be in good standing with a current ILS Full Member, and as appropriate, hold the relevant specific qualifications/awards for the events to be contested.
- b) The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILS.
- c) To be eligible to compete in the Interclub IRB, Surf Boat, and Beach Run Beach Run Relay LWC, competitors shall:

Be bona fide members in good standing of an eligible current ILS Member club and eligible to compete as determined by the NLFO.

Have been members of their ILS NLFO for a continuous period of at least 90 days prior to the first day of the LWC – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before Monday, 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., The Masters LWC commences on Sunday, 29 November 2026).

All be members of the same lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not a composite team from multiple clubs or units.

Be a minimum of 15 years of age in the year of the LWC to compete in Surf Boat competition and in IRB events as a patient.

Be a minimum of 15 years of age in the year of the LWC to compete in Beach Run and Beach Run Relay.

IRB Drivers, Crew and Patients being certified by the NLFO as being competent to operate and/or participate (as appropriate) in IRB competition.

Surf boat sweeps being certified by the NLFO as being competent to participate in surf boat competition as a sweep (refer also S18.4 for use of “expert” sweeps).

Specifically, for the Interclub IRB, Surf Boat, and Beach Run Relay LWC 2026:

Open and Reserve Surf Boats	
Eligible	Competitors who turn 15 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Competitors who turn 14 in 2026 and those not endorsed by their NLFO to participate.

¹² A club is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units). Such club having a constitution and having representation to a higher body.

¹³ A lifesaving unit is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

23 Years Surf Boats	
Eligible	Competitors who turn 15, 16, 17, 18, 19, 20, 21, 22 or 23 years of age on or before 31/12/2026.
Not Eligible	Competitors who turn 14 or 24 in 2026 and those not endorsed by their NLFO to participate.

19 Years Surf Boats	
Eligible	Competitors who turn a minimum age of 15 years of age on or before 31/12/2026.
Not Eligible	Competitors who turn 14 or 20 in 2026 and those not endorsed by their NLFO to participate.

Masters Surf Boats	
Eligible	Competitors who turn 30 years of age on or before 31/12/2026. There is no maximum age. Sweeps do not need to be Master's competitors but they must be eligible to compete in Open Surf Boat competition.
Not Eligible	Competitors who turn 29 or younger in 2026 and those not endorsed by their NLFO to participate.

Inflatable Rescue Boats (IRBs)	
Eligible	Drivers who turn 18 years of age on or before 31/12/2026. There is no maximum age. ¹⁴
Not Eligible	Drivers who turn 17 in 2026, those who are not certified by their NLFO to operate craft, unlicensed drivers, and those not endorsed to participate by their NLFO.
Eligible	Crew who turn 16 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Crew who turn 15 in 2026 and those who are not certified by their NLFO to crew IRBs, and those not endorsed to participate by their NLFO.
Eligible	Patients who turn 15 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Patients who turn 14 in 2026 and those who are not certified by their NLFO to be a patient in IRB competition, and those not endorsed to participate by their NLFO.

Youth Beach Run and Beach Run Relay	
Eligible	Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.

¹⁴

The Host will advise teams if there are any particular Queensland, Australia licensing requirements to be obtained to operate IRBs and, if required, the arrangements for licensing. Refer also the LWC 2026 website at <https://www.lwc2026.com>.

Not Eligible	Competitors who turn 14 or 19 in 2026 and those who are not endorsed by their NLFO to participate.
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Open Beach Run and Beach Run Relay	
Eligible	Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
Not Eligible	Competitors who are younger than 15 or turn 15 2026 and those who are not endorsed by their NLFO to participate.
Note: Eligible competitors may enter both Youth and Open Beach Run and Relay competitions unless open and youth are conducted simultaneously. In such circumstances the competitor(s) must choose in which event they are participating.	

- a) Open LWC competitors are entered as members of a club, and, depending on the LWC entered, may participate in individual events and/or team events. Refer to specific events for any restriction on participation numbers.
- b) Composition of a team: A team consist of competitors and team officials:
Competitors: A team may consist of one or more competitors specified in the appropriate rule. It is not mandatory to have both men and women competitors in a team.
Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits on the number of or gender requirements for Team Officials.
Note: Consideration of the gender composition of competitors should be made when selecting Team Officials.
- c) International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region, and national organisation. Refer to the ILS Competition Rulebook for International club transfer rules and procedures.
- d) For entry into the Open LWC, national lifesaving organisations shall provide an endorsement declaring that competitors meet the eligibility requirements listed above.

15. ENTRY PROCEDURES

15.1 CHAMPIONSHIPS REGISTRATION

- a) All teams must register prior to the LWC 2026 in accordance with the procedures, fee structure and deadlines established by the ILS and the LOC. Entries close for all LWC 2026 on Friday, 30 October 2026 which is one month prior to the commencement of the first championships i.e., Sunday, 29 November 2026 – refer www.lifesaving2026.com.
- b) ILS maintains a database of the names of all competitors registered for all LWC.
- c) New team registrations received on or after Friday, 30 October 2026 shall only be considered in exceptional circumstances by the LOC in conjunction with the ILS EMC through the ILS Event Director.

15.2 POOL LIFESAVING EVENTS ENTRY GUIDE TIMES

- a) The ILS Sport Commission have established entry guide times (Qualifying Times) for Youth, Open and Masters competitors in individual pool events in the National Teams, Interclub and Masters Interclub LWC 2026. There are no Entry Guide Times for Team and Relay pool events.

- b) Entry Guide times assist organisers with presentation and timetabling of LWC.
- c) Entry Guide times for LWC 2026 shall be based on the relevant world record times for individual events as at the conclusion of LWC 2022 plus 50%. The times are detailed in Section 25 of this document. The Entry Guide times may also be published with event entry registration information.

15.3 ENTRY TIMES

Seeding shall be used for the Open and Youth National Teams, Open and Youth Interclub Teams, and Masters LWCs. For pool events, competitors' times at competitions within the period beginning with the first day of the last LWC to the entry deadline for the forthcoming LWC, shall be submitted on the entry forms.

Times are required to enter for both individual and team events. Competitors and teams shall be ranked according to their entry times.

An entry time may be updated on the entry system up until 48 hours prior to the commencement of the first day of the LWC being entered.

Note 1: The Entry System will not allow an entry to be completed without an entry time being submitted or if the entry time is slower than the Entry Guide Time. Further, Team Managers are requested not to enter an athlete if they cannot achieve the Entry Guide time.

Note 2: Any entry times submitted that are faster than the ILS World Record as at the close of normal entries shall not be accepted and the competitor or team will not be placed in a seeded heat.

Note 3: For seeding information see the current edition ILS Competition Rule Book Sections 3 and 4.

15.4 ENTRY FEES

The ILS Board of Directors shall approve LWC entry fees, and any conditions attached to entry, and other fees including changes to team, entries and events proposed by the LOC. Entry fees must be paid with the registration.

15.5 CHANGES IN TEAM PERSONNEL COMPOSITION AND SIZE

Team changes in Open and Youth National and Interclub Teams, IRB National and Interclub Teams, Surf Boats, and the Interclub Masters LWC shall follow the following procedures:

- a) Only the team manager may advise a change of team personnel composition or size to the LWC organisers up to 48 hours prior to the team's first entry into a point score event. The only exception to this is if an independent medical certificate is produced or in the case of genuine hardship (as agreed by the Competition Committee). In such instances a change shall be accepted up to 2 hours prior to the team's first entry into a competition event.

Note 1: After the commencement of a LWC, competitors who subsequently withdraw due to injury or other reason may not be replaced by a non-registered competitor.

Note 2: For Surf Boats Refer to Section 6 of the ILS Competition Rule Book.

- b) The team manager shall notify the LWC organisers of the change in team composition using Liveheats (a digital event management system) provided by the organiser for LWC 2026 detailing:

Name of the member(s) to be withdrawn.

Name(s) and surname(s) of the competitor(s) being added.

- c) Notification must be accompanied by documentation from the team's national organisation which provides endorsement declaring that the replacement team member meets the eligibility criteria and is a bona fide member.

- d) Any applicable team composition change fee, as detailed in registration system, and below for individual and team event substitutions, must also accompany the amended entry.
- e) If team member numbers increase, all appropriate entry fees (including applicable late entry fees) must accompany the amended entry.
- f) In addition, the new competitor(s) or team management shall complete any registration documentation that the organisers may require. New competitors and team management are responsible for acquainting themselves with matters that may have previously been dealt with at team briefings, etc.

15.6 SUBSTITUTIONS IN INDIVIDUAL EVENTS

- a) Only the team manager may substitute individual team members in individual events with another member from the same team. Team managers must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first. All changes must be made using Liveheats.
- b) Competitors who have been replaced in an event may not be re-substituted into that same event, but they may contest other events in the competition.
- c) Substitutions are not permitted after the first round of an individual event has been conducted.

Note 1: An event is a series of races with the same prescribed set of rules and conditions. Lifesaving Sport events include the Obstacle Swim, Line Throw, SERC, Surf Swim, Oceanman and Oceanwoman, and Beach Flags.

Note 2: A race is a single contest of speed within an event in which the winner is determined by time or place. For example, a single heat is a race, the A-final is a race.

Note 3: An administrative fee per competitor per event may be charged where a competitor is substituted or withdrawn from an individual event, depending on the time-period when the change is notified. See below.

15.7 SUBSTITUTIONS IN TEAM EVENTS

- a) Only the team manager may substitute individual team members in a team event with other members of the same national team or club. Team managers must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds. All changes must be made using Liveheats.
- b) Substitutions are permitted in any round of team events.

Note 1: An event is a series of races with the same prescribed set of rules and conditions. Lifesaving Sport events include the Obstacle Swim, Line Throw, SERC, Surf Swim, Oceanman and Oceanwoman, and Beach Flags.

Note 2: A race is a single contest of speed within an event in which the winner is determined by time or place. For example, a single heat is a race, the A-final is a race.

Note 3: An administrative fee per competitor per event may be charged where a competitor is substituted or withdrawn from the team, depending on the time period when the change is notified. See below.

Note 4: There is no requirement for team members to start in their entered order in team events. However, where practicable teams should advise organisers of their intended order.

Note 5: Substitutions are permitted in Surf Boat events – refer to Section 6 of the ILS Competition Rule Book.

15.8 SUBSTITUTIONS AND WITHDRAWALS FROM EVENTS AND COMPETITOR OR TEAM NO-START IN EVENTS

- a) Any changes to team member composition and substitution of competitors in individual or team events at LWCs that are requested by team managers will be actioned. The ability to make changes rests solely with the team manager using Liveheats. Unless the change requires the intervention of the Event Administrators for LWC 2026 to complete, and because the team manager will make the changes themselves, no administrative fees for making such changes at LWC 2026 are foreseen.
- b) If a team manager knows that a competitor team for their club will not start in an event, or in the next round of an event, they should make the appropriate amendment to withdraw them using Liveheats at the earliest opportunity to assist with the smooth running of the Championships.

