



## **Chapter 2: Eligibility rules and right to compete (according the LWC handbook (September 2025))**

<https://www.ilsf.org/wp-content/uploads/2025/10/ILS-2025-Competition-Rulebook-Final-081025.pdf>

### **1. DEFINITION OF A TEAM MANAGER**

- ✓ For ILS, the entries in the Liveheats system will be done by a “team manager”, so this means all team managers can create their entries at <https://liveheats.com/ils>, then, they will be able to manage their entries **using the email they use to sign up**.
- ✓ The only case where you would need to add a team manager to a team/club (using this tool <https://support.liveheats.com/hc/en-us/articles/21355260946708-Appointing-Team-managers-to-teams-in-your-organisation-BETA>) would be if they would like to manage the entries using an email that **they didn't use to create the entries**.
- ✓ If you get this request, I would advise you to tell them to manage entries, login with the email they used during sign up at <https://liveheats.com/ils>.

### **2. GENERAL**

- ✓ The **National Teams LWC** (Open, Youth and IRB) are open to competitors of Nations of an ILS Full Member National Lifesaving Organisation, Federation or Association (NLFO). Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO), but only if the Full Member NLFO provides written approval to ILS.
- ✓ The **Interclub Teams LWC** (Open, Youth, Masters, IRB, Surfboat and Extra) may also be entered by competitors of Associate and Corresponding NLFO, but only if the Full Member NLFO **provides written approval** to the ILS.
- ✓ The LWC are intended for bona fide members of their ILS NLFO and eligibility to compete is determined by each NLFO.
- ✓ A competitor is permitted to compete for a National Team from one country and for a Club Team from a different country or organisation at the same LWC year.
- ✓ A competitor must compete for only **one nation in all National Teams** LWC conducted in the same year.

- ✓ A competitor must compete for **one club for the entire LWC**, e.g., in the same LWC year a member is not permitted to compete for one club in the Masters LWC and for another club in the Open Interclub LWC.
- ✓ It is the responsibility of a NLFO **to endorse** their participants in LWC.  
If this endorsement is not provided upon request, the Competition Committee reserves the right to undertake any required measure to ensure the eligibility of competitors to participate.
- ✓ The ILS has **age requirements** to be eligible to compete in LWC. In this regard, the ILS follows the International Olympic Committee (IOC) guidelines for determining the age of competitors in LWC. In short, a competitor's age is determined by how old he or she is as at December 31 of the year in which they are participating in the LWC. Particular age requirements are detailed in each of the LWC.
- ✓ Personal and other insurances are the responsibility of each person attending an ILS LWC irrespective of their capacity e.g., competitor, team official, technical official, handler, supporter, delegate, board member, commission member, spectator etc.

