JUNIOR SURF SPORTS – EVENTS

The skills needed to compete in junior surf sports events are taught through specific lesson plans within the Age Guides depending on the age and level of skill progression. They can also be taught through your own lessons created using the Junior Surf Skills Coaching Points found in this Age Guide or the SLSA Junior Coaching Manual.

This section provides you with a summary of the following junior surf events and associated course layouts:

- Beach Sprint
- Beach Relay
- Beach Flags
- Wade Race
- Wade Relay
- Run-Swim-Run

- Surf Race
- Board
- Board Relay
- Board Rescue
- Ironman/Ironwoman
- Cameron Relay

You can use the event summaries to:

- Gain an understanding of each junior surf sports event
- Explain the race method and rules to your participants
- Explain the course layout to your participants
- Set up a course for training/competition
- Run a surf sports competition event

You can find more detailed information on course layouts, distances and event rules by referring to the SLSA Surf Sports Manual or for the most up-to-date version see the electronic version of this manual located at www.slsa.com.au.

Beach Sprint

Age Group/Ability Level
- U8-U14 (7-13 years old)

Equipment
- Start/finish line marker poles
- Starting whistle
- Lane ropes are recommended

Starting Procedure
- On your mark = 'Ready'
- Get set = 'Set'
- Go = 'Whistle'

Safety requirements
- No more than 10 participants per race
- Clear track of any hazards (sharp shells etc)
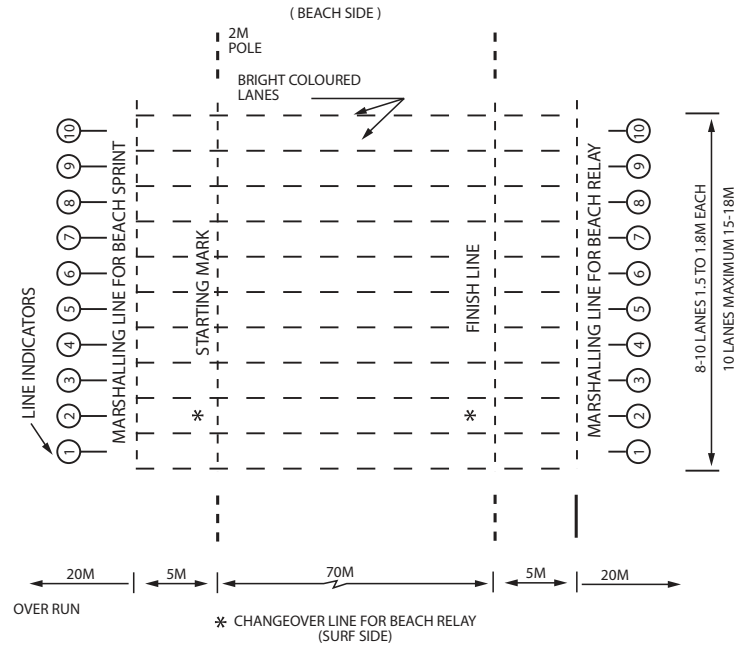- Ensure even beach area

Distance
- Course length no longer than 70m

Judging
- Placing order over finish line
- Finish is judged on chest over line and on their feet
- Moving before 'go' command shall be considered a 'break 'and a false start declared

Method
- Participants run from start line to finish line

(BEACH SIDE)

2M POLE

BRIGHT COLOURED LANES

LINE INDICATORS

MARSHALLING LINE FOR BEACH SPRINT

STARTING MARK

FINISH LINE

MARSHALLING LINE FOR BEACH RELAY

8-10 LANES 1.5 TO 1.8M EACH
10 LANES MAXIMUM 15-18M

20M OVER RUN | 5M | 70M | 5M | 20M

* CHANGEOVER LINE FOR BEACH RELAY (SURF SIDE)

Beach Relay

Age Group/Ability Level
- U8-U14 (7-13 years old)

Equipment
- Start/finish line marker poles
- 1 Baton per team (300mm long/25mm diameter)
- Lane ropes are recommended