16. TEAM UNIFORMS AND EQUIPMENT

16.1 TEAM UNIFORM

- a) Each team shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

Note 1: At official ceremonies, the expectation is that teams shall wear their team blazers and/or wear their team tracksuit, and/or t-shirt and shorts depending on team outfitting, the occasion, and the weather etc.

Note 2: For Medal Presentations at the pool the expectation is that place getters shall wear their team tracksuit, and/or t-shirt and shorts. At the Ocean, the expectation is that team members shall wear their costumes, competition vest and cap or team tracksuit, and/or t-shirt and shorts.

- b) All competitors' uniforms must be in accordance with standards approved by ILS. The Chief Referee has the authority to exclude any competitor whose uniform or swimwear is not in accordance with ILS standards or the commercial identification policy.
- c) Commercial identification on uniforms, competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy (see below).
- d) No club, competitor or handler may have any signage, logos or corporate identification on clothing, competition apparel, gear, equipment or on the person in the competition arena that the Chief Referee deems to be objectionable.
- e) Refusal to comply with any of the above renders the clothing, competition apparel, or equipment ineligible for the competition, and the competitor (and/or team) ineligible for further participation in the championships.
- f) If such breaches are found after the event or in post-race scrutineering, the competitor (and/or team) will forfeit titles and awards.

16.2 COMMERCIAL IDENTIFICATION POLICY

- a) The Competition Committee reserves the right to order the removal or coverage of commercial identification in conflict with official LWC sponsors. This includes body tattoos or body paint.
- b) Notwithstanding the foregoing, official sponsors of clubs and teams may retain their identification on competition apparel and equipment irrespective of

commercial conflict, but must not display other signs, banners, flags, or other identification within close proximity to the competition arena.

- c) Competitors in all craft event heats, semi-finals, and finals may be required to carry championships sponsor signage affixed on craft or equipment provided. Team and individual sponsor signage on craft and equipment will not be covered unless it is unavoidable when fitting the championships sponsor signage.
- d) All individual competitors in LWC events may be asked to wear naming-rights sponsor's vests for televised heats, semi-finals, and finals. If the naming-rights sponsor conflicts with an existing team or individual sponsor or cultural or religious principles, unbranded vests may be worn.

Note: Notwithstanding the above, otherwise specified it is a condition of entry to the LWC 2026 that all competitors and handlers must wear the vests supplied by the LOC in all Ocean competition.

- e) Body tattoos, body paint: Sponsors may be shown once only on the body and may not exceed 150 mm by 50 mm in size.
- f) Television/video interviews may be undertaken in the competition arena with competitors. Competitors interviewed may be asked to wear championships sponsor apparel. Personal sponsor apparel (e.g., caps) must not be worn during interviews or at presentations without prior permission of the EMC.
- g) Presentation: At the conclusion of the events, place winners may be offered items of apparel identified with LWC sponsors. Competitors will be asked to wear such items during the presentation. If the sponsor conflicts with an existing team or individual sponsor or cultural or religious principles, unbranded vests may be worn.

Note: Every co-operation is requested in this regard; the support of sponsors helps to curtail significant expenses that would otherwise be passed onto competition participants.

The table below outlines the size and frequency of an Identification of the Manufacturer. With the Identification, ILS means the normal display of the name, designation, trademark, or logo or any other distinctive sign of the manufacturer of an Item (excluding encrypted or encoded supports, such as barcodes or QR codes, as well as URLs, social media accounts and hashtags).

NAME	DEFINITION
Arm Bands	One Identification of the Manufacturer per item, with a maximum size of 6 cm ² per armband.
Bag	One Identification of the Manufacturer per item, not greater than 10% of the surface area of the item, to a maximum size of 60 cm ² .
Body	No Manufacturer identification may appear on the neck or the collar or on the body (e.g., tattoo) of any person participating at the World Championships.
Clothing	With clothing ILS means any piece of attire (including, without limitation, competition clothing as prescribed within the rules of each sport) worn by a competitor or team official, excluding accessories and Footwear. The size of an Identification of the Manufacturer shall not exceed 30 cm ² for Clothing. One additional identification, strictly limited to Product Technology Identifications, shall be permitted per clothing item, and shall not exceed 10 cm ² . Where one-piece body suits are used in competition, such Identifications shall be permitted once above and once below the waist, provided all other principles are respected.

NAME	DEFINITION
Eyewear	Eyewear and goggles may carry the Identification of the Manufacturer as generally used on products sold.
Footwear	With footwear ILS means shoes or boots worn by a competitor or team manager. One Identification of the Manufacturer per item, with a maximum size of 10 cm ² per item/shoe.
Gloves	One Identification of the Manufacturer per item, with a maximum size of 8 cm ² per glove.
Headgear	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² .
Helmets	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² .
Miscellaneous	The following Items may not feature any Identification of the Manufacturer except the one that was on the item when purchased: headphones, water bottles, umbrellas, towels, bandages, contact lenses, earplugs, mouth guards and nose clips.
Other items/Accessories	For any accessories not listed above, the size of the Identification of the One Identification of the Manufacturer per item, with a maximum size of 6cm ² .
Scarves	One Identification of the Manufacturer per item, with a maximum size of 6 cm ² per scarf.
Socks	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² per sock.
Sports Equipment	With Sport Equipment we mean any sport-specific and necessary equipment used during sports competition (such as rescue tubes, fins, boards, helmets, skis, paddles, IRB, Surfboats, etc.). For any sport equipment the Identification of the Manufacturer will be not greater than 10% of the surface area of the item, to a maximum size of 60 cm ² .
Swimming Caps	One Identification of the Manufacturer per item, with a maximum size of 10 cm ² .

16.3 COMPETITION ATTIRE

- a) The specifications and requirements for the following are detailed in Sections 2 and 8 of the current edition ILS Competition Rule Book:

Swimwear.
Swim caps and helmets.
Vests.
Lifejackets, personal flotation devices.
Eyewear.
Footwear.

16.4 STANDARDISED COMPETITION EQUIPMENT

- a) Competitors must use the following equipment provided by the LOC:

Batons for Beach Relay and Beach Flags events.
Rescue manikins for pool events.
Rescue tubes for pool and ocean events.
Throw lines for pool events.
Obstacles for pool events.

Fully Equipped IRBs (except for lifejackets and helmets that will not be provided).
Surf Boats and Oars (except helmets that will not be provided).

In addition, the LOC shall provide a competition equipment pool for optional use by competitors (See above)

Surf skis and ski paddles.

Boards.

- b) A person appointed by the ILS EMC shall approve the supplier of the equipment provided by the LOC (that must produce equipment and craft that meets ILS specifications). All LOC supplied equipment must be scrutinised by an appointed ILS Technical Official prior to the commencement of the LWCs. An official decal or stamp shall be placed on the equipment to signify that the provided equipment complies with the ILS specification and is in safe repair.
- c) Competitors may use their own swim fins, boards, surf skis, and paddles.
- d) All competitor provided equipment used in National Teams Youth and Open LWCs must be scrutinised prior to use in competition to ensure compliance with current ILS specifications (refer to the current edition ILS Competition Rule Book) and is in safe repair. An official decal or stamp shall be placed on the equipment to signify that competitor provided equipment complies with specification. Should any equipment be found not to carry the decal or stamp in the competition marshalling area the equipment should not be used in National Teams competition.

There is no compulsory scrutineering of competitor provided equipment used in Interclub Youth and Open LWCs, the Interclub Masters LWC, and the Surfboat LWC. However, voluntary scrutineering will be available upon request.

Life jackets and/or helmets used in IRB and Surfboat LWCs will be subject to random scrutineering during marshalling of events.

Note: In addition, all equipment used in all ILS LWC is subject to random scrutineering for compliance and safety irrespective of whether it is pooled, or competitor supplied or has been previously scrutineered.

17. PROTESTS, APPEALS, CODES OF BEHAVIOUR AND DISCIPLINE

17.1 PROTESTS AND APPEALS

- a) The Competition Committee reserves the right, at its absolute discretion, to delete, alter or otherwise vary any rule, competition criteria, timetable, or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice of any such deletion, alteration, variation, or change. Protests resulting from such Competition Committee decisions are not permitted and will not be entertained.
- b) Where permitted a competitor or team manager may protest to a referee in accordance with the terms of the current edition ILS Competition Rule Book and may subsequently dispute a referee's decision. The processes for Protest and Appeals are prescribed in the current edition ILS Competition Rule Book.
- c) The fee for an Appeal in any LWC event at the LWC 2026 shall be Rand 2,000 for an individual event and Rand 3,000 for a team event. Appeals Fees are to be paid in cash. A receipt will be provided.

17.2 CODE OF CONDUCT AND DISCIPLINE

- a) ILS expects and requires of its competitors, officials, and members generally the highest standards of conduct and behaviour.
- b) ILS LWC are high profile public events. ILS expects all competitors, officials, members, and attendees to co-operate to ensure a positive public image.

Behaviour likely to cause embarrassment or damage to the image of ILS or LWC competition or the LOC will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

Note: Refer to the current edition ILS Competition Rule Book for the code conduct, the fair play code, misconduct and discipline expectations and processes.

18 PROGRAMME OF EVENTS

- a) For ILS LWC, the programme of events shall be established by the ILS Sport Commission.
- b) For the LWC 2026, the ILS Sport Commission will be conducting the following ILS Championships:
 - National Teams Open Lifesaving World Championships (NT-O).
 - National Teams Youth Lifesaving World Championships (NT-Y).
 - National Teams Inflatable Rescue Boat Lifesaving World Championships (NT-IRB).
 - Interclub Teams Open Lifesaving World Championships (IC-O).
 - Interclub Teams Youth Lifesaving World Championships (IC-Y).
 - Interclub Teams Inflatable Rescue Boat Lifesaving World Championships (IC-IRB).
 - Interclub Masters Lifesaving World Championships (IC-M).
 - Interclub Open Surf Boat Lifesaving World Championships (IC-SBO).
 - Interclub Masters Surf Boats Lifesaving World Championships (IC-SBM).
 - Interclub Beach Run Lifesaving World Championships (IC-BR).

18.1 OPEN AND YOUTH NATIONAL TEAMS AND INTERCLUB TEAMS LWC

- a) The Open and Youth competition shall be conducted in men's and women's categories in the events listed below:

Pool Events	National Teams Open and Youth Maximum entries per team	Interclub Teams Open and Youth Maximum entries per club
200m Obstacle Swim	2 competitors	4 competitors
50 m Manikin Carry	2 competitors	4 competitors
100 m Rescue Medley	2 competitors	4 competitors
100 m Manikin Carry with Fins	2 competitors	4 competitors
100 m Manikin Tow with Fins	2 competitors	4 competitors
200 m Super Lifesaver	2 competitors	4 competitors
Line Throw	1 team	1 team
4 x 25 m Manikin Relay	1 team	1 team
4 x 50 m Obstacle Relay	1 team	1 team
4 x 50 m Medley Relay	1 team	1 team
4 x 50 m Mixed Pool Lifesaver Relay	1 team	1 team

Note 1: Each team in the 4 x 50 m Mixed Pool Lifesaver Relay Each is permitted to select the leg of the race in which their two men and two women are to participate.