## 2. **ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS OPEN AND YOUTH LWC**

- ✓ The National Teams LWC are open to **one** Youth team and **one** Open team per nation.
- ✓ Each nation, as defined by the ILS, must have at least one current ILS Full Member to be eligible to enter a team.
- ✓ To be eligible to compete on a national team, competitors shall:
  - Be citizens, by birth or naturalisation, of the nation they represent and satisfy the IOC eligibility requirements to compete for that nation.
  - Be bona fide members in good standing of the ILS Full Member NLO and eligible to compete as determined by the NLFO. Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO, but only if the Full Member NLFO **provides written approval** to ILS.
  - Have been members of their team's NLFO for **a continuous period of at least 90 days prior to the first day of the LWC** – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., 29 November 2026 for the Masters LWC).
  - For purposes of out-of-competition testing, **be registered with the World Anti-Doping Agency (WADA)** prior to the first day of the LWC programme (regardless of which competition is scheduled first). For LWC 2026 this date is 29 November 2026.
    - The ILS shares the World Anti-Doping Agency (WADA) vision of a world where athletes can participate in a doping-free sporting environment. ILS has committed itself and its member federations/organisations to adhere to the WADA standards and seeks to provide a clean, safe, and fair sporting environment.
    - To this end ILS provides comprehensive anti-doping information to its members via its website.
    - ILS also has in place anti-doping rules that are consistent with WADA standards.
    - A key principle of WADA's World Anti-Doping Code International Standard for Education is that the first encounter with clean sport and anti-doping should be for athletes to be educated before being tested. This principle is reflected in the ILS Anti-Doping Education Plan (note: this document is currently being updated) that applies from club to international level participants including athletes of all ages, coaches, managers, medical professionals, parents, carers and officials.
    - The education is the responsibility of ILS National Lifesaving Federations/Organisations (NLFOs) and that their NADA should be their point of contact for their Anti-Doping matters.
      - As per the ILS Anti-Doping Education Plan athletes, coaches, managers and medical professionals from the top eight ranked Open, Youth and IRB National Teams from LWC2024 are required to complete WADA or WADA Approved National Ant-Doping Agency (NADA) Anti-Doping Education Learning (ADEL) prior to participation in LWC 2026. It is also recommended that members of all other National Teams undertake this training.
      - **The top eight ranked Open, Youth and IRB National Teams at LWC2024 were:** Australia, New Zealand, France, Great Britain and Northern Ireland, Italy, Spain, Japan, Germany, South Africa, Belgium, Ireland and Poland.
      - ILS will require confirmation that approved Anti-Doping education has been completed
      - Should any athlete, coach, manager, or medical professional fail to submit the required detail by the due date they may be ineligible to participate in the National Teams LWC 2026.

- ILS and National Lifesaving Federations/Organisations (NLFOs) will recognise and accept certifications from ILS participants completing education via other WADA recognised international federations. ILS also recommends that all athletes, coaches, managers, medical professionals, parents and carers participating at LWC2026 also undertake anti-doping education relevant to their role at the Championships.
- **Attain the required age in the year of the LWC:**
  - Youth – be 15 to 18 years of age (2011-2008).
  - Open – be a minimum of 16 years of age (2010).
  - Specifically, for the National Teams LWC 2026:
    - Youth:
      - Eligible - Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.
      - Not Eligible - Competitors who turn 14 or 19 in 2026 and those not endorsed by their NLFO to participate.
    - Open:
      - Eligible - Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
      - Not Eligible - Competitors who are younger than 15 or turn 15 in 2026 and those not endorsed by their NLFO to participate.
- ✓ A competitor who is a citizen of more than one nation must choose which one to represent in National Teams LWC. The competitor shall then fall under the exclusive jurisdiction of that nation's ILS NLFO.
- ✓ The ILS NLFO shall provide an **endorsement** declaring that their national team members are bona fide members; and provide proof of eligibility, i.e., copy of the passport or other citizenship document for each member of the national team.
- ✓ Composition of a team: A team consists of competitors and team officials:
  - Competitors: A team may consist of **a minimum of one competitor and a maximum of six** women and a maximum of six men competitors. It is not mandatory to have both men and women competitors in a team. Teams may not increase the number of men or women competitors beyond six.
  - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are **no limits** on the number of or gender requirements for Team Officials.
- ✓ National Team competitors 16 to 18 years may enter either Open or Youth competition but **not both**. Fifteen-year-olds are not eligible for Open competition.
- ✓ The competition shall be conducted in men's and woman's categories in the following events (pool and ocean):
  - Individual: 2 competitors M/F per event.
  - Team: 1 team M/F per event.  
1 team M and F in mixed relay.

