

**INTERNATIONAL CHALLENGE
I COMPETE AT HOME
#competeathome**

April 27th to May 9th of 2020

**ROYAL SPANISH LIFE SAVING FEDERATION
REAL FEDERACIÓN ESPAÑOLA DE SALVAMENTO Y SOCORRISMO**

COMPETITION REGULATION

The Royal Spanish Life Saving Federation adopted from the outset a decidedly avant-garde position as a symbol of the strength that characterizes Spanish lifesaving in the face of the crisis generated by COVID-19 and the measures adopted by the Government of Spain with the objective of protecting the health and safety of citizens, containing the progression of the disease and strengthening the public health system, which they led to the establishment of a state of alarm and the limitation of people's mobility.

This measure, which affects a fundamental right and especially the way of life of our society, is extraordinarily hard for people who regularly practice sport and even more so for those who do it systematically.

From the beginning of this situation, the Royal Spanish Lifesaving Federation understood that this was an exceptional state that required that our sport be up to the task.

The pandemic has caused the postponement or suspension of various competitions and technical activities, which also truncates the development of the sports calendar forecasts.

Throughout this process, the Royal Spanish Life Saving Federation has kept its federative structure in operation, in compliance with the commitment made at the beginning of this situation, and has now taken the initiative to organize a "dry" competition, with the spirit of giving space to the whole world of lifesaving, sport and society in general at the international level, trying to put into practice the olympic ideal that our document "Mission, Vision and Values" contains, through the proper dissemination of its spirit and philosophy, such as sportsmanship, effort and improvement, so important in the current reality that humanity lives.

The "International Challenge - I compete at home" is an international competition promoted by the Royal Spanish Life Saving Federation destined at all people who in one way or another collaborate with our sport or with the lifeguard profession, through anyone of the federation estates (athletes, referees, technicians or managers) either through teaching or volunteering, or are linked by being health professionals or family status, or that they consider it as an opportunity to get to know our sports modality and participate in this competition from home.

It is an occasion for all sports lovers to have a sports calendar, with specific goals and objectives that can replace the one that has been cut short by COVID-19, in which people of all ages, from boys and girls to older people, can participate with the illusion with which each of the federated competitions in which they regularly participate are carried out.

The regulations established for this competition would be the following:

ARTICLE 1.- DATES

The competition will be held from April 27th to May 9th, according to the following schedule:

<u>APRIL – MAY</u>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	14	15	16	17	18	19
		Start of registration				
20	21	22	23	24	25	26
				Publication of provisional entry lists		12:00 Deadline registration in Flags event
27	28	29	30	1	2	3
Flags event - Sending videos			Lifesaving medley event – Sending videos			
		12:00 Deadline registration in Lifesaving medley event				12:00 Deadline registration in Lifesaving ski event
4	5	6	7	8	9	10
Lifesaving ski event – Sending videos			Lifesaving with fins event – Sending videos			
		12:00 Deadline registration in Lifesaving with fins event				

ARTICLE 2.- COMPETITION AGES

PreBenjamin: Born on 01/01/2014 and younger
Benjamin: Born between 01/01/2012 and 31/12/2013
Alevin: Born between 01/01/2010 and 31/12/2011
Infantil: Born between 01/01/2008 and 31/12/2009
Cadete: Born between 01/01/2006 and 31/12/2007
Juvenil: Born between 01/01/2004 and 31/12/2005
Junior: Born between 01/01/2002 and 31/12/2003
Absoluta: Born on 31/12/ 2001 and older
Master: Born on 31/12/1990 and older

ARTICLE 3.- PROGRAM

PROGRAM
Flags
Lifesaving medley
Lifesaving ski
Lifesaving with fins

ARTICLE 4.- CATEGORIES

- 4.1 The competition will have the categories described in article 2 of this regulation, establishing a classification by category and sex of each of the events proposed.
- 4.2 In the master category, a classification will be established for every 10 years from 30 years old to the +70 category.

ARTICLE 5.- PARTICIPATION

- 5.1 All persons affiliated with any sports establishment or who have some connection with lifesaving, as well as those related to professional rescue and first aid, may participate independently or through any entity (international body, sports federation, lifesaving club, company, etc.) or any person who loves sports who wants to get closer to our sports modality and participate in this lifesaving competition that, exceptionally, is open to all of society.
- 5.2 You can only participate in one category.

