

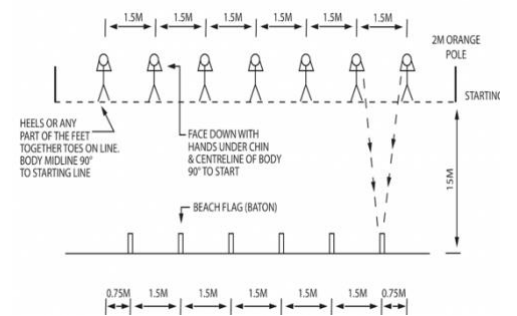







# Manly Nippers Carnival Events

**Rules for False starts (“Breaks”)** – at the first break everyone is given a warning. If there is a second break that competitor is disqualified regardless of whether or not it is their first break. If one member of a team is disqualified then the whole team is disqualified.



BEACH EVENTS (U9-U14 unless indicated)	
 	<p><b>Beach Flags</b> Nippers lie flat on the sand with one hand on top of the other facing away from the flags (piece of hose placed in the sand about 15m away). At the whistle they get up, turn and sprint to grab a flag. There is one less flag than competitors and the Nipper without a flag is eliminated until there is a winner.</p> <p><b>Commands</b> “Competitors Ready” – lie in the start position “Heads down” – drop your chin to your hands Whistle/gun – go</p> 
 	<p><b>Beach Sprint</b> Sprint race across the sand. Normally about 70m. The winner is the first chest across the line.</p> <p><b>Beach Relay</b> A 4 man relay event up and down the 70m sprint track. It starts with 2 Nippers at either end of the track. They hand over the relay baton to each other, running in opposite directions. The baton must be handed over behind the changeover line. Any part of the body (often the arms) going over that changeover line will result in disqualification of the whole team. Judges are stationed on the changeover lines to monitor the handover. This event is done as a single sex team and a mixed sex team.</p> <p><b>All Age Sprint Relay</b> Is a 6 person team with one Nipper from U9-U14. This is normally one of the last events of a carnival and is very exciting to watch.</p> <p><b>Commands</b> – Ready, Set, Whistle/gun</p>
	<p><b>1km Run</b> Normally a race along the waterline. Often at the very start or very end of a carnival</p> <p><b>Commands</b> – Ready, Set, Whistle/gun</p>



### March Past

A mixed team event with a proud tradition for up to 12 Nippers per team. It involves marching around a rectangle, normally to the sound of bagpipes, carrying an old fashioned reel and the Manly Club Flag. The team is judged on formation, leg and arm action, timing and body carriage. The team with the lowest number of errors scores the highest points. It takes place at the start of Carnivals and if necessary other competition is stopped to allow members to participate.



### Rescue & Resuscitation (R&R)

This is traditional surf life-saving event which simulates the rescue and resuscitation of a "patient". The team is assessed on marching, uniformity and the accuracy of their resuscitation procedure.

**2 Person R&R** is for U10/11 and U12/13. One team member draws a stick to be the patient and the other performs the rescue. The competition is at the water's edge and there is no swimming involved.

**5 Person R&R** is for 12-14. For this event the traditional method of performing a rescue is used with a reel, line and belt. The team members take the roles of patient, belt man, reel man and linesmen to simulate a rescue, carry the patient from the water and resuscitate them. The event takes place in waist deep water only.

## WATER EVENTS (U9-U14 unless indicated)

### Board Races

Nippers run into the water with their board, negotiate the break, follow a set course around 3 buoys and then return to the beach running up it with their boards and across the finish line. The first chest over the line wins.



### Board relay

Teams consist of 3 paddlers who each negotiate the individual board course and then tag the next team member, with the final team member running through the finish line. There is normally about a 70m run between the point at which the paddler exits the water and the start of the course where they tap the next paddler. The successive paddlers must be tapped on the body before they can start.



### All Age Board Relay

This is a 6 person team with one Nipper from every age group. Some competitions specify that this must include a number of female competitors and some don't. This is normally one of the last events of a carnival and is very exciting to watch.

Commands - Competitors Ready, Face the Water, Whistle/gun



### Board Rescue (U11-U14)

This two person team event has one Nipper swimming out to their team's coloured buoy which they hold onto and then signal to the other Nipper to come and rescue them. The other Nipper paddles out, around the buoy, picks the swimmer up, they both paddle the board in together and run both holding the board over the finish line. Paddlers must go from left to right around the buoy and must pick up the swimmer on the seaward side of the buoy. I.e. they must not cross the line of buoys before the swimmer is on the board. Both Nippers must be holding the board as they cross the finish line.

Commands

Competitors Ready, Face the Water, Whistle/gun



### Surf Race

This involves swimming around a course of buoys. Getting out through the shore break can be tough, as well as the return to the beach negotiating the waves. If they are skilful enough the swimmers catch a wave and body surf back to the beach. U9/10s swim approx. 200m and U11-U14 swim approx. 300m.

### Surf Teams

This is a 4 person team. All Nippers swim the same race together. Once they have finished each Nipper gets allocated a point in accordance with their place at the finish. Eg 1<sup>st</sup> = 1 point, 10<sup>th</sup> = 10 points. The points for each team are then calculated and the team with the least points wins. If there is a draw then the team who crossed the line first takes the win.

### Commands

Competitors Ready, Face the Water, Whistle/gun



### Ironman/woman (U11-U14)

In this event the Nipper completes a course involving 3 legs, a surf course and a board course with a run (about 70m) between the two courses and to the finish line. This is a tough event for U11-U14 which requires skill, strength and endurance. This race can be run as a swim/board or a board/swim depending on conditions or a draw.

### Commands

Competitors Ready, Face the Water, Whistle/gun



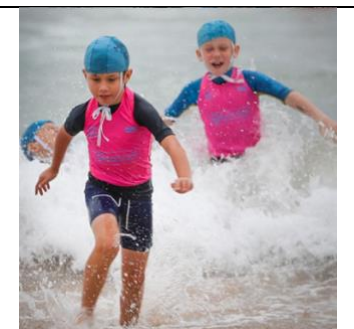
### Cameron Relay (U11-U14)

This is a 4 person team event following the course of the ironman with a swimmer, a paddler and 2 runners. The swimmer completes a swim race and tags the runner near the shore (this can be in the water), who runs along the beach to tag the board paddler. The paddler completes the board race before tagging the second runner who sprints towards the finish line.

### Brace Relay

Sometimes instead of running a Cameron Relay a 2 person Brace relay is run. This event follows the ironman course with one swimmer who runs and taps one board paddler who then finishes the race.

Commands - Competitors Ready, Face the Water, Whistle/gun



### Wade Race

Surf athletes have to wade into and out of the water in the swim and board races. So beginning in U8s Nippers are taught how to wade and dolphin dive through water up to waist deep. The wade race is around 3 Water safety in up to waist deep water and then back up the beach to the finish line. This event is only used at Club Championships for U8s.

### Commands

Competitors Ready, Face the Water, Whistle/gun