Note 2: Because the pool depth at an end of the LWC2026 pool does not meet ILS specifications, no new world record times will be recognised in the Individual Obstacle or Obstacle Relay events at LWC2026.

Ocean Events	National Teams Open and Youth Maximum entries per team	Interclub Teams Open and Youth Maximum entries per club
Surf Race	2 competitors	4 competitors
Beach Flags	2 competitors	4 competitors
Beach Sprint	2 competitors	4 competitors
Surf Ski Race	2 competitors	4 competitors
Board Race	2 competitors	4 competitors
Oceanman/Ocean-woman (see Note)	2 competitors	4 competitors
Rescue Tube Rescue	1 team	1 team
Beach Relay	1 team	1 team
Board Rescue	1 team	1 team
Oceanman/Ocean-woman Relay	1 team	1 team
Mixed Ocean M Lifesaver Relay	1 team	1 team

Note: Surf and beach conditions permitting, and unless otherwise advised, the format for the conduct of the Open and Youth National Teams and Interclub LWC2026 individual Oceanman and Oceanwoman and the Mixed Ocean M LifeSaver Relay events shall be:

All qualifying rounds will be conducted over “traditional” water courses with the on-beach Ocean M set up utilising a “round robin” format to determine the finalists:

- There will be two rounds of the National Teams events.
- There will be a minimum of two and up to three rounds of the Interclub events (dependent on entry numbers).
- The discipline order for the qualifying rounds shall be swim, board, and then ski. For the Lifesaver Relay the runner shall complete the runs between the swim and board legs and for the finish of the event.

The pointscore to determine the finalists shall be as follows:

Qualifiers to the finals shall be determined based on total points gained in the rounds of the round robin. The points available in each of the rounds of the round robin are as follows:

1 st place:	24 points
2 nd place:	23 points
3 rd place:	22 points
4 th place:	21 points, and so on to
23 rd place:	2 points
24 th place:	1 point
Did Not Finish (DNF):	0 points
Did Not Start (DNS):	0 points
Disqualification (DQ):	0 points

In the event of a dead heat in an individual round of the round robin, equal points shall be allocated for the placing achieved. For example, if two competitors/teams finish equal first in a race, they shall be awarded 24 points each, with the competitor/team finishing third being awarded 22 points.

At the conclusion of the round robin racing the competitors/teams with the 16 highest aggregate points shall progress to the final.

Should competitors/teams be on equal points the highest comparative placing achieved by a competitor/team in any of the rounds shall determine who progresses to the final. If the highest comparative placings are the same the second highest placings will be compared and so on to determine who progresses to the final.

Should the competitors/teams still be equal after all comparisons, then an elimination repêchage round may be required between the competitors/teams to determine the top 16 qualifiers to the final.

Note 1: The LWC Event Management Committee may, at its absolute discretion, permit up to 18 competitors to qualify for the final to negate the need for a repêchage round.

Note 2: Should a competitor/team be disqualified in a round for a participation error they may be permitted to participate in subsequent round of the event. However, if they are disqualified for a serious discipline offence (e.g., competing unfairly, abuse/inappropriate behaviour or a code of conduct breach), they lose all standing and cannot continue in the event. Other penalties may also apply.

Unless otherwise advised all finals will be conducted on the full Ocean M Course over three elimination rounds as follows:

- Round One: 16 competitors/teams
- Round Two: 10 competitors/teams
- Round Three: 6 competitors/teams

The discipline order for the finals of the individual Oceanman and Oceanwoman and the Mixed Ocean M LifeSaver Relay events shall be as detailed in the Ocean M Eliminator rules.

Note: The event presentation for Youth and Open National Teams and Interclub Ocean M and Mixed Ocean M LifeSaver Relay events shall be as detailed in Section 4 of the ILS Competition Rulebook. This includes the discretion for a “competitor only” environment during the conduct of a race i.e. all handlers and officials are either off beach or out of sight as directed by the Chief Referee.

Please also note that this requirement may also be extended to other events.

SERC Event	National Teams Open and Youth Maximum entries per team	Interclub Teams Open and Youth Maximum entries per club
Simulated Emergency Response Competition	1 team	1 team

Simulated Emergency Response Competition: The SERC shall be conducted without separate men’s and women’s categories. Teams may consist of any combination of men and women.

18.2 NATIONAL TEAMS OPEN INFLATABLE (IRB) LWC

- a) The National Teams LWC IRB events are conducted in both open men’s and women’s categories. IRB competitors may compete in the events listed below:

IRB Events	National Teams Maximum Entries per Nation
Men’s IRB Rescue	1 team
Women’s IRB Rescue	1 team
Men’s IRB Mass Rescue	1 team
Women’s IRB Mass Rescue	1 team
Men’s IRB Rescue Tube	1 team
Women’s IRB Rescue Tube	1 team
Mixed IRB Teams Rescue	1 team

Note 1: All men’s events must consist of men drivers, crew persons and patients. All women’s events must consist of women drivers, crew persons and patients.

Note 2: Each team competing in the Mixed IRB Teams Rescue event must consist of one men’s crew and one women’s crew. Teams may select the gender order in which their men and women crews participate.

- b) IRB events do not contribute to the medal score in National Teams LWC but has its own overall point score trophy.
- c) For event descriptions, see Section 7 of the ILS Competition Rulebook.

18.3 INTERCLUB MASTERS LWC

Pool Events

- a) For LWC 2026, the following pool events shall be conducted in both men’s and women’s categories. For event descriptions, see Section 3 of the current edition ILS Competition Rule Book. There is no limit on the number of entries per club in all age groups of the Interclub Masters pool events.

- If two or more heats: the fastest competitors shall be seeded in the last heat (as set out in “Assignment of Lanes” Section 3.4.3 of the current edition ILS Competition Rule Book), the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

[illegible]

Masters Ocean Events	Masters Age Groups									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75 +
Oceanman/ Oceanwoman (See Notes)	X	X	X	X	X	X	X	X	X	

Note 1: The Masters Oceanman and Oceanwoman events shall be conducted over the traditional course.

Note 2: Competitors older than 75 may compete in the 70 plus Oceanman and Oceanwoman events.

Masters Team Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Board Rescue	X	X	X	X	X	X	X	X	X	X

Total-Age Team Events	Ages total 90-109	Ages total 110-129	Ages total 130-149	Ages total 150-169	Ages total 170+
Surf Teams Race (3 competitors per team)	X	X	X	X	X
Surf Ski Relay (3 competitors per team)	X	X	X	X	X
Beach Relay (3 competitors per team)	X	X	X	X	X
Board Relay (3 competitors per team)	X	X	X	X	X
Oceanman/Oceanwoman Relay (3 competitors per team)	X	X	X	X	X

18.4 INTERCLUB OPEN AND MASTERS SURF BOAT LWC

- Surf Boat LWC competition is conducted in both men's and women's categories in the Open and Masters categories. There is no restriction on the number of club entries in each division of the Open or Masters Surf Boat LWC.
- With the approval of the ILS Management Committee, proficient sweeps who are non-team members may act as sweeps for clubs from NLFOs who are developing surf boat racing, provided the sweeps are a member of a current ILS Full Member NLFO who have a history of conducting surf boat events, are endorsed by the NLFO to sweep surf boats, and are registered to participate at the championships in some capacity.
- The surf boat competition does not contribute to the point score in National Teams or Interclub LWC.
- The Open Surf Boat LWC 2026 shall be conducted in the following categories:

Surf Boat Events	Interclub Crews Maximum Entries per Club
Men's Open Surf Boat	Unlimited

Surf Boat Events	Interclub Crews Maximum Entries per Club
Women's Open Surf Boat	Unlimited
Men's 23 Years Surf Boat	Unlimited
Women's 23 Years Surf Boat	Unlimited
Men's 19 Years Surf Boat	Unlimited
Women's 19 Years Surf Boat	Unlimited

Note 1: Competitors in the Open Surf Boat LWC 2026 must comply with the age restrictions outlined in section 13.6.

Note 2: No crew or individual may compete in both Open and Reserve Grade categories.

Note 3: 19 Years or 23 Years crews or individuals may compete in their age category and either Open or Reserve Grade but not both.

Note 4: Sweeps may participate in any category as a sweep including Men's and Women's categories irrespective of their gender and age. However, sweeps may only compete in a category once, irrespective of whether they are sweeping or rowing.

- e) The Masters Surf Boat LWC 2026 shall be conducted in men's and women's categories in the following age groups:

Surf Boat Events	Masters Crews Maximum Entries per Club
Men's 120 Years Plus Surf Boat	Unlimited
Women's 120 Years Plus Surf Boat	Unlimited
Men's 140 Years Plus Surf Boat	Unlimited
Women's 140 Years Plus Surf Boat	Unlimited
Men's 160 Years Surf Plus Boat	Unlimited
Women's 160 Years Plus Surf Boat	Unlimited
Men's 180 Years Plus Surf Boat	Unlimited
Women's 180 Years Plus Surf Boat	Unlimited
Men's 200 Years Surf Plus Boat	Unlimited
Women's 200 Years Plus Surf Boat	Unlimited
Men's 220 Years Plus Surf Boat	Unlimited
Women's 220 Years Plus Surf Boat	Unlimited
Men's 240 Years Surf Plus Boat	Unlimited
Women's 240 Years Plus Surf Boat	Unlimited
Men's 260 Years Plus Boat	Unlimited
Women's 260 Years Plus Surf Boat	Unlimited

- f) The age group is calculated using the total of the ages of the four rowers in the crew and does not include the sweep.
- g) A Masters competitor may only compete in one Masters age group as a rower but may also participate in multiple age groups as a sweep.

- h) The sweep need not be a Masters competitor but must be proficient as a sweep. A woman could act as sweep with a man crew and vice versa.
- i) Substitutions are permitted in Surf Boat events, see Section 6 of the ILS Competition Rule Book.
- j) For event description, see Section 6 of the ILS Competition Rulebook.

18.5 INTERCLUB OPEN INFLATABLE (IRB) LWC

- a) The Interclub LWC IRB events are conducted in both open men's and open women's categories. IRB teams/competitors may compete in the events listed below:

IRB Events	Interclub Teams Maximum Entries per Club
Men's IRB Rescue	Unlimited
Women's IRB Rescue	Unlimited
Men's IRB Mass Rescue	Unlimited
Women's IRB Mass Rescue	Unlimited
Men's IRB Rescue Tube	Unlimited
Women's IRB Rescue Tube	Unlimited
Men's IRB Teams Rescue	Unlimited
Women's IRB Teams Rescue	Unlimited

Note: In Interclub IRB LWC patients are regarded as gender neutral and may compete in men's and/or women's events.

