



Nipper Surf Sports Events Summary

Some events are restricted to age groups based on recommended safety guidelines as advised by LSV and SLSA. Typically, U7 and U8 will have limited or restricted water-based activities.

Beach Flags	U7 – 13	Nippers lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There are always less flags than participants. Anyone who fails to gain a flag is eliminated until there are only two Nippers left. The Nipper, who wins the last flag, wins.
Beach Sprint	U7 – 13	The beach sprint course is usually set over 70m. Starting when the whistle is sounded the Nipper sprints across the soft sand through the finish line. The first Nippers' chest across the finish line is deemed the winner.
Beach Relay	U7 – 13	The beach relay consists of a team of four Nippers and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. The first across the line wins.
Wade Race	U7 – 10	Athletes must wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, and then make their way back up the beach through the finish line.
Wade Relay	U7 – 10	This relay race consists of 4 Nippers. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally fourth and final



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		member who runs through the finish line
Board Race	U9 – 13	This race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9-10s are on 2m long foam boards; U11-13s are 2m long fiberglass boards.
Board Relay	U9 – 13	A board relay team consists of three Nippers all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member must complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.
Board Rescue	U11 – 13	Consisting of 2 Nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line.
Surf Race	U9 – 13	Involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough. The distances for the U9-U10 are approx. 200m and 300m for the U11-U14.
Surf Teams	U9 – 13	Consisting of four members, all Nippers swim in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line



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		first, wins.
Ironman/woman	U11 – 13	In the Nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills.
Aqua-Cameron	U10 – 13	Involves 4 members, a swimmer, a board paddler, a wader and a runner. The swimmer completes a swim race and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the wader. The wader tags the last runner who sprints towards the finish line.
R&R	U11 – 13	2 and 5 person R & & teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points wins.
March Past	U7 – 13	Teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points wins.

Team events are single sex (all male or all female) except for the March Past.