Starting Procedure
- On your mark = 'Ready'
- Get set = 'Set'
- Go = 'Whistle'

Safety requirements
- No more than 10 teams per race
- Clear track of any hazards (sharp shells etc)
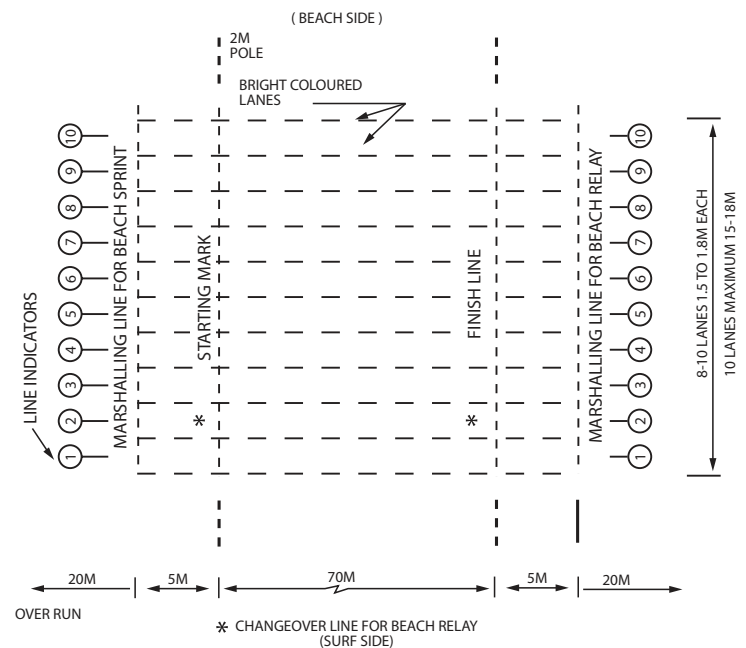- Ensure even beach area

Distance
- Course length no longer than 70m

Judging
- Team of 4 with 2 members placed at either end of the track
- Baton must be handed over behind changeover line
- No part of body/hands to cross changeover line before baton has changed team
- Judges required at both ends to check changes
- Batons must be handed not thrown
- If baton dropped it can be picked up and team continues
- Finish is judged on chest of last runner over the finish line on their feet

Method
- Teams of four with two at each end
- Each member runs the course once and the race is finished when last member crosses finish line

(BEACH SIDE)

2M POLE

BRIGHT COLOURED LANES

LINE INDICATORS

MARSHALLING LINE FOR BEACH SPRINT

STARTING MARK

FINISH LINE

MARSHALLING LINE FOR BEACH RELAY

8-10 LANES 1.5 TO 1.8M EACH
10 LANES MAXIMUM 15-18M

20M OVER RUN | 5M | 70M | 5M | 20M

* CHANGEOVER LINE FOR BEACH RELAY (SURF SIDE)

Beach Flags

Age Group/Ability Level
• U8-U14 (7-13 years old)

Equipment
• Start/finish line marker poles
• Starting whistle
• Beach flags (300mm length/25mm diameter)

Starting Procedure
• On your mark = 'Competitors Ready'
• Get set = 'Heads down'
• Go = 'Whistle'

Safety requirements
• 10 participants per round (maximum 16)
• Clear arena of hazards (sharp shells etc)
• Ensure even beach area

Distance
• Course distance 15m
• Flags are spaced 1.5m apart

Judging
• Chest must be flat on sand
• Dead heats are called and 2 participants will have 1 rerun
• No deliberate impedance of another participant is allowed