### 3. ELIGIBILITY TO PARTICIPATE AT THE NATIONAL TEAMS IRB LWC

- ✓ The National Teams IRB LWC is open to **one team per nation**.
- ✓ Each nation, as defined by the ILS, must have at least one current ILS Full Member to be eligible to enter a team.
- ✓ **To be eligible to compete** on a national team, competitors shall:
  - Be citizens, by birth or naturalisation, of the nation they represent.
  - Be bona fide members in good standing of the ILS Full Member NLFO and eligible to compete as determined by the NLFO. Should the Full Member NLFO not compete, the nation may be represented by competitors of an Associate or Corresponding NLFO, but only if the Full Member **NLFO provides written approval** to ILS.
  - Have been members of their team's NLFO **for a continuous period of at least 90 days prior to the first day of the LWC** – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., 29 November 2026 for the Masters LWC).
  - For purposes of out-of-competition testing, be registered with the **World Anti-Doping Agency (WADA)** prior to the first day of the LWC programme (regardless of which competition is scheduled first). For LWC 2026 this date is 29 November 2026.
  - **Attain the required age in the year of the Championships:**
    - Drivers – be a minimum of 18 years of age (2008 or earlier).
    - Crew - be a minimum of 16 years of age (2010 or earlier).
    - Patients - be a minimum of 15 years of age (2011 or earlier).
    - Specifically, for National Teams IRB LWC 2026:
      - Eligible Drivers who turn 18 years of age on or before 31/12/2026. There is no maximum age.
      - Not Eligible Drivers who turn 17 in 2026, those who are **not certified** by their NLFO to operate craft and/or unlicensed drivers.
      - Eligible Crew who turn 16 years of age on or before 31/12/2026. There is no maximum age.
      - Not Eligible Crew who turn 15 in 2026 and those who are **not certified** by their NLFO to crew IRBs.
      - Eligible Patients who turn 15 years of age on or before 31/12/2026. There is no maximum age.
      - Not Eligible Patients who turn 14 in 2026 and those who are **not certified** by their NLFO to be a patient in IRB competition.
- ✓ A competitor who is a citizen of more than one nation must choose which nation to represent. The competitor shall then fall under the exclusive jurisdiction of that nation's ILS NLFO.
- ✓ ILS NLFO Members shall **provide an endorsement** declaring that their national team members are bona fide members; and provide proof of eligibility, i.e., copy of the passport or other citizenship document for each member of the national team.
- ✓ **Composition of a National Team:** A team consist of competitors and team officials:
  - Competitors: A team may consist of **a minimum of three competitors of the same gender and a maximum of five** women and a maximum of four men. It is not mandatory to have both men and women competitors on a team. Teams may **not increase** the number of men or women competitors **beyond five**.

- Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits or gender requirements on the number of or gender requirements for Team Officials.
- ✓ The competition shall be conducted in men's and woman's categories:
  - Team: **1 team** M/F per event  
**1 team** M and F in mixed relay.
  - **All men's events must consist of men drivers, crew persons and patients.** All women's events must consist of women drivers, crew persons and patients.

#### 4. **ELIGIBILITY TO PARTICIPATE IN INTERCLUB OPEN AND YOUTH TEAMS LWC**

- ✓ The Interclub LWC are open to **one** Youth team and **one** Open team per club or lifesaving unit. All team members must be in good standing with a current ILS Full Member.
- ✓ The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member **provides written approval** to the ILS.
- ✓ **To be eligible** to compete in the Interclub LWC, competitors shall:
  - Be bona fide members in good standing of an eligible current ILS Member and eligible to compete as determined by the NLFO.
  - Have been members of their ILS NLFO **for a continuous period of at least 90 days prior to the first day of the LWC** – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., 29 November 2026 for the Masters).
  - All be members of the same lifesaving club (a club is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units). Such club having a constitution and having representation to a higher body) or lifesaving “unit” (a lifesaving unit is the basic administrative or lifesaving unit of the NLFO (not an amalgam of such units); such unit having a constitution and having representation to a higher body) of a national lifesaving organisation and not a composite team from multiple clubs or units.
  - **Attain the required age in the year of the Championships:**
    - Youth – be 15 to 18 years of age (**DoB between 2011 and 2008**).
    - Open – be a minimum of 16 years of age (**DoB 2010 or earlier**).
    - Specifically, for the Interclub LWC 2026:
      - Youth
        - Eligible Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.
        - Not Eligible Competitors who turn 14 or 19 in 2026 and those **not endorsed** by their NFLO to participate.
      - Open
        - Eligible Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
        - Not Eligible Competitors who are younger than 15 or turn 15 in 2026 and those **not endorsed** by their NLFO to participate.
- ✓ For entry into the Interclub LWC, national lifesaving organisations shall **provide an endorsement** declaring that competitors meet the eligibility requirements listed above.
- ✓ International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region, and national organisation. Refer to the ILS Competition Rulebook for International club transfer rules and procedures.
- ✓ Composition of a team: A team consist of competitors and team officials:
  - Competitors: A team may consist of **a minimum of one competitor and a maximum of ten** women and a maximum of ten men competitors. It is not mandatory to have both men and women competitors in a team. Teams may **not increase** the number of men or women competitors **beyond ten**.

- Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits or gender requirements on the number of or gender requirements for Team Officials.
- ✓ Interclub competitors 16-18 years may enter team events in either or both Open and Youth competition. Regardless, team size for both Open and Youth Interclub teams **remain at 10 men and 10 women maximum**. No event will be delayed to allow participants to compete in both Interclub youth and open competitions.
- ✓ The competition shall be conducted in men's and woman's categories in the following events (pool and ocean):
  - Individual: **4 competitors** M/F per event
  - Team: **1 team** M/F per event  
**1 team** M and F in mixed relay.

## 5. **ELIGIBILITY TO COMPETE IN INTERCLUB MASTERS LWC**

- ✓ The Interclub LWC are **open to club or lifesaving unit** Masters aged members. All team members must be in good standing with a current ILS Full Member.
- ✓ The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member **provides written approval** to the ILS.
- ✓ To **be eligible to compete** in the Interclub Masters LWC, competitors shall:
  - Be bona fide members in good standing of an eligible current ILS Member club and eligible to compete as determined by the NLFO.
  - Have been members of their team's NLFO for **a continuous period of at least 90 days prior to the first day of the LWC** – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., 29 November 2026 for the Masters LWC).
  - All be members of the same lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not a composite team from multiple clubs or units (**not an amalgam**).
  - Be a minimum of 30 years of age (**DoB 1996 or earlier**) in the year of the LWC:
  - Specifically, for the Interclub Masters LWC 2026:
    - Eligible Competitors who turn 30 years of age on or before 31/12/2026. There is no maximum age.
    - Not Eligible Competitors who turn 29 or younger in 2026 and those **not endorsed** by their NLFO to participate.
    - For **Masters team events**, in which the ages of the team members **total a specified cumulative age**, the cumulative age is determined by the age of the team members in the year of the LWC.  
For example, in a four-person team where the total age is to be a minimum of 140 years, team members may be 30 years, 35 years, 37 years and 38 years of age on or before 31/12/2026.
- ✓ Masters competitors may **not compete in more than one age category** in Masters competition.
- ✓ Masters competitors may participate in both individual events and team events. In team events, the team must **not be made up** of competitors from multiple clubs or multiple lifesaving units.
- ✓ Composition of a team: A team consist of competitors and team officials:
  - Competitors: A team may consist of **a minimum of one competitor. There is no maximum**. It is not mandatory to have both men and women competitors in a team.
  - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits on the number of or gender requirements for Team Officials.
- ✓ Competitors entered as a club must be members of the same club or lifesaving unit.
- ✓ International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region and NLFO. Refer to the current edition ILS Competition Rule Book for International club transfer rules and procedures.

- ✓ For entry into the Interclub Masters LWC, NLFO shall **provide an endorsement** to the Host declaring that competitors meet the eligibility requirements listed above.
- ✓ Team events: Team events may only be entered by a club. Team members must represent the same club. In each team event, Masters competitors shall compete only in the age-group for which they are eligible. In the **Masters Line Throw event and Board Rescue event**, the two-person team shall **compete in the age group of the younger competitor**.
- ✓ Individual events: In individual events, Masters competitors must compete only in the agegroup for which they are eligible.
- ✓ **Pool Events**
  - Pool **four-person team events are** conducted as total-age events with competitors whose ages total 120-139 years, 140-169 years, 170-199 years, 200-229 years, and 230 years or more. The total of the four competitors' ages determines the team's age group.  
For example, a team comprised of a 30-year-old, a 40-year-old, a 50-year-old, and a 60-year-old (= 180 years) would compete in the 170-199 years age group.
  - Time-finals: In the Interclub Masters LWC, separate finals shall not be conducted for pool events. All pool events shall be conducted as time-finals. That is, **each competitor swims the event only once**. The competitor's final placing shall be determined on the basis of their time.
  - Seeding: Competitors shall be seeded in the following manner into heats according to their submitted times with the heats swum slowest to fastest:
    - If one heat: it shall be seeded as a final.
    - If two or more heats: the fastest competitors shall be seeded in the last heat, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.
  - Individual events pool

Pool events	Age groups									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
100m Obstacle swim	V	V	V	V	V	V	V	V	V	V
100m manikin carry with fins	V	V	V	V	V	V	V	V	V	V
100m manikin tow with fins	V	V	V	V	V	V	V	V	V	V
50m manikin carry	V	V	V	V	V	V	V	V	V	V

- Team events pool

	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Line throw	V	V	V	V	V	V	V	V	V	V

2 competitors per team (based on the youngest competitor)

	Ages total 120 - 139	Ages total 140 - 169	Ages total 170 - 199	Ages total 200 - 229	Ages total 230 +
4 x 25m manikin relay	✓	✓	✓	✓	✓
4 x 50m medley relay	✓	✓	✓	✓	✓
4 x 50m obstacle relay	✓	✓	✓	✓	✓

4 competitors per team

### ✓ Ocean Events

- Ocean **three-person team events** are conducted as total-age events with competitors whose ages total 90-109 years, 110-129 years, 130-149 years, 150-169 years, and 170 years or more. The total of the three competitors' ages determines the team's age-group.

For example, a team composed of a 30-year-old, a 40-year-old, and a 50 year-old (= 120 years) would compete in the 110-129 years age group.

- In the **Board Rescue event**, the two-person team shall compete **in the age group of the younger competitor**.
- Individual events ocean

Ocean events	Age groups									
	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Surf race	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beach flags	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beach sprint	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2km beach run	✓	✓	✓	✓	✓	✓				
1km beach run							✓	✓	✓	✓
Surf ski race	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Board race	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oceanman/ocean woman	✓	✓	✓	✓	✓	✓	✓	✓		✓

- Team events ocean

	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Board rescue	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

2 competitors per team (based on the youngest competitor).

3 per team	Ages total 90 - 109	Ages total 110 - 129	Ages total 130 - 149	Ages total 150 - 169	Ages total 170 +
Surf teams race	✓	✓	✓	✓	✓
Surf ski relay	✓	✓	✓	✓	✓
Beach relay	✓	✓	✓	✓	✓
Board realy	✓	✓	✓	✓	✓
Oceanman/oceanwoman relay	✓	✓	✓	✓	✓

3 competitors per team

- ✓ Veterans (interclub masters)
  - Veterans members, participate in the Masters LWC as a “club”, are eligible for individual and team Masters medals and Masters placing points.
  - There is no separate Veterans point score calculated, but the highest ranked Veterans team in the Masters Overall, Pool, and Ocaen shall be recognised.
  - Overall: An award shall be presented to the highest ranked Veterans team in the Masters Overall Point Score. This team shall be recognised as the winner in the Interclub Veteran’s Point Score.
  - No individual awards (medals) shall be presented to individual members of the winning team.
  - Pool events – overall: A result will be declared, and an award shall be presented to the to the highest ranked Veterans team in the Masters Pool events Point Score.
  - Ocean events – overall: A result will be declared, and an award shall be presented to the to the highest ranked Veterans team in the Masters Ocean events Point Score.

**6. ELIGIBILITY TO PARTICIPATE IN THE INTERCLUB IRB, SURF BOATS, AND BEACH RUN LWC**

- ✓ The Interclub IRB, