

# Surf Sports defined

## Iron man

The typical Ironman race consists of a water leg either; swim, ski or board, that lasts about 3–4 minutes, with a course going out through the break, around a set of turning buoys, and back in. It then has a run of about 150m, around two flags on the beach, before the next water leg in a similar fashion to the first. This continues for the third water leg, before a final run to the finish line. The order for each water leg is determined at the start of every carnival by random draw. The distances for each leg vary upon conditions; however they are around 800m for the ski leg, 600m for the board, 400m for the swim and 150m for each run leg

## Surf boat

The boats race by rowing out to a marker buoy placed several hundred metres offshore, turning around it and returning to shore as quickly as possible. Boats work to avoid crashing through waves on the way out as they seriously slow progress, but aim to catch a wave as early as possible on the way back as this is the fastest method of travel for a boat. The surf factor is where things get interesting as boats slew sideways, roll, crash into each other, have sweeps and rowers thrown into the water - generally creating an exciting spectacle for spectators.

## Surf Ski

Surf skis are used worldwide for surf lifesaving, surf kayaking and for training and competition on flat-water or ocean (downwind) racing. They are most popular in warmer coastal regions such as Australia, California, Hawaii, and South Africa, as paddling a surf ski inevitably involves contact with the water. In cooler waters, paddlers often wear a wetsuit or drysuit.

## IRB (Inflatable Rescue Boat)

Since 2001, the rescue events have included the basic Surf Rescue, the Mass Rescue, the Tube Rescue, a Team Relay Rescue, and the Assembly Rescue. Each rescue is simulated by a team representing their particular club. For most events, the team consists of an IRB driver, a crew person, and a patient, though this is not the case with regard to the Team Relay, and Mass Rescue events (see below).

Depending on club and team participation, events are usually run in heats, semi-finals, and final rounds. Team placement at each stage determines which teams are eliminated and which move to the next round. Competition takes place at carnivals that are spread out over the off-season between the months of April and July.

IRB racing is fast, exciting and very challenging. It requires an intimate knowledge of the boat, precision driving skills, and high levels of physical strength and fitness, as well as some plain good luck on race day.

## Beach Flags

Beach Flags is a sporting event used by Surf lifesavers to practice beach sprinting and reflexes. The game is played by sticking a series of *flags* (typically short lengths of hosepipe) into the sand in a

row. The competitors lie facing away (and face down) approximately 20 metres away. Upon a starting signal, the competitors race to the flags and try to grab one. The difficulty in the sport is that *there are always fewer flags than there are competitors*. The competitors who do not manage to capture a flag are eliminated, the flags are reset (removing one more), and the game continues until there is one person remaining - the winner. The game progresses in much the same way as musical chairs.

The event involves a tactical component as competitors have discretion as to which flag they obtain. While there is a degree of jostling, a competitor can be disqualified for deliberately impeding another competitor. Also you will be disqualified if you false start. In junior's competitions you will be disqualified on the second time you false start, but in seniors and masters competitions you will be disqualified the first time you false start. You false start by getting up before the starting signal happens. Rather than testing endurance and stamina, the event tests power and reflexes. A round run by Open Australian national finalists will take approximately 3.7 seconds