ARTICLE 6.- REGISTRATION

6.1. You can find the entry form at the following link:

<https://forms.gle/fL81wNFHPif1RQ2g8>

ARTICLE 7.- COMPETITION FORMAT

~~7.1~~ The registered persons must record the event, in accordance with the indications established in the technical aspects section detailed in point 7.3. of these regulations and send it on the dates indicated in the established calendar to the address: encasa2020@rfess.es. Videos received in any of the others email addresses of our federation won't be admitted.

7.2 Only one video per person and event will be accepted. If more videos are sent, they will be directly eliminated, considering the first received as the valid one.

7.3 Technical aspects of the videos of the people registered in the competition:

- The video must be recorded horizontally.
- The weight of the video must not exceed 100 Mb
- All the parts of the athlete's body that are susceptible to evaluation during the event must enter in the frame of the video.
- Perspective of the recording of each event must be the one recommended in the competition regulations.
- Room where the event is recorded must be illuminated so that the athlete can be seen correctly.
- If possible, video should be recorded in 720p resolution.
- There must be a recording a minimum of 3 seconds before the start and 3 seconds after the finish of the event, with the athlete in a static, starting or finishing position.

7.4 Name of the video file will be as follows: Event Category Name Surname Time

Examples:

- Flags Master30 Pedro Rodriguez Gonzalez 1,17,,26
- Flags Benjamin Maria Nunez Alonso 57,,66

7.5 Technical aspects of the event:

- Total execution time for all the actions described will be recorded, from the signal sound to the gesture that marks the end of the event
- If the performance of the event is incomplete it will not be evaluated.

- If the start or end signal sound are not clearly listened in the recording, the video will not be evaluated.
- The incorrect execution of a technique will have - 10 seconds penalty (it will be assessed in each of the phases of the event)

ARTICLE 8.- RESULTS

- 8.1 The Competition Committee will be composed by members of the refereeing and technical staff who will view each of the videos sent by the participants for evaluation.
- 8.2 Once the videos have been viewed and the final times of each participant have been established, the results list by category and sex of each of the established events will be published.

ARTICLE 9.- DEVELOPMENT OF THE EVENTS

1.- FLAGS

The starting position will be as established by the regulations of the official event (feet together, one hand on the other and the chin on them), next and at the sound signal (which can be done by the athlete himself) perform a typical "lift" of the event, to then perform as many repetitions of the technical gesture "SKIPPING" as established by the regulations for each category. Once the last repetition is finished, the athlete must contact the chest on the ground, as he/she consider best.

FLAGS EXECUTION SHEET

PHASES	REALIZATION/ ASSESSMENT	REPETITIONS BY CATEGORY	THE RECORDING WILL BE MADE FROM A SIDE VIEW
START POSITION	THE STARTING POSITION WILL BE AS ESTABLISHED BY THE EVENT RULES (FEET TOGETHER, ONE HAND ON ANOTHER AND THE CHIN ON THEM)	<u>1 FOR ALL CATEGORIES</u>	
SOUND SIGNAL	AUDIBLE IN THE VIDEO. THE SIGNAL CAN BE MADE BY THE OWN PARTICIPANT	<u>1 FOR ALL CATEGORIES</u>	
LIFTED	ACCORDING TO RULES	<u>1 FOR ALL CATEGORIES</u>	
SKIPPING	THE COUNTING WILL BEGIN FROM THE TIME THE FIRST KNEE EXCEEDS THE HEIGHT OF THE HIP ONCE IT IS RAISED FROM THE STARTING POSITION. TO ACCOUNT FOR A SKIPPING THE KNEE MUST BE OVER THE HEIGHT OF THE ATHLETE'S HIP	<u>20 FOR:</u> ABSOLUTA JUNIOR JUVENIL CADETE MASTER +30 MASTER +40 MASTER +50 <u>10 FOR:</u> INFANTIL ALEVIN BENJAMIN PREBENJAMIN MASTER +60 MASTER +70	
CHEST ON THE FLOOR	TIME WILL END WHEN THE ATHLETE'S CHEST IS IN CONTACT WITH THE FLOOR	<u>1 FOR ALL CATEGORIES</u>	

2. LIFESAVING MEDLEY

The starting position will be standing with the feet together and hands close to the body. After the sound signal (which can be done by the athlete himself) he must perform as many repetitions of the technical gesture "BURPEES" as established by the regulations for each category. At the end of the last repetition, he will face the performance of as many repetitions as established by the regulations for each category, of the technical gesture "MOUNTAIN CLIMBER". Once the last repetition is finished, the athlete will rise and perform an audible clap above the hip.

LIFESAVING MEDLEY EXECUTION SHEET

PHASES	REALIZATION/ ASSESSMENT	REPETITIONS BY CATEGORY	THE RECORDING WILL BE MADE FROM A SIDE VIEW
SOUND SIGNAL	THE SIGNAL CAN BE MADE BY THE OWN PARTICIPANT	1 FOR ALL CATEGORIES	
BURPEES	<p>A. STARTING POSITION IN STATIC AND IN BIPEDESTATION</p> <p>B. FULLY EXTENDED LEGS AND ELBOWS</p> <p>C. ARM FUND WITH MAXIMUM FLEXION OF ELBOWS</p> <p>D. BOTH FEET SHOULD BE SEPARATED FROM THE FLOOR AND CLAP ON THE HEAD WITH THE ARMS EXTENDED.</p> <p>A REPETITION WILL BE CONSIDERED FROM PHASE "A" TO PHASE "D"</p>	<p>8 FOR:</p> <p>ABSOLUTA JUNIOR JUVENIL CADETE MASTER +30 MASTER +40 MASTER +50</p> <p>4 FOR:</p> <p>INFANTIL ALEVIN BENJAMIN PREBENJAMIN</p> <p>0 FOR:</p> <p>MASTER +60 MASTER +70</p>	
MOUNTAIN CLIMBER	<p>A. FULLY EXTENDED LEGS AND ELBOWS</p> <p>B. A LEG AT MAXIMUM EXTENSION AND THE CONTARY WITH AN ANGLE GREATER THAN 90 DEGREES IN THE KNEE. IN A SINGLE MOVEMENT, THE POSITION OF THE RIGHT LEG WILL BE CHANGED TO THAT OF THE LEFT AND VICE-VERSE.</p> <p>A REPETITION SHALL BE CONSIDERED EVERY TIME A LEG EXCEEDS THE MAXIMUM OF 90 DEGREES OF KNEE FLEXURE WHILE THE CONTARY IS KEPT AT MAXIMUM EXTENSION</p>	12 FOR ALL CATEGORIES	
CLAP	AUDIBLE IN THE VIDEO AND ABOVE THE HIP, IN A STAND POSITION AND WITH TWO FEET ON THE FLOOR.	1 FOR ALL CATEGORIES	

3. LIFESAVING SKI

The starting position will be standing with the feet together and hands close to the body. After the sound signal (which can be done by the athlete himself) he must perform as many repetitions of the technical gesture "JUMPING JACKS" as established by the regulations for each category. At the end of the last repetition, he will face the performance of as many repetitions as established by the regulations for each category, of the technical gesture "SKI PROPULSION PADDLED". Once the last repetition is finished, proceed to join and perform as many repetitions of the technical gesture "JUMPING JACKS" as established by the regulations for each category, after which an audible clap will be performed above the hip.

LIFESAVING SKI EXECUTION SHEET

PHASES	REALIZATION/ ASSESSMENT	REPETITIONS BY CATEGORY	THE RECORDING WILL BE MADE FROM A FRONT VIEW
SOUND SIGNAL	THE SIGNAL CAN BE MADE BY THE OWN PARTICIPANT	1 FOR ALL CATEGORIES	
JUMPING JACKS	A REPETITION WILL BE CONSIDERED EVERY TIME THAT THE LEGS AND ARMS ARE TOGETHER AND CLOSE TO THE BODY AFTER PERFORMING AN OPENING OF FEET BEYOND THE WIDTH OF THE SHOULDERS SIMULTANEOUSLY TO AN OPENING AND ELEVATION OF THE ARMS TO A MAXIMUM EXTENSION UPWARD	15 FOR: ABSOLUTA JUNIOR JUVENIL CADETE MASTER +30,+40,+50 10 FOR: INFANTIL ALEVIN BENJAMIN PREBENJAMIN 5 FOR: MASTER +60, +70	
SKI PROPULSION PADDLED	A REPETITION SHALL BE CONSIDERED EACH TIME THAT THE HAND THAT IS ESTABLISHED OF REFERENCE GOES THROUGH THE SAME STARTING POINT. HAVING TO HAND YOUR HAND OVER THE SHOULDER IN EACH ROUND	60 FOR: ABSOLUTA JUNIOR JUVENIL CADETE MASTER +30,+40,+50 40 FOR: INFANTIL ALEVIN BENJAMIN PREBENJAMIN MASTER +60, +70	
JUMPING JACKS	A REPETITION WILL BE CONSIDERED EVERY TIME THAT THE LEGS AND ARMS ARE TOGETHER AND CLOSE TO THE BODY AFTER PERFORMING AN OPENING OF FEET BEYOND THE WIDTH OF THE SHOULDERS SIMULTANEOUSLY TO AN OPENING AND ELEVATION OF THE ARMS TO A MAXIMUM EXTENSION UPWARD	15 FOR: ABSOLUTA JUNIOR JUVENIL CADETE MASTER +30,+40,+50 10 PARA: INFANTIL ALEVIN BENJAMIN PREBENJAMIN 5 PARA MASTER +60,+70	
CLAP	AUDIBLE IN THE VIDEO AND ABOVE THE HIP, IN A STAND POSITION AND WITH TWO FEET ON THE FLOOR.	1 FOR ALL CATEGORIES	

4. LIFESAVING WITH FINS

The starting position will be standing with the feet together and hands close to the body. After the sound signal (which can be done by the athlete himself), he must make ONE repetition of the technical gesture "VERTICAL JUMP" as established by the regulations for all categories. At the end of it, he will face the performance of as many repetitions as

established by the regulations for each category, of the technical gesture "SQUATS". At the end of the last repetition, he will face the performance of as many repetitions as established by the regulations for each category, of the technical gesture "MOUNTAIN CLIMBER". Once the last repetition is finished, the athlete will rise and perform an audible clap above the hip.

LIFESAVING WITH FINS EXECUTION SHEET

PHASES	REALIZATION/ ASSESSMENT	REPETITIONS BY CATEGORY	THE RECORDING WILL BE MADE FROM A SIDE VIEW
SOUND SIGNAL	THE SIGNAL CAN BE MADE BY THE OWN PARTICIPANT	1 FOR ALL CATEGORIES	
VERTICAL JUMP	IN STARTING POSITION (ARMS GLUED TO THE BODY AND FEET TOGETHER) PERFORM A VERTICAL JUMP CLEARLY SEPARING THE TWO FEET FROM THE FLOOR AND RAISING THE ARMS TO THE MAXIMUM EXTENSION OF ELBOWS ABOVE THE HEAD	1 FOR ALL CATEGORIES	
SQUATS	A REPETITION WILL BE CONSIDERED EACH TIME A MAXIMUM EXTENSION IS MADE OF THE TWO LEGS, HAVING PREVIOUSLY MADE A 90 DEGREE FLEXURE AT THE HEIGHT OF THE KNEE, WITHOUT SEPARATING THE HEELS FROM THE FLOOR. THE ARMS WILL ACCOMPANY THE MOVEMENT, MAKING THE EXTENSION IN FRONT AND PARALLEL TO THE FLOOR OF THE TWO ARMS MATCHING WITH THE KNEE FLEX.	20 FOR: ABSOLUTO JUNIOR JUVENIL CADETE MASTER +30,+40,+50 16 FOR: INFANTIL ALEVIN BENJAMIN PREBENJAMIN 6 WITH CHAIR O SIMILAR FOR: MASTER +60,+70	
MOUNTAIN CLIMBER	A. FULLY EXTENDED LEGS AND ELBOWS B. A LEG AT MAXIMUM EXTENSION AND THE CONTARY WITH AN ANGLE GREATER THAN 90 DEGREES IN THE KNEE. IN A SINGLE MOVEMENT, THE POSITION OF THE RIGHT LEG WILL BE CHANGED TO THAT OF THE LEFT AND VICE-VERSE. A REPETITION SHALL BE CONSIDERED EVERY TIME A LEG EXCEEDS THE MAXIMUM OF 90 DEGREES OF KNEE FLEXURE WHILE THE CONTARY IS KEPT AT MAXIMUM EXTENSION	16 FOR: ABSOLUTO JUNIOR JUVENIL CADETE MASTER +30,+40,+50 12 FOR: INFANTIL ALEVIN BENJAMIN PREBENJAMIN MASTER +60,+70	
CLAP	AUDIBLE IN THE VIDEO AND ABOVE THE HIP, IN A STAND POSITION AND WITH TWO FEET ON THE FLOOR.	1 FOR ALL CATEGORIES	