Method
• One less baton than participants
• Participants lie face down with toes on start line, heels together, and hands placed finger tips to wrist, with one on top of the other, with head up
• On the command 'heads down', chins are placed upon hands
• At the 'whistle' participants get to their feet, run and attempt to gain flag
• The participant that does not gain a flag is eliminated
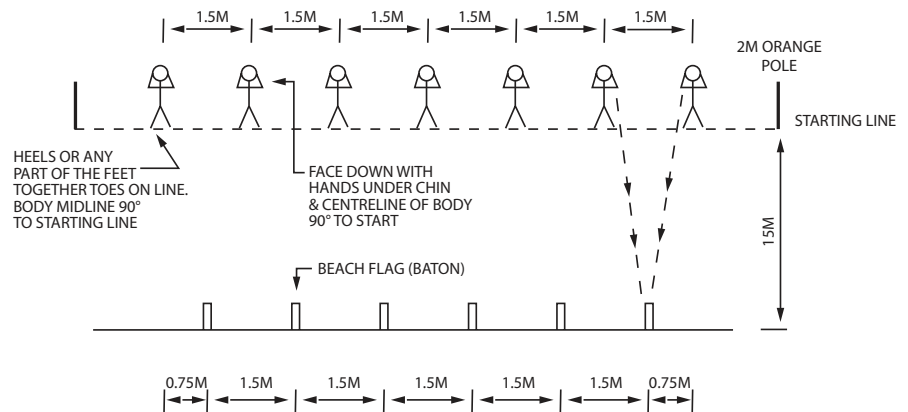
Wade Race

Age group/Ability level
• U8 (7 years old)

Equipment
• Start Poles/ finish flags
• 3 Water Safety personnel to act as water markers
• Starting whistle

Starting Procedure
• On your mark = 'Ready'
• Get set = 'Set'
• Go = 'Whistle'

Safety Requirements
• Water Safety personnel at waist depth
• 16 participants per race (maximum)
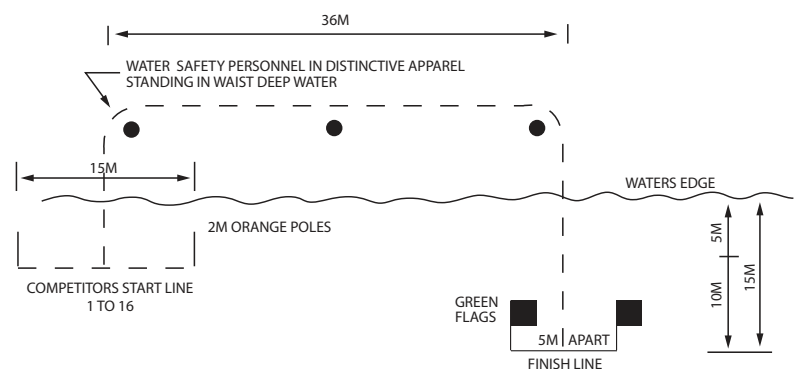• Head count participants at start and finish

Distance
• Adjust course to suit ability/conditions
• Course no further than 15m from waters edge

Judging
• Participants must go around the outside of all water markers
• Final placing order judged on participant's chest

Method
• Participants on start line approx. 5m away from waterline
• Upon start participants wade, dive or swim around the water section of the course from left to right and return to shore to finishing line

Wade Relay Race

Age group/Ability level
• U8 (7 years old)

Equipment
• Start poles/finish flags
• 2 turning flags
• 3 Water Safety Personnel act as water markers
• Starting whistle

Starting Procedure
• On your mark = 'Ready'
• Get set = 'Set'
• Go = 'Whistle'

Safety Requirements
• Water Safety personnel at waist depth
• 16 teams per race (maximum)
• Head count participants at start and finish

Distance
• Adjust course to suit ability/conditions
• Course no further than 15m from waters edge

Judging
• Participants must go around the outside of all water markers
• Visible tags to be made on shoreward side of changeover line
• Final placing order judged on participant's chest

Method
• 4 participants per team
• Wader #1 starts on line approx. 5m away from waterline
• Wader #1 enters the water, rounds the water markers, leaves the water, rounds the two turning flags and tags the next wader (#2) on the changeover line, this will be repeated for wader #2 tagging wader #3 When wader #3 tags the last participant (#4) they will repeat the process, but after rounding the first turning flag on beach will run to finish line between the two finish flags
• The finish is judged on the chest of the last wader (#4) crossing the finishing line on their feet

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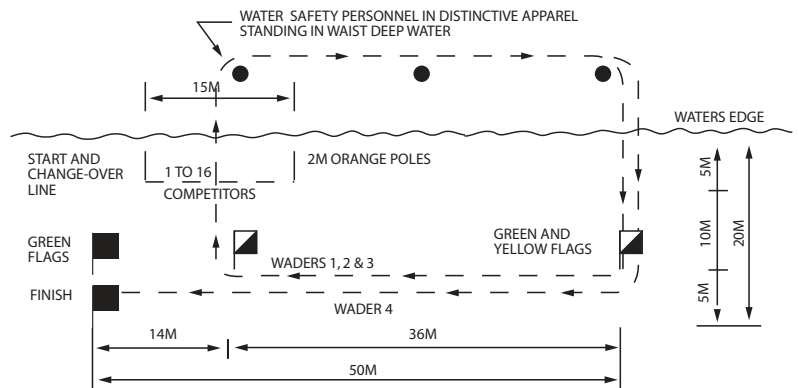
Run-Swim-Run

Age Group/Ability Level
• U11-U14

Equipment
• Start poles/finish flags
• Turning flag
• Minimum 2 swim buoys, 10m apart
• Starting whistle

Starting Procedure
• On your mark = 'Ready'
• Get set = 'Set'
• Go = 'Whistle'
• Safety requirements
• 15-20 participants per race (maximum 32)
• Head count participants at start and finish

Distance
• Distance to swim buoys is 120m from knee depth (minimum)
• Minimum total swim distance is 288m

Judging
• Participants must round all swimming buoys to the right
• Placing order over finish line
• The finish is judged on the chest of the participant crossing the finishing line on their feet

Method
• Participants line up on the start line
• On the starting signal participants run along the beach and round turning flag
• Participants then enter the water and swim around the 2 swim buoys
• On returning to shore participants round the turning flag and run through the two finnish flags
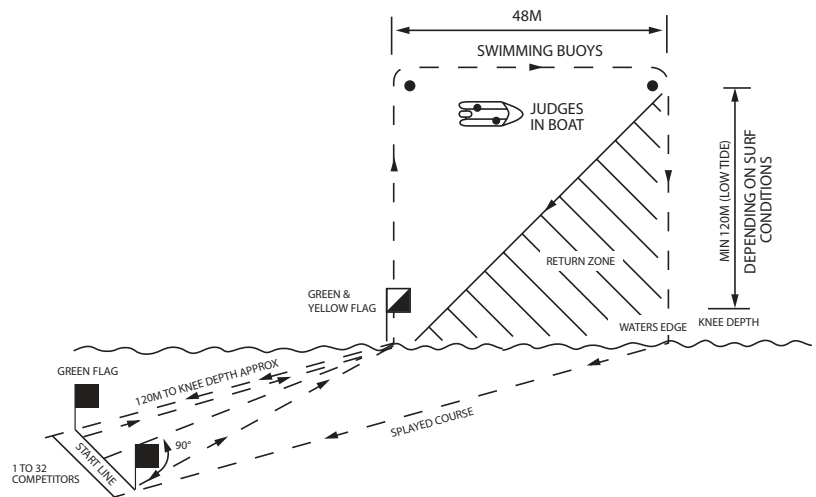
Surf Race

Age Group/ Ability Level
• U9-U14 (8-13 years old)

Equipment
• Start poles/finish flags
• Full set of swim buoys (U11-U14)
• Two single buoys, 10m apart (U9-U10)
• Starting Whistle

Starting Procedure
• On your mark = 'Ready'
• Get set = 'Set'
• Go = 'Whistle'

Safety requirements
• 15 -20 Participants per race (maximum 32)
• Head count children at start and finish
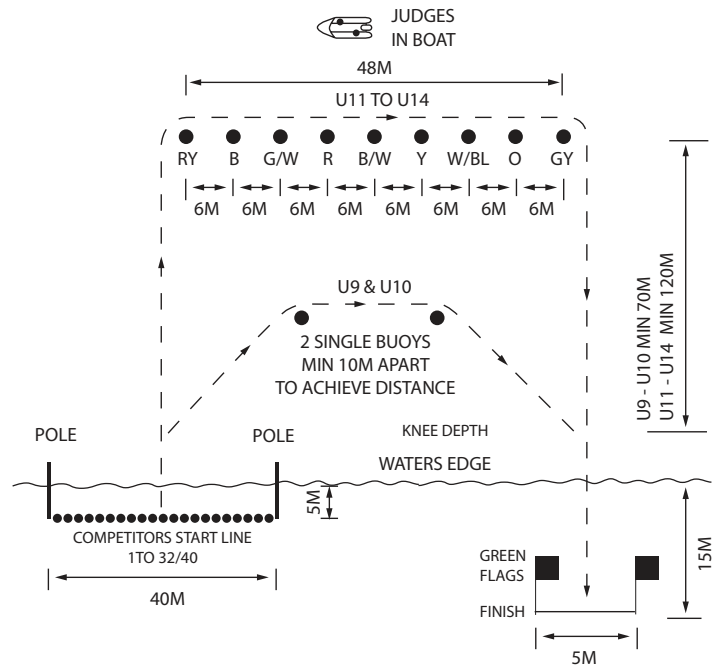
Distance
• U9-U10 - Minimum 70m
• U11-U14 - Minimum 120m

Judging
• Participants must go around outside of turning buoys
• Placing order over finish line
• Finish judged on participants chest across finish and be
  on their feet

Method
• Participants swim from left to right round course and return to
  shore and run to finish line

JUDGES IN BOAT

48M

U11 TO U14

RY   B   G/W   R   B/W   Y   W/BL   O   GY

6M 6M 6M 6M 6M 6M 6M 6M

U9 & U10

2 SINGLE BUOYS
MIN 10M APART
TO ACHIEVE DISTANCE

U9 - U10 MIN 70M
U11 - U14 MIN 120M

POLE   POLE   KNEE DEPTH

WATERS EDGE

5M

COMPETITORS START LINE
1 TO 32/40

40M

GREEN FLAGS

FINISH

15M

5M

Board Race

Age Group/ Ability Level
• U9-U14 (8-13 years old)

Equipment
• Start poles/finish flags
• 3 buoys
• Starting whistle

Starting Procedure
• On your mark = 'Ready'
• Get set = 'Set'
• Go = 'Whistle'

Safety requirements
• 16 participants per race (maximum)
• Head count participants at start and finish
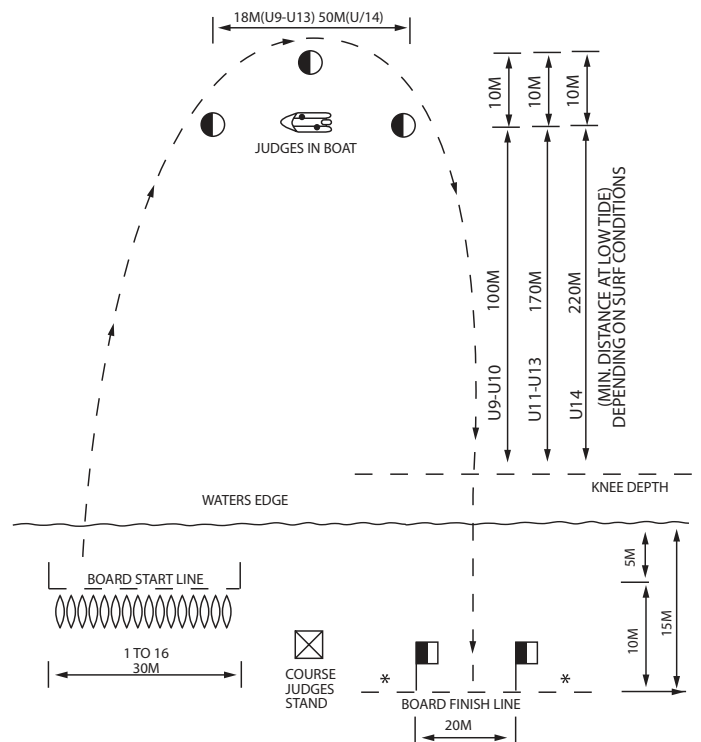
Distance
• U9 -U10 - 100m
• U11-U13 - 170m
• U14 - 220m
• Apex buoy is placed another 10m further to sea for all distances

Judging
• Placing order over finish line
• Participants must go around the outside of all marker buoys

Method
• Race starts approx 5m from waters edge
• Paddlers complete course from left to right outside of marker buoys
  and run up beach to finish maintaining contact with their board
• Finish is between two flags 20m apart and 15m from waters edge
• The finish on judged on the paddlers chest and they must be on
  their feet

18M(U9-U13) 50M(U/14)

JUDGES IN BOAT

10M 10M 10M

100M   170M   220M

U9-U10   U11-U13   U14

(MIN. DISTANCE AT LOW TIDE)
DEPENDING ON SURF CONDITIONS

WATERS EDGE   KNEE DEPTH

BOARD START LINE

1 TO 16
30M

COURSE JUDGES STAND

*   *

BOARD FINISH LINE

20M

5M

10M

15M

LEGEND

| 2M ORANGE POLE | BLACK & WHITE BUOYS |

| BLACK & WHITE FLAG ON 4M POLE | * FINISH FLAGS MOVED TO SUIT WIND CONDITIONS |

Board Relay

Age Group/ Ability Level
- U9-U14 (8-13 years old)

Equipment
- Start poles/finish flags
- 3 buoys
- 2 turning flags

Starting Procedure
- On your mark = 'Ready'
- Get set = 'Set'
- Go = 'Whistle'

Safety Requirements
- 16 teams per race (maximum)
- Head count participants at start and finish

Distance
- U9 -U10 - minimum board distance is 227m
- U11-U13 - minimum board distance is 367m
- U14 - minimum board distance is 467m
- Apex buoy is placed another 10m further to sea for all distances

Judging
- Placing order over finish line of final paddler (#3)
- Paddlers must go around outside all of the markers buoys
- Paddlers can lose board and swim remainder of the course after rounding last turning buoy
- Visible tags must be 'paddler to paddler' not 'paddler to equipment'

Method
- Teams consist of 3 paddlers
- First paddler completes water course, leaves board at waters edge, runs around the two marker flags and tags paddler #2 on the shoreward side of the changeover line
- Paddler #2 repeats this process and tags paddler #3
- Paddler #3 completes water course, leaves board at waters edge and runs around first turning flag and finishes race by crossing finish line in contact with board
- The finish is judged on the chest of paddler #3, who must finish on their feet.
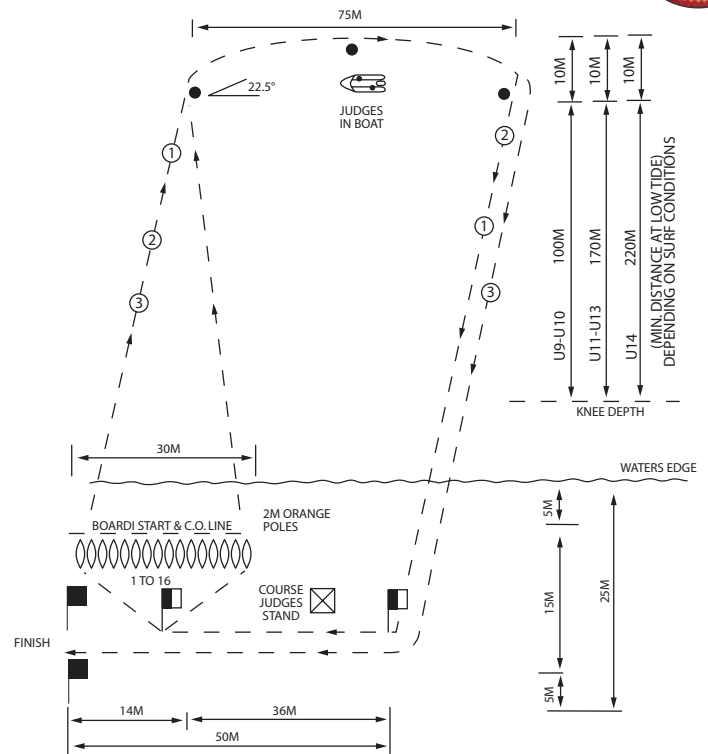
LEGEND

■ GREEN FLAG	◪ GREEN & YELLOW FLAG	● BLACK & WHITE BUOY

Board Rescue

Age Group/ Ability Level
- U11-U14 (10-13 years old)

Equipment
- Start poles/finish flags
- Swim buoys (full set 9 buoys)
- Starting whistle

Starting Procedure
- On your mark = 'Ready'
- Get set = 'Set'
- Go = 'Whistle

Safety requirements
- 9 teams per race (maximum)
- Head count children at start and finish

Distance
- Minimum swim and board distance is 240m

Judging
- Paddlers must go from left to right around allocated buoy and be on the seaward side of the buoy when picking up swimmer
- Teams must finish between flags and in contact with the board
- Placing order over finish line

Method
- Teams consist of 1 swimmer and 1 board paddler
- On start signal swimmers race to allocated buoy, and signal arrival by raising arm
- Board paddler begins at swimmers signal
- On reaching swimmer, paddler picks swimmer up ensuring that they are on the seaward side of the buoy and then rounds buoy from left to right
- Team jointly paddles back to shore and runs up beach to finish
- Paddler and swimmer finish between flags, both in contact with the board and on their feet
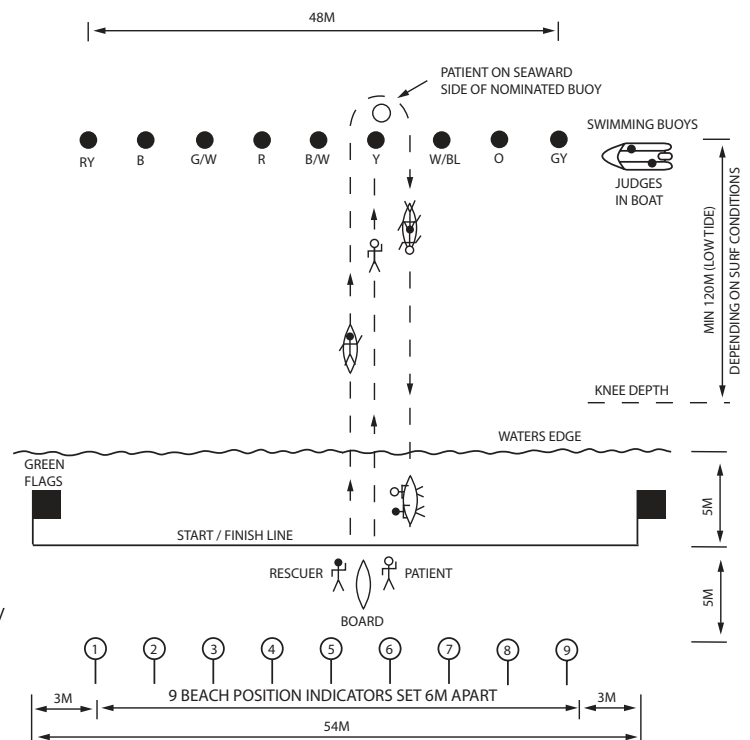
Ironman/Ironwoman Race

Age Group/ Ability Level
- U11-U14 (10-13 years old)

Equipment
- Start poles/finish flags
- 2 Turning flags
- Full set of swim buoys
- 4 buoys (board)
- Starting Whistle

Starting Procedure
- On your mark   = 'Ready'
- Get set   = 'Set'
- Go   = 'Whistle'

Safety requirements
- 16 participants per race (maximum)
- Head count children at start and finish
- Handlers may be required to clear boards ASAP if board is first leg of event

Distance
- Swim – minimum swim distance is 288m
- Board – minimum swim distance is 362m

Judging
- Participants must go around outside all buoys/markers
- Placing order over finish line

Method
- The order of legs (swim and board) shall be drawn by ballot
- The participants either swims or paddles around the swim or board buoys, returns to beach, runs around both turning flags
- Re-enters the water and completes the last leg by swim or board
- Leaves water, runs around first turning flag and runs to finish between the two finish flags
- The finish is judged on participant's chest and they must be on their feet when they cross the finish line

LEGEND

◑ BLACK & WHITE BUOY   ■ GREEN FLAG | 2M ORANGE POLE

○ SWIMMING BUOY   ◩ GREEN & YELLOW FLAG
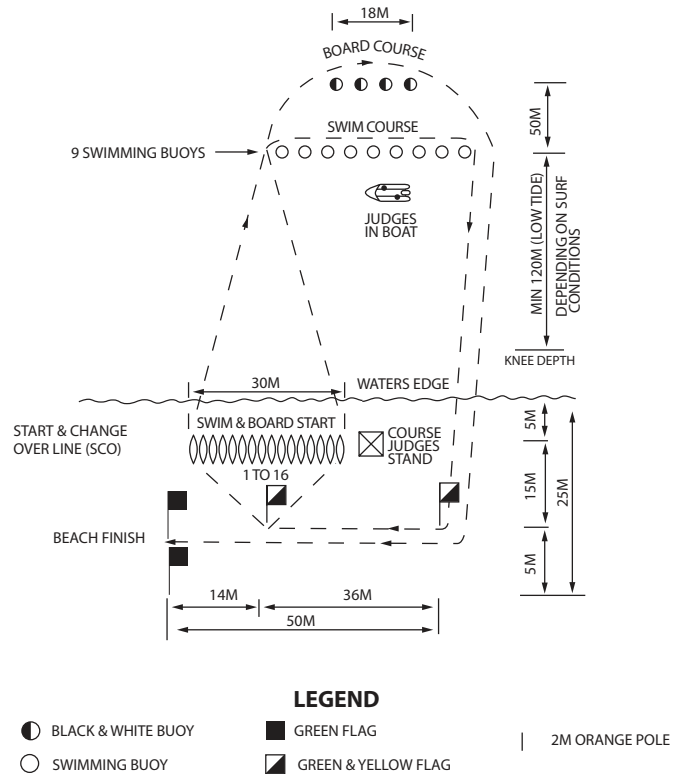
Cameron Relay

Age Group/ Ability Level
- U9-14 (8-13 years old)

Equipment
- Start poles/finish flags
- 2 Turning flags
- Full set of swim buoys
- 4 buoys (board)
- Starting Whistle

Starting Procedure
- On your mark   = 'Ready'
- Get set   = 'Set'
- Go   = 'Whistle

Safety requirements
- 16 Team (maximum) per race
- Head count participants in and out of water including start and finish
- Handlers will be required to clear boards from water ASAP

Distance
- U9-U10 – minimum swim distance is 188m
- U9-U10 – minimum board distance is 225m
- U11-U14 – minimum swim distance is 288m
- U11-U14 – minimum board distance is 362m

Judging
- Participants for swim and board legs must go around (outside) all buoys for their leg.
- Placing order over finish line.

Method
- 4 members per team (1 Swimmer, 2 Runners, 1 Board Paddler)
- The order of legs (swim and board) shall be drawn by ballot
- The swimmer completes the course from left to right around the swim buoys, and tags the first runner (#1) at the waters edge.
- The first runner runs up beach and around the two turning flags and tags the board paddler at the start/changeover line
- The board paddler proceeds around the four black and white buoys, returning to the beach, tags the 2nd runner at the waters edge
- The final (#2) runner runs up the beach around the turning flags and through the finish flags to complete the event
- The finish is judged on the chest of the last runner who must be on their feet when they cross the finish line

LEGEND

◑ BLACK & WHITE BUOY   ■ GREEN FLAG   ① SWIMMER

○ SWIMMING BUOY   ◩ GREEN & YELLOW FLAG   ② SPRINTER

| 2M ORANGE POLE   ✕ COMPETITORS TAG   ③ BOARD PADDLER

④ SPRINTER