- b) IRB events do not contribute to the point score in the Interclub LWC but has its own point score trophy.
- c) For event description, see Section 7 of the ILS Competition Rulebook.

18.6 INTERCLUB OPEN AND YOUTH BEACH RUN LWC

- a) There is no restriction on the number of club entries in the Interclub Beach Run LWC.
- b) The 2 km Beach Run and 3 x 1 km Beach Run Relay Interclub LWC 2020 shall be conducted in men's and women's categories in both Open and Youth competition as follows:

Beach Run Events	Interclub Teams Maximum Entries per Club
Men's Open 2km Beach Run	Unlimited
Women's Open 2km Beach Run	Unlimited
Men's Youth 2km Beach Run	Unlimited
Women's Youth 2km Beach Run	Unlimited
Men's Open 3x1km Beach Run Relay	Unlimited
Women's Open 3x1km Beach Run Relay	Unlimited
Men's Youth 3x1km Beach Run Relay	Unlimited
Women's Youth 3x1km Beach Run Relay	Unlimited

- c) For event description, see Section 4 of the ILS Competition Rulebook.

18.7 MINIMUM NUMBER OF COMPETITORS TO CONSTITUTE A LWC EVENT

An event will be contested with at least one entry. The Chief Referee will determine how best to facilitate this (e.g., races with combined genders, age-groups). Medals will be awarded according to competitors' placing in their age group and gender.

19. SCORING

19.1 FINALS AND SCORING IN LIFESAVING WORLD CHAMPIONSHIPS

- a) For point score purposes finals are required to be conducted in the National Teams, and Interclub Pool and Ocean Events, the National Teams and InterClub IRB LWC and the Interclub IRB LWC. Finals will also be required for the Masters Interclub Ocean Events (but not pool rescue events).

In LWC National Teams, Interclub and Masters LWC Ocean events: The highest placed competitors/teams based on heat placing results are assigned positions in events with a final of 16 competitors or more dependent on the event (e.g. the recommended number of starters in a Surf Race Final is up to 32 competitors whereas the Oceanman/woman and craft events the number is 16), or in an A and B final of eight competitors each (i.e. Beach Sprint and Relays, Rescue Tube Rescue, Board Rescue, IRB events).

Note: Should there be less than 16 teams participate or qualify for 8 person/team finals, the A final in all LWCs shall consist of the maximum of eight competitors/teams and the B final shall consist of the remaining competitors/teams.

In National Teams, Interclub and Masters LWC Ocean events: The highest placed 16 competitors based on heats are assigned positions in a final of 16 competitors, or in an A and B final of eight competitors each.

In National Teams and Interclub LWC Pool events: The fastest 16 competitors based on heats are assigned positions in an A and B final of 8 competitors each.

Note: Should there be less than 16 teams participate or qualify for 8 person/team finals the A final in all LWCs shall consist of the maximum of eight competitors/teams and the B final shall consist of the remaining competitors/teams.

In Masters LWC Pool events: All Pool events are timed finals. The highest placed 16 competitors in each event shall be awarded placing points based on the times recorded.

Note: Masters aged Armed Forces Veterans members and their spouses and children may participate in the Masters LWC as a "club" and are eligible for individual and team Masters medals and Masters placing points (refers also to the Veterans' Team point score).

- b) Winners of A finals shall be declared Lifesaving World Champions irrespective of whether a time recorded in the B final is faster than that recorded in an A final.
- c) In the Interclub Masters LWC, finals shall not be conducted for pool events. All pool events shall be conducted as timed finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time. Competitors shall be seeded according to their submitted times with the time-finals swum slowest to fastest.
- e) For the Interclub Surf Boat, and Beach Run LWC there is no point score. Only A finals are required to determine winners and place getters in these LWC.

- f) Teams competing in National Teams Open and Youth LWC, Interclub Open and Youth LWC, National Teams IRB and Interclub IRB LWC, and Masters LWC shall be allocated the following points based on team member placing in finals:

Place	Points		Place	Points
1 st	20		9 th	8
2 nd	18		10 th	7
3 rd	16		11 th	6
4 th	14		12 th	5
5 th	13		13 th	4
6 th	12		14 th	3
7 th	11		15 th	2
8 th	10		16 th	1

Note: The National Teams Open and Youth LWC are separate championships with separate point scores for both.

In determining the point score ranking please note:

There shall be no point score blocking. All competitors are eligible to earn points for their team.

In finals, if two teams tie for first, each receives first-place points (20). The next placed team is awarded third place and receives 16 points, and so on.

Ties in this team ranking point scores shall be broken using the following system:

Most first-place final finishes.

Most second-place final finishes.

Most third-place final finishes; and so on.

Competitors/teams must advise if they intend to withdraw from an A or B final within thirty minutes of the finalists being announced. Competitors or teams who withdraw or do not start (DNS) in an A or B final shall not earn any points for their team's point score (i.e., zero points are scored for a "no show").

Where one or more competitors/teams in any LWC withdraw from an A or B final, competitors/teams shall be called forward to finals as detailed in the current edition ILS Competition Rule Book.

If there are less than 16 teams competing in heats and A and B finals are required, the top 8 qualifiers are to compete in the A final and the rest participate in the B final.

Competitors/Teams do not finish (DNF) or who are disqualified in an A final shall earn eight points. Competitors who do DNF or are disqualified in a B final shall earn one point.

Competitors/Teams do not finish (DNF) or who are disqualified in a final of sixteen competitors/teams shall earn one point.

Competitors/teams who do not finish (DNF) or who are disqualified in a final with more than 16 competitors earn zero points. (See Section 2.14 Disqualifications and DNF classifications in the current edition ILS Competition Rule Book.)

Further, competitors/teams shall not earn any points if they are disqualified for "competing unfairly" or for a "serious discipline offence" (refer section 2 in the current edition ILS Competition Rule Book.)

Note: For clarification of "elimination" vs "disqualification" for Beach Flags refer to the Beach Flags event description in the current edition ILS Competition Rule Book.

No points shall be credited to any team if an event is cancelled – even if some heats have been conducted.

20. AWARDS

20.1 NATIONAL TEAMS OPEN LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second, and third place Open National Teams, based on the overall point score (as detailed) for all pool and ocean events and the Simulated Emergency Response Competition.
“The Alan B. Whelpton, AO Trophy” shall be presented to the winning team of the National Teams Open LWC.
Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.
- b) Pool events – overall: A result will be declared, and *“The Harald Vervaecke PhD Trophy”* shall be presented to the first-place team in pool events, based on the point score of all pool events but excluding the SERC.
Pool events – overall men’s team: A result shall be declared but no award presented to the men’s team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay events and the SERC, based on the total men’s point score.
Pool events – overall women’s team: A result shall be declared but no award presented to the women’s team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total women’s point score.
- c) Ocean events – overall: A result will be declared, and *“The Jelle Meintsma Trophy”* shall be presented to the first-place team in ocean events based on the point score of all ocean events.
Ocean events – overall men’s team: A result shall be declared but no award presented to the men’s team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event, based on the total men’s point score.
Ocean events – overall women’s team: A result shall be declared but no award presented to the women’s team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event, based on the total women’s point score.
- d) SERC: A result will be declared and *“The Royal Life Saving Society Trophy”* shall be presented to the national team placing first in the SERC.
- e) Event winners: Individual awards shall be presented to the first three places in the final of all events in the National Teams Open LWC. Event winners shall be recognised as Open National Teams Lifesaving World Champions in those events. In addition, placing/finalist certificates shall be awarded to those individuals and teams in all finals of the LWC.

Note: The placing/finalist certificates may be provided digitally after the conclusion of the LWC through the ILS Results Database. The availability and the administrative process for producing and distributing these certificates will be advised to NLFOs by ILS following the LWC.

20.2 NATIONAL TEAMS YOUTH LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second and third place Youth National Teams, based on the overall point score (as detailed) for all pool and ocean events and the SERC.
“The Graham Ford AO” shall be presented to the winning team of the National Teams Youth LWC.

Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.

- b) Pool events – overall: A result will be declared, and “*The Detlev Mohr PhD Trophy*” shall be presented to the first-place team in pool events, based on the point score of all pool events but excluding the SERC.

Pool events – overall men’s team: A result shall be declared but no award presented to the men’s team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total men’s point score.

Pool events – overall women’s team: A result shall be declared but no award presented to the women’s team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total women’s point score.

- c) Ocean events – overall: A result will be declared, and “*The John Martin MBE Memorial Trophy*” shall be presented to the first-place team in ocean events based on the point score of all ocean events.

Ocean events – overall men’s team: A result shall be declared but no award presented to the men’s team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event, based on the total men’s point score.

Ocean events – overall women’s team: A result shall be declared but no award presented to the women’s team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event, based on the total women’s point score.

- d) SERC: A result will be declared, and “*The Norman Famer ESM AM Trophy*” shall be presented to the first-place team in the SERC.
- e) Event winners: Individual awards shall be presented to the first three places in the final of all events in the Youth National Teams Youth LWC. Event winners shall be recognised as Youth National Teams Lifesaving World Champions in those events. Event winners: Individual awards shall be presented to the first three places in the final of all events in the Open National Teams Youth LWC. Event winners shall be recognised as Open National Teams Lifesaving World Champions in those events. In addition, placing/finalist certificates shall be awarded to those individuals and teams in all finals of the LWC.

Note: The placing/finalist certificates may be provided digitally after the conclusion of the LWC through the ILS Results Database. The availability and the administrative process for producing and distributing these certificates will be advised to NLFOs by ILS following the LWC.

20.3 NATIONAL TEAMS IRB LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second and third place national team, based on the overall point score (as detailed) for the events contested.
- b) The Harry Brown OAM Memorial Trophy will be presented to the winning team of the National Teams IRB LWC. Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.
- c) Event winners: Individual awards shall be presented to the first three places in the final of all events at the National Teams IRB LWC. Event winners shall be recognised as National Teams IRB Lifesaving World Champions in those events.

20.4 INTERCLUB OPEN LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second and third place Open Interclub Team, based on the overall point score (as detailed) for all pool and ocean events and the SERC.

The Kevin Weldon AO Trophy shall be presented to the winning club team of the Open Interclub LWC.

Note: No individual awards shall be presented to individual members of the winning clubs Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.

- b) Pool events – overall: A result will be declared, and The Josef Schmitz Memorial Trophy shall be presented to the club placing first in the pool events based on the total point score of all pool events but excluding the SERC.

Pool events – overall men's team: A result shall be declared but no award presented to the men's team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total men's point score.

Pool events – overall women's team: A result shall be declared but no award presented to the women's team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total women's point score.

- c) Ocean events – overall: A result will be declared, and The Mike Mortimer Memorial Trophy shall be presented to the club placing first in the ocean events based on the total point score of all ocean events.

Ocean events – overall men's team: A result shall be declared but no award presented to the men's team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver event, based on the total men's point score.

Ocean events – overall women's team: A result shall be declared but no award presented to the women's team placing first overall in ocean events but excluding the Mixed Ocean M Relay Lifesaver event, based on the total women's point score.

- d) SERC: A result will be declared, and "*The Warren Rennie AM Trophy*" shall be presented to the first-place team in the SERC.
- e) Event winners: Individual awards shall be presented to the first three places in the final of all events of the Open Interclub LWC. Event winners shall be recognised as Open Interclub Lifesaving World Champions in these events.

20.5 INTERCLUB YOUTH LWC

- a) Overall: A result will be declared, "*The David Thompson AM Trophy*" shall be presented to the first, second and third place Youth Interclub team, based on the overall point score (as detailed) for all pool and ocean events and the SERC.

Note: No individual awards shall be presented to individual members of the winning clubs Individual awards shall be presented to each member of the first, second and third place teams, and to a maximum of two management or coaching personnel per team.

- b) Pool events – overall: A result will be declared, and an award shall be presented to the club placing first in the pool events based on the total point score of all pool events but excluding the SERC.

Pool events – overall men's team: A result shall be declared but no award presented to the men's team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total men's point score.

Pool events – overall women’s team: A result shall be declared, but no award presented to the women’s team placing first overall in pool events but excluding the Mixed Pool Lifesaver Relay event and the SERC, based on the total women’s point score.

- c) Ocean events – overall: A result will be declared, “*The Greg Allum AM Trophy*” shall be presented to the club placing first in the ocean events including the Mixed Ocean M Relay Lifesaver event based on the total point score of all ocean events.

Ocean events – overall men’s team: A result shall be declared, but no award presented to the men’s team placing first overall in ocean events but excluding the Mixed M Ocean Lifesaver event, based on the total men’s point score.

Ocean events – overall women’s team: A result shall be declared, but no award presented to the women’s team placing first overall in ocean events but excluding the Mixed Ocean M Lifesaver Relay event, based on the total women’s point score.

- d) SERC: A result will be declared, and an award shall be presented to the first-place team in the SERC.
- e) Event winners: Individual awards shall be presented to the first three places in the final of all events of the Youth Interclub LWC. Event winners shall be recognised as Youth Interclub Lifesaving World Champions in these events.

20.6 INTERCLUB MASTERS LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second and third place Masters Interclub team, based on the overall point score (as detailed) for all pool and ocean events.

Note: Because Masters teams are not limited by size, no individual awards (medals) shall be presented to individual members of the winning clubs.

- b) Pool events – overall: A result will be declared, and an award shall be presented to the club placing first in the pool events based on the total point score of all pool.
- c) Ocean events – overall: A result will be declared, and an award shall be presented to the club placing first in the ocean events based on the total point score of all ocean events.
- d) Event Winners: Within each Masters age group, awards shall be presented to the first three places in the final of all events at the Interclub Masters LWC. Event winners shall be recognised as Interclub Masters World Lifesaving Champions.

Note: Veterans competitors and teams participate in and are eligible for individual Masters awards (see below).

20.7 INTERCLUB VETERANS POINTSCORE

- a) Veterans members participate in the Masters LWC as a “club” and are eligible for individual and team Masters medals and Masters placing points. There is no separate Veterans point score calculated but the highest ranked Veterans team in the Masters Overall, Pool, and Ocean Pointscores shall be recognised.

Overall: An award shall be presented to the highest ranked Veterans team in the Masters Overall Point Score. This team shall be recognised as the winner in the Interclub Veteran’s Point Score.

Note: No individual awards (medals) shall be presented to individual members of the winning team.

Pool events – overall: A result will be declared, and an award shall be presented to the to the highest ranked Veterans team in the Masters Pool events Point Score.

Ocean events – overall: A result will be declared, and an award shall be presented to the to the highest ranked Veterans team in the Masters Ocean events Point Score.

20.8 INTERCLUB OPEN and MASTERS SURF BOAT LWC

Awards shall be presented to the overall first, second, and third place crews in each of the Open and Masters categories at the Surf Boat LWC. The first-place crews shall be recognised as Interclub Surf Boat Lifesaving World Champions in that category.

Note: There shall be no club award presented for the Open or Masters Surf Boat LWC.

20.9 INTERCLUB BEACH RUN LWC

Awards shall be presented to the overall first, second, and third place competitors in both the individual and relay events in the Open and Youth Categories at the Interclub Beach Run LWC. The first-place individuals and shall be recognised as Interclub Beach Run Lifesaving World Champions in that category. The first-place beach relay teams shall be recognised as Interclub Open Beach Run Lifesaving World Champions in that category.

Note: There shall be no club award presented for the Interclub Beach Run LWC.

20.10 INTERCLUB INFLATABLE RESCUE BOAT (IRB) LWC

- a) Overall: A result will be declared, and awards shall be presented to the first, second and third place interclub team, based on the overall point score (as detailed in Section 15) for the events contested.
- b) The Charles Thomson MBE OStJ Memorial Trophy will be presented to the winning team of the Interclub IRB LWC.
- c) Event winners: Individual awards shall be presented to the first three places in the final of all events at the Interclub IRB LWC. Event winners shall be recognised as Interclub IRB Lifesaving World Champions in those events.

20.11 LIST OF LWC TROPHIES AWARDED

LWC Trophies	Gender	Trophy Name
National Teams - Open	Combined (M and W)	The Alan B. Whelpton AO Trophy – ILS National Teams Open LWC - Overall Point Score
	Combined (M and W)	The Harald Vervaecke PhD Trophy - ILS National Teams Open LWC - Overall Pool Events Point Score
	Combined (M and W)	The Jelle Meintsma Trophy - ILS National Teams Open LWC - Ocean Events Point Score
	No specified Gender	The Royal Life Saving Society Trophy - ILS National Teams Open LWC - SERC Event
National Teams - IRB	Combined (M and W)	The Harry Brown OAM Memorial Trophy - ILS National Teams IRB LWC - Overall Point Score
National Teams - Youth	Combined (M and W)	The Graham Ford AO Trophy - ILS National Teams Youth LWC - Overall Point Score
	Combined (M and W)	The Detlev Mohr PhD Trophy - ILS National Teams Youth LWC - Overall Pool Events Point Score
	Combined (M and W)	The John Martin MBE Memorial Trophy - ILS National Teams Youth LWC - Ocean Events Point Score
	No specified Gender	The Norman Farmer ESM AM Trophy - ILS National Teams Youth LWC - SERC Event

LWC Trophies	Gender	Trophy Name
Interclub Open	Combined (M and W)	The Kevin Weldon AO Trophy - ILS Interclub Teams Open LWC - Overall Point Score
	Combined (M and W)	The Josef Schmitz Memorial Trophy - ILS Interclub Teams Open LWC - Overall Pool Events Point Score
	Combined (M and W)	The Mike Mortimer Memorial Trophy - ILS Interclub Teams Open LWC - Ocean Events Point Score
	No specified Gender	The Warren Rennie AM Trophy - ILS Interclub Teams Open LWC - SERC Event
Interclub IRBs	Combined (M and W)	The Charles Thomson MBE OStJ Memorial Trophy - ILS Interclub Teams IRB LWC - Overall Point Score
Interclub - Youth	Combined (M and W)	The Dave Thompson AM Trophy - ILS Interclub Teams Youth LWC - Overall Point Score
	Combined (M and W)	ILS Interclub Teams Youth LWC - Overall Pool Events Point Score
	Combined (M and W)	The Greg Allum AM Trophy - ILS Interclub Teams Youth LWC - Ocean Events Point Score
Interclub Masters	Combined (M and W)	ILS Masters Teams LWC - Ocean Events Point Score
	Combined (M and W)	ILS Masters Teams Youth LWC - Pool Events Point Score
	Combined (M and W)	ILS Masters Interclub LWC - Overall Point Score
Veterans	Combined (M and W)	ILS Veterans Teams LWC - Ocean Events Point Score
	Combined (M and W)	ILS Veterans Teams Youth LWC - Pool Events Point Score
	Combined (M and W)	ILS Veterans LWC - Overall Point Score

20.12 PRESENTATIONS, CEREMONIES AND FUNCTIONS

Official ceremonies shall be conducted throughout the championships. The ceremonies and functions include:

An overall LWC Opening Ceremony.

An ILS Gala Dinner (open to all attendees at the LWC).

Technical Officials Recognition Functions

Individual Opening Ceremonies for each LWC.

Victory Ceremonies for each LWC event conducted.

Victory Ceremonies declaring overall winners of the separate LWC Open and Youth National and Interclub teams, the IRB National and Interclub teams, the Interclub Masters, and Veterans Teams LWC.

Individual Closing Ceremonies for each LWC.

An overall LWC Closing Ceremony

An overall LWC Closing Party.

Note: All involved in any medal presentation or ceremony are expected to comply with the ILS procedures and standards detailed in Part C.

21. FLAGS AND BANNERS

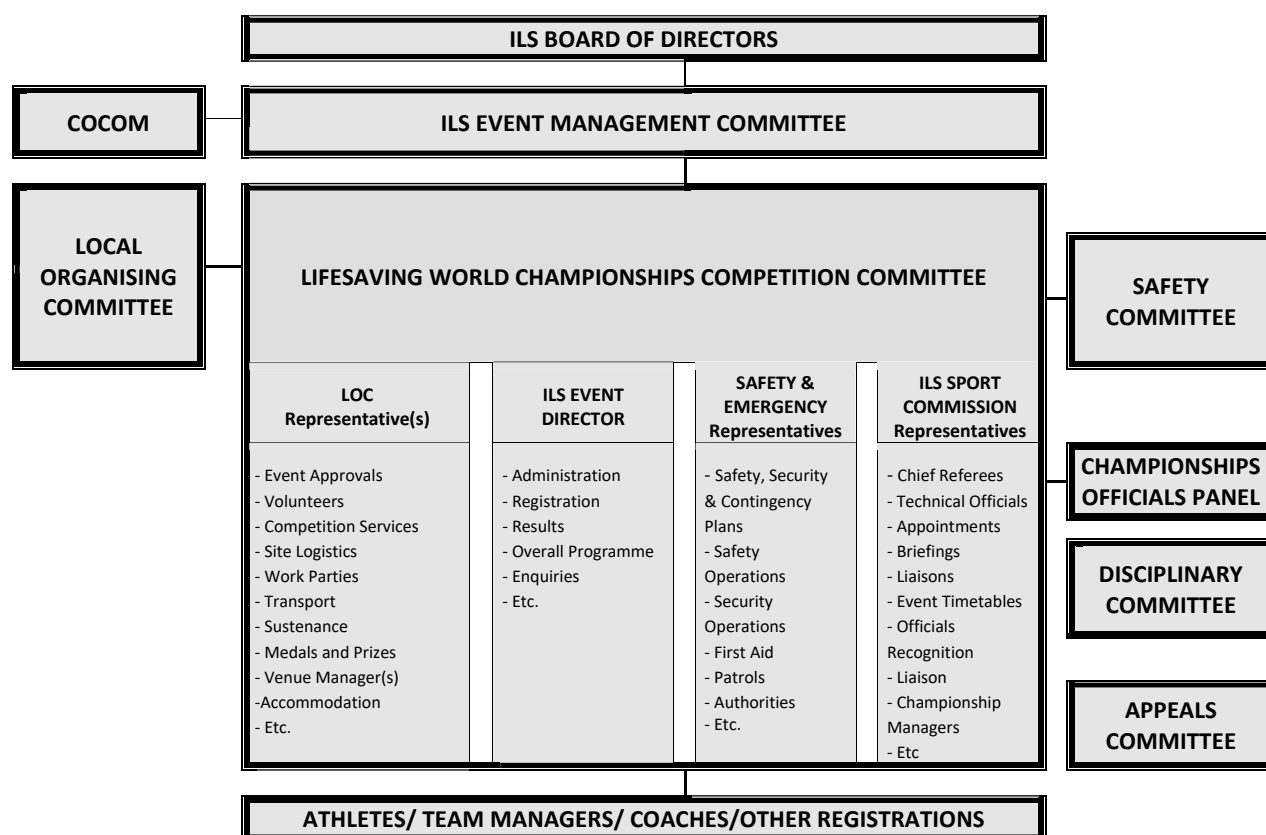
- a) Each National Team shall bring a national flag to the LWC for use in opening, closing ceremonies (and victory ceremonies when digital flags are not used). The recommended flag shall measure approximately 192 mm in length and 128 mm in height.
- b) The organising committee will provide banners or plates indicating the nation.
- c) Flags and banners shall be carried at the official opening ceremony. In addition, organisers may request the flags and banners to be displayed at the competition sites, official functions, and award presentations.
- d) On flags and banners in the National Teams LWC, the nation's identity (i.e., national flag) shall be prominent although other elements (national team name and/or symbol) may be included.
- e) On flags and banners in the Interclub Masters LWC, the club identity (name and/or symbol) shall be prominent, although other elements (e.g., country, or NLFO) may be included.

Note: Flags and Banners are not permitted to be taken onto the podium for medal or awards presentations

22. TECHNICAL OFFICIALS

- a) The roles and responsibilities of Technical Officials are outlined in Section 2 of the current edition ILS Competition Rule Book.
- b) The Competition Committee shall call for nominations for Chief Referees and other Technical Officials and appointment shall be as detailed in the ILS Competition Operations Manual (refer to ILS Office for details).

23. ANNEXURE: LWC ORGANISATION STRUCTURE SCHEMATIC DIAGRAM



24.ANNEXURE: LWC 2026 PROGRAMME AND KEY DATES



FULL PROGRAMME OF EVENTS

DAY/DATE 2026	TIME (Approx.)		MEETINGS FUNCTION EVENT DESCRIPTION	VENUE
	From	To		
Wed 25 Nov	07:00	17:00	Administration/Registration Centre Opens	King's Beach Admin
Thu 26 Nov	All Day		Arrival of ILS EMC and ILS Staff/Officials	
Fri 27 Nov	09:00	12:00	Meeting: ILS EMC and LOC Meeting	King's Beach Admin
	14:00	15:00	Meeting: Ocean M Delivery Planning	King's Beach Admin
Sat 28 Nov	09:00	15:00	Meeting: ILS Sport Commission	Isawgo Gate Hotel
	16:00	17:00	Briefing: Masters Team Managers: Pool	Newton Park Pool
	17:00	18:00	Briefing: Masters Technical Officials: Pool	Newton Park Pool
Sun 29 Nov	07:30	07:45	Interclub Masters: Opening of Championships	Newton Park Pool
	08:00	16:00	Championships: Interclub Masters: Pool – Day 1	Newton Park Pool
Mon 30 Nov	08:00	16:00	Championships: Interclub Masters: Pool – Day 2	King's Beach
	09:00	15:00	Surf Boat Training	King's Beach
	15:00	17:00	Meeting: ILS President, ILS Secretary General, four Vice Presidents and four Commission Chairs	Isawgo Gate Hotel
	16:00	17:00	Briefing: Masters Technical Officials: Ocean	King's Beach Marquee
	17:00	18:00	Briefing: Masters Team Managers: Ocean	King's Beach Marquee
Tues 1 Dec	08:00	16:00	Championships: Interclub Masters: Ocean – Day 1	King's Beach
	09:00	17:00	Meetings: ILS Commission Meetings	Isawgo Gate Hotel
	09:00	15:00	Surf Boat Training	King's Beach
	15:00	16:00	Briefing: National Technical Officials: Open & Youth: Pool	Newton Park Pool
	15:00	16:00	Briefing: Surf Boat Team Managers	King's Beach SLSC
	16:00	17:00	Briefing: Ocean M Technical Officials	King's Beach SLSC
	16:00	17:00	Briefing: National Team: Team Managers: Open & Youth: Pool & Ocean	Newton Park Pool
	16:00	17:00	Briefing: Surf Boat Technical Officials	King's Beach SLSC
	18:00	21:00	Function: ILS Knights & Grand Knights Dinner (Closed function)	Old Grey Sports Club
Wed 2 Dec	07:30	08:00	Briefing: National Team Youth: SERC Technical Officials	Newton Park Pool
	08:00	12:00	Championships: National Team Youth: SERC	Newton Park Pool
	08:00	16:00	Championships: Interclub Masters Ocean – Day 2	King's Beach
	08:30	16:00	Championships: Interclub and Masters: Surf Boat - Day 1	King's Beach
	09:00	16:00	Meeting: ILS Board-of-Director's meeting	Board Walk Hotel

DAY/DATE 2026	TIME (Approx.)		MEETINGS FUNCTION EVENT DESCRIPTION	VENUE
	From	To		
	12:45	14:00	Briefing: National Team Open: SERC Technical Officials	Newton Park Pool
	14:00	16:45	Championships: National Team Open: SERC	Newton Park Pool
	16:00	16:15	Interclub Masters: Closing of Championships	King's Beach
	16:00	17:00	Briefing: National Teams: Technical Officials: Ocean	King's Beach Marquee
	17:00	19:00	Opening Ceremony: LWC 2026 Nelson Mandela Bay	King's Beach Marquee
	20:00	23:00	Interclub Masters: Closing Party	King's Beach Hub
Thu 3 Dec	08:30	16:00	Championships: Interclub and Masters Surf Boat - Day 2	King's Beach
	08:00	16:00	Championships: National Team Youth: Ocean - Day 1	King's Beach
	08:00	16:00	Championships: National Team Open: Pool – Day 1	King's Beach
	16:00	16:30	Interclub Surf Boat: Closing of Championships	King's Beach
	16:30	18:00	Meeting: Anti-Doping Committee	Isawgo Gate Hotel
	19:00	23:00	Interclub Surf Boat: Closing Party	King's Beach Hub
	19:00	23:00	Function: ILS Gala Dinner	Boardwalk Hotel
Fri 4 Dec	08:00	16:00	Championships: National Team Youth: Ocean - Day 2	King's Beach
	08:00	16:00	Championships: National Team Open: Pool – Day 2	Newton Park Pool
Sat 5 Dec	08:00	16:00	Championships: National Team Youth: Pool - Day 1	Newton Park Pool
	08:00	16:00	Championships: National Team Open: Ocean – Day 1	King's Beach
Sun 6 Dec	08:00	16:00	Championships: National Team Youth: Pool - Day 2	Newton Park Pool
	08:00	16:00	Championships: National Team Open: Ocean – Day 2	King's Beach
	16:00	16:15	National Team Youth: Closing of Championships	Newton Park Pool
	16:00	16:15	National Team Open: Closing of Championships	King's Beach
	16:00	17:00	Briefing: Interclub Technical Officials: Open & Youth: Pool	Newton Park Pool
	17:00	18:00	Briefing: Interclub Team Managers: Open & Youth: Pool	Newton Park Pool
	19:00	23:00	National Team Youth: Closing Party	King's Beach Hub
	19:00	23:00	National Team Open: Closing Party	King's Beach Hub
	19:00	23:00	Technical Officials "Thank-You" function (Closed function)	TBA
Mon 7 Dec	07:30	07:45	Interclub Youth: Opening of Championships	Newton Park Pool
	07:45	08:15	Briefing: Technical Officials: SERC	Newton Park Pool
	08:15	12:00	Championships: Interclub Youth: SERC	Newton Park Pool
	12:30	12:45	Interclub Open: Opening of Championships	Newton Park Pool
	13:00	17:00	Championships: Interclub Open: SERC	Newton Park Pool
	16:00	17:00	Briefing: Interclub Technical Officials: Open & Youth: Ocean	King's Beach Marquee
	17:00	18:00	Briefing: Interclub Team Managers: Open & Youth: Ocean	King's Beach Marquee
Tues 8 Dec	07:00	08:00	2 km Youth Beach Run	King's Beach
	08:00	16:00	Championships: Interclub Youth Ocean – Day 1	King's Beach Marquee
	08:00	17:00	Championships: Interclub Open Pool – Day 1	Newton Park Pool
Wed 9 Dec	08:00	10:00	3 x 1 km Youth Beach Run Relay	King's Beach
	08:00	16:00	Championships: Interclub Open Pool – Day 2	Newton Park Pool
	08:00	17:00	Championships: Interclub Youth Ocean – Day 2	King's Beach

DAY/DATE 2026	TIME (Approx.)		MEETINGS FUNCTION EVENT DESCRIPTION	VENUE
	From	To		
Thu 10 Dec	08:00	16:00	Championships: Interclub Youth: Ocean – Day 3	King's Beach
	08:00	17:00	Championships: Interclub Open: Pool – Day 3	Newton Park Pool
Fri 11 Dec	07:00	08:00	2 km Open Beach Run	King's Beach
	08:00	17:00	Championships: Interclub Youth: Pool – Day 1	Newton Park Pool
	08:00	16:00	Championships: Interclub Open: Ocean – Day 1	King's Beach
Sat 12 Dec	07:00	08:00	3 x 1 km Open Beach Run Relay	King's Beach
	08:00	17:00	Championships: Interclub Youth: Pool – Day 2	Newton Park Pool
	08:00	16:00	Championships: Interclub Open: Ocean – Day 2	King's Beach
Sun 13 Dec	08:00	15:00	Championships: Interclub Youth: Pool – Day 3	Newton Park Pool
	08:00	15:00	Championships: Interclub Open: Ocean – Day 3	King's Beach
	16:00	16:03	Closing Ceremony: LWC 2026 Nelson Mandela Bay	King's Beach
	19:00	23:00	Interclub Open: Closing Party	King's Beach Hub
	19:00	23:00	Interclub Youth: Closing Party	King's Beach Hub
Mon 14 Dec	All day		Departures	

Note 1: This programme is subject to change. Please consult the LWC 2026 website <https://lifesaving2026.com/> for the latest version of the programme.

Note 2: The EMC will also meet with the Chief Referee prior each Team Manager and Team Official's briefings for their LWC. Separate arrangements will be advised for these meetings.

25. ANNEXURE: ENTRY GUIDE TIMES (QUALIFICATION TIMES) FOR INDIVIDUAL EVENTS

LWC 2026 Entry Guide Times			Women		Men	
	Age	Event	World Record as at 22/11/2025	Entry Guide Time	World Record as at 22/11/2025	Entry Guide Time
Youth	Youth	200m Obstacle Swim	2:03.89	3:06.00	1:56.74	2:55.00
	Youth	50m Manikin Carry	0:33.08	0:50.00	0:28.88	0:43.00
	Youth	100m Manikin Carry with Fins	0:49.33	1:14.00	0:45.52	1:08.00
	Youth	100m Manikin Tow with Fins	0:57.09	1:26.00	0:50.01	1:15.00
	Youth	200m Super Lifesaver	2:22.29	3:33.00	2:07.07	3:12.00
	Youth	100m Rescue Medley	1:09.10	1:44.00	0:59.64	1:29.00
Open	Open	200m Obstacle Swim	2:01.88	3:02.82	1:51.73	2:48.00
	Open	50m Manikin Carry	0:31.48	0:47.00	0:27.20	0:41.00
	Open	100m Manikin Carry with Fins	0:49.30	1:14.00	0:43.44	1:05.00
	Open	100m Manikin Tow with Fins	0:54.20	1:21.00	0:47.68	1:12.00
	Open	200m Super Lifesaver	2:16.07	3:24.00	2:02.98	3:04.00
	Open	100m Rescue Medley	1:03.69	1:36.00	0:57.64	1:28.00
Masters	Masters M30	100m Obstacle Swim *	1:02.00 *	1:33.00	0:55.00 *	1:23.00
	Masters M30	50m Manikin Carry	0:33.49	0:50.00	0:28.02	0:42.00
	Masters M30	100m Manikin Carry with Fins	0:51.80	1:18.00	0:46.11	1:09.00
	Masters M30	100m Manikin Tow with Fins	0:58.38	1:28.00	0:50.02	1:15.00
	Masters M35	100m Obstacle Swim *	1:06.00 *	1:39.00	0:58.00 *	1:27.00
	Masters M35	50m Manikin Carry	0:33.61	0:50.00	0:30.59	0:46.00
	Masters M35	100m Manikin Carry with Fins	0:57.91	1:27.00	0:47.91	1:12.00
	Masters M35	100m Manikin Tow with Fins	1:01.77	1:33.00	0:52.50	1:19.00
	Masters M40	100m Obstacle Swim *	1:07.00 *	1:41.00	1:02.00 *	1:34.00
	Masters M40	50m Manikin Carry	0:36.65	0:55.00	0:33.58	0:50.00
	Masters M40	100m Manikin Carry with Fins	0:59.49	1:29.00	0:49.47	1:14.00
	Masters M40	100m Manikin Tow with Fins	1:02.62	1:34.00	0:54.50	1:22.00
	Masters M45	100m Obstacle Swim *	1:08.00 *	1:42.00	1:05.00 *	1:38.00
	Masters M45	50m Manikin Carry	0:39.38	1:00.00	0:33.66	0:50.00
	Masters M45	100m Manikin Carry with Fins	1:03.75	1:36.00	0:52.64	1:19.00
	Masters M45	100m Manikin Tow with Fins	1:07.28	1:41.00	0:56.62	1:25.00
	Masters M50	100m Obstacle Swim	1:09.54	1:44.00	1:07.05	1:40.00
	Masters M50	50m Manikin Carry	0:42.38	1:04.00	0:34.30	0:51.00
	Masters M50	100m Manikin Carry with Fins	1:06.06	1:39.00	0:53.89	1:21.00
	Masters M50	100m Manikin Tow with Fins	1:07.74	1:42.00	1:00.91	1:31.00
	Masters M55	100m Obstacle Swim	1:10.70	1:46.00	1:03.66	1:36.00
	Masters M55	50m Manikin Carry	0:42.40	1:04.00	0:34.73	0:52.00
	Masters M55	100m Manikin Carry with Fins	1:11.32	1:47.00	0:55.62	1:23.00
	Masters M55	100m Manikin Tow with Fins	1:10.97	1:46.00	0:58.98	1:28.00
Masters	Masters M60	100m Obstacle Swim	1:09.27	1:44.00	1:06.45	1:40.00
	Masters M60	50m Manikin Carry	0:42.49	1:04.00	0:37.54	0:56.00
	Masters M60	100m Manikin Carry with Fins	1:12.41	1:49.00	1:00.00	1:30.00
	Masters M60	100m Manikin Tow with Fins	1:11.54	1:48.00	1:04.88	1:37.00
	Masters M65	100m Obstacle Swim	1:12.60	1:49.00	1:09.94	1:45.00
	Masters M65	50m Manikin Carry	0:42.90	1:04.00	0:37.62	0:56.00
	Masters M65	100m Manikin Carry with Fins	1:13.85	1:51.00	1:01.08	1:32.00
	Masters M65	100m Manikin Tow with Fins	1:13.84	1:51.00	1:06.05	1:39.00
	Masters M70	100m Obstacle Swim	1:36.11	2:24.00	1:22.18	2:03.00

LWC 2026 Entry Guide Times			Women		Men	
	Age	Event	World Record as at 22/11/2025	Entry Guide Time	World Record as at 22/11/2025	Entry Guide Time
	Masters M70	50m Manikin Carry	0:59.72	1:30.00	0:47.06	1:11.00
	Masters M70	100m Manikin Carry with Fins	1:39.76	2:30.00	1:17.33	1:56.00
	Masters M70	100m Manikin Tow with Fins	1:36.88	2:25.00	1:19.67	2:00:00
	Masters M75	100m Obstacle Swim	1:57.58	2:58.00	1:32.07	2:18.00
	Masters M75	50m Manikin Carry	1:30.40	2:16.00	1:00.60	1:31.00
	Masters M75	100m Manikin Carry with Fins	1:57.61	2:56.00	1:32.52	2:19.00
	Masters M75	100m Manikin Tow with Fins	2:00.02	3:00.00	1:32.09	2:18.00
Note 1: LWC2026 Entry Guide Times are determined based on World Records as at 22/11/2025 + 50% rounded to nearest second. Note 2: Events marked with an asterisk (*) are estimates only as no World Record have been approved and published by ILS.						



LIFESAVING WORLD CHAMPIONSHIPS

NELSON MANDELLA BAY, GQEBERHA

(PORT ELIZABETH) – SOUTH AFRICA – 2026

PART C - ADDITIONAL INFORMATION

1. OPENING CEREMONIES

1.1 GRAND OPENING CEREMONY FOR THE LWC

A Grand Opening Ceremony will take place on a suitable site such as a city square or either of the beach or swimming pool venues. It features National Teams, officials, and volunteers. Parading participants are to be marshalled and briefed on details.

Ceremonial Presentation

The Ceremonial presentation is as follows:

a) Preparation and Seating

The Master of Ceremony announces the start of the Opening Ceremony of the Lifesaving World Championships (LWC).

The city authorities, dignitaries, VIPs, major sponsors, ILS authorities and the invited ILS family sit in the Grandstand and on appropriate places.

Spectators sit or stand in appropriate places.

b) Parade

The Master of Ceremony introduces the parade.

The national teams march into the venue accompanied music and behind their name plate and a member of their team carrying their flag. The entry order is in alphabetical order. The host nation closes the list. The national team competitors and team officials are dressed in their national dress or sports attire.

Technical Official follow the national teams dressed in uniform.

Then the Volunteers follow dressed in their uniform.

Each nation is welcomed as they pass the grandstand.

The Master of Ceremonies announces the end of the parade.

c) Speeches

The Master of Ceremony invites the speakers one by one to the podium in order of the local authority, the Host President, the Organising Committee Chair, and the ILS President.

Participants stand for the national anthem and raising of the flag of the Host nation.

The ILS song is played, and the ILS flag is raised.

The highest authority declares the opening of the LWC: "I declare open the year Lifesaving World Championships in (city) – (country)."

d) Oaths

The Master of Ceremony invites the person carrying the ILS Flag to the podium. An athlete's oath is delivered while the competitors are touching the ILS flag with one hand each: "In the name of all competitors, we promise that we shall take part in these National Teams Lifesaving World Championships, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship and fair play, for the glory of the lifesaving sport and the honour of our teams."

A technical official's oath is delivered while the technical officials are touching the ILS flag with one hand each: "In the name of all the technical officials, we promise that we shall officiate in these National Teams Lifesaving World Championships with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship."

All teams, technical officials and volunteers march down while music is played and then sit down to view the Entertainment.

e) Artistic and/or Entertainment Presentation.

The Artistic/entertainment presentation allows the host country to showcase its past, future, culture, and other elements.

1.2 OTHER CHAMPIONSHIP OPENING CEREMONIES

Apart from the Grand Opening Ceremony an opening ceremony for the specific LWCs may be programmed. The venue shall be either the beach or the swimming pool venue of the LWC and the elements may include.

A welcome to the specific LWC on behalf of ILS.

An athlete's oath as above detailing the specific LWC.

Note: The athlete and technical official oaths are optional at other LWC opening ceremonies (unless the LWC precedes the Grand Opening Ceremony).

The programming for these opening ceremonies shall be communicated as part of event timetables etc.

2. VICTORY CEREMONIES

2.1 VICTORY CEREMONY: MEDAL CEREMONIES

Each of the events at the Lifesaving World Championships end with a medal ceremony. The medal ceremony can be conducted after the event or events at the respective venue or can be presented at a Medal Plaza.

Note: Unless otherwise advised the announcement and awarding of overall Teams LWC trophies (for the relative open/youth pool and ocean, SERC, and IRB point score trophies) shall take place at the competition venue as soon as practical following the conclusion of all competition at the venue. Team members are to be dressed as per the requirements for medal presentations.

a) Ceremony Preparation

The award deliverers, medal winners and presenter escorts take position on the backstage.

For National Teams Open and Youth LWC, the national flags or slides are prepared.

Note: There is no national or other flag raising for any Interclub LWCs.

b) Ceremony Begins

The LWC Signature Tune is played.

The Master of Ceremony (MC) announces the Ceremony: “Ladies and gentlemen the Medal Ceremony for the (event) at the. (Open/Youth National Teams, Interclub, Masters, National Teams or Interclub IRB, Surf Boat, or Beach Run or Extra as appropriate) Lifesaving World Championships will now begin. Please welcome the medallists”.

Music starts. The escort followed by the competitors, followed by the presenters followed by the medal carrier enter the stage. The medallists take position at the marks behind the podium (in a row formation). The medal presenter take position on the left side of the podium. The MC is at the right side of the podium. Once all people are in position, the music fades out.

c) Presentation Begins

The MC introduces the presenters: “The medals will be presented by (title) (forename) (name) (function)”.

The MC speaks: “The winner(s) of the bronze medal(s), is/are (name(s)), representing (country/club as appropriate)”.

The competitor/team steps onto the platform and the medal presenter takes the medal(s) and steps to the competitor/team, place the medal over the head to the neck and then shakes their hand and says “congratulations” or similar.

The MC speaks: “The winner(s) of the silver medal(s), is/are (name(s)), representing (country/club as appropriate)”.

The competitor/team steps onto the platform and the medal presenter takes the medal(s) and steps to the competitor/team, place the medal over the head to the neck and then shakes their hand and says “congratulations” or similar.

The MC speaks: “The winner of the gold medal(s) is/are (forename(s)) (name(s)) representing (country/club as appropriate)”.

The competitor/team steps onto the platform and the medal presenter takes the medal(s) and steps to the competitor/team, place the medal over the head to the neck and then shakes their hand and say “congratulations” or similar.

d) National Anthem (only played for National Teams Open, Youth and LWC)

The MC speaks: “Ladies and gentlemen, please stand in respect of the national anthem of (country)”.

The National Anthem is played.

Flag bearers raise the national flags on the national anthem of the gold medallist(s), or the digitised flags are displayed.

Medallists, presenters, and cast turn to face the flagpole to witness the raising of the flags or the digitised display for the duration of the anthem.

e) Closing

The MC speaks: “Ladies and gentlemen, congratulate the medallists”.

Photo time of maximum 30 seconds.

The MC speaks: “Ladies and gentlemen, this concludes the Medal Ceremony for the (event). Please let us once again congratulate the medallists”.

Signature Tune start, the escort followed by the competitors, followed by the presenters followed by the medal carrier exit the stage to the sport presentation waiting tent or area.

2.2 VICTORY CEREMONY: DRESS CODE

Victory ceremonies are extremely important to the competitors, their NLFOs, their nations, the spectators, and the media. They will, therefore, be carefully planned and conducted in a dignified manner. Victory Ceremonies that are well-prepared and conducted in a proper setting, with official announcements, medal presentations, flag raising, and music provide traditional and memorable

opportunities to recognise medal-winning competitors' accomplishments in a dignified and attractive atmosphere.

a) Dress Code

The ILS enforces proper dress code for participants of the ceremony. Before entering the stage, the Victory Ceremony team will ensure that the athletes are correctly dressed. The organiser will refuse to let any athlete take with him/her any forbidden items. No Sports Equipment or Accessories may be brought to the victory ceremony location. No personal accessories, including but not limited to mobile phones, water bottles, national flags, and camera devices, are permitted on podiums. National Flags cannot be brought to the stage for any victory ceremony.

The Team Manager is primarily responsible for ensuring that all items worn or used by the members of their delegation comply with these ILS Guidelines.

b) Dress Code – Competitors

Allowed (in order of preference):

Team uniform and normal or sports shoes.

Team track suit: long pants and jacket and under the jacket a polo shirt or t-shirt, or short pants and track suit jacket or, short pants and a national polo or t-shirt.

Team competition caps at ocean event presentations.

Sport shoes, thongs or barefoot is allowed.

Not Allowed

National Flags or other Flags cannot be brought to the stage for any victory ceremony.

Swimming costumes.

Competitors are not allowed to wear political or non-approved clothing or attire, sunglasses, hats, caps, headbands, or bring signs, badges, bottles, competition equipment and other such items to the stage.

The sports attire may include the name of the company producing the training jacket and pants. If that name is present, it should not exceed 120 cm² for the jacket and 120 cm² for the pants. An additional sponsor can be added on the jacket, but such cannot be larger than 120 cm².

c) Dress Code – Medal Presenters

The medal presenters shall wear appropriate clothing.

The following is allowed (in order of preference):

For men: suit, or jacket, and tie.

For women: dress, or skirt and blouse, and jacket (optional).

Footwear: Shoes. Sandals but not flip flops (thongs) are permitted at beach presentations.

Medal presenters should not wear political or non-approved clothing or attire, or bring signs, badges, bottles, competition equipment and other such items to the stage.

Medal Presenters are permitted to wear sunglasses and hats or caps at outdoor venues.

3. CLOSING CEREMONIES

3.1 OUTLINE OF CLOSING CEREMONIES

A Closing Ceremony may be conducted for all Championships where medals are still to be presented and/or where point score trophies are to be awarded. All ceremonies should include a Ceremonial presentation.

In addition, a final closing ceremony shall be conducted following the completion of the final LWC competition.

The closing ceremony may be conducted at the pool or ocean venue or at the Lifesaving Village where medals are presented.

Final Award Presentations

The awards presentation:

Any outstanding medals in individual and team events are awarded.

For the Open and Youth National Teams are announced for the pool, then ocean, and finally the overall winner classification. For the pool and ocean trophy the results from the tenth placed team to the second placed team are announced. The Team Manager or Captain of the first placed team accepts the trophy on the podium.

For the Open and Youth National Teams the Master of Ceremony finishes with the overall results. The results from the tenth team to the fourth team are announced. The competitors and a maximum of two team management of the third, second first placed team accepts the trophy in that order on the podium.

For the Open and Youth National Teams the Master of Ceremony finishes with the overall results.

The Trophies to be awarded at the various ceremonies are:

National Teams

Open:

Overall winning team - The Alan B. Whelpton AO Trophy

Pool point score - The Harald Vervaecke PhD Trophy

Ocean point score - The Jelle Meintsma PhD Trophy

SERC Winning Team - The Royal Life Saving Society Trophy

Youth:

Overall winning team - The Graham Ford AO Trophy

Pool point score - The Detlev Mohr PhD Trophy

Ocean point score – The John Martin MBE Memorial Trophy

SERC Winning Team – The Norman Farmer ESM AM Trophy

National Team IRB:

Overall winning team – The Harry Brown OAM Memorial Trophy

Interclub Teams LWC

Open:

Overall winning team – The Kevin Weldon AO Trophy

Pool point score - The Josef Schmitz Memorial Trophy

Ocean point score – The Mike Mortimer Memorial Trophy

SERC Winning Team – The Warren Rennie AM Trophy

Youth:

Overall winning team – The Dave Thompson AM Trophy

Pool point score - Trophy

Ocean point score – The Greg Allum AM Trophy

SERC Winning Team - Trophy

Interclub IRB:

Overall winning team – The Charles Thomson MBE OStJ Memorial Trophy

Interclub Masters:

Overall winning team – Trophy

Pool point score - Trophy

Ocean point score – Trophy

Veterans:

Overall winning team – Trophy

Pool point score - Trophy
Ocean point score – Trophy

LWC Closure

The final closing ceremony (which for LWC 2026 is at the conclusion of the Open Interclub Teams LWC) shall involve further components and follows the completion of any outstanding medal ceremonies including:

The Announcement of the start of the Closing Ceremony of the whole LWC.

The naming of the nations present at the LWC and statistics on participation.

The Master of Ceremony invites the speakers one by one to the podium in order of highest-ranked local authority, the Host President, Organising Committee Chair, and the ILS President.

The Master of Ceremony invites the participants to stand for the national anthem of the host country and flag.

The national anthem is played, and the national flag is lowered.

The ILS song is played, and the ILS flag is lowered.

The flag is handed over from the host of the current LWC then to ILS and finally to the host of the next LWC.

A speech by the host of the next LWC and a video (if any) on the next championships.

A closing message by the Master of Ceremony.

Closing Music is played.

4. MEDALS FOR THE LIFESAVING WORLD CHAMPIONSHIPS

The medals for all LWCs (Open, Youth and IRB National Teams and Open, Youth and IRB Interclub, Masters, Surfboat, Beach Run and Extra) will be of the same design and quality.

The variation between the National Team (Open and Youth and IRB), Interclub (including Open and Youth, IRB, Surfboat, Beach Run and Extra) and Masters LWC shall be the colour of the ribbon (i.e., different colours to be used).

4.1 SPECIFICATIONS

a) Recipients

The top three competitors/teams in each event receive medals.

b) Distribution

The competitors and a maximum of two team management of the top three teams in Open and Youth National receive LWC receive medals.

c) Design

The medals for the winners are in golden colours, the medals for the second place are in silver colours and the medal for the third place are in bronze colours.

The EMC shall approve the design and quality of the LWC medals proposed by the LOC.

Different coloured ribbons may be used for the National Team (Open, Youth and IRB) for the Interclub (Open, Youth, IRB, Surf Boat), for Masters, and Extra events to differentiate the LWCs and the Extra competitions. The ribbons should also include the LWC and ILS logos.

5. PAST ILS LIFESAVING WORLD CHAMPIONSHIP LOCATIONS

1986 Vancouver, Canada

1988 Southport (Pool and Ocean), Australia

1990 Lubeck (Pool) and Travemunde (Ocean), Germany

1992 Shimoda (Pool and Ocean), Japan

1994 Cardiff (Pool) and Newquay (Ocean), United Kingdom

- 1996 Durban (Pool and Ocean), South Africa
- 1998 Auckland (Pool) and Muriwai and Red Beach (Ocean), New Zealand
- 2000 Homebush (Pool) and Manly (Ocean), NSW, Australia
- 2002 Orlando (Pool) and Daytona Beach (Ocean), USA
- 2004 Livorno (Pool) and Viareggio (Ocean), Italy
- 2006 Geelong (Pool) and Lorne (Ocean), Victoria, Australia
- 2008 Berlin (Pool) and Warnemunde (Ocean), Germany
- 2010 Alexandria (Pool and Ocean), Egypt
- 2012 Marion (Pool), Glenelg and Christies Beach (Ocean), South Australia, Australia
- 2014 Montpellier (Pool) and La Grande Motte (Ocean), France
- 2016 Eindhoven (Pool) and Noordwijk (Ocean), Netherlands
- 2018 Marion (Pool) and Glenelg (Ocean), South Australia, Australia
- 2020 Postponed due to Covid-19 Pandemic
- 2022 Riccione (Pool and Ocean), Italy
- 2024 Southport (Pool) and Kurrawa (Ocean) Gold Coast, Queensland, Australia
- 2026 Newton Park (Pool) and King's Beach (Ocean), Nelson Mandela Bay, Gqeberha (Port Elizabeth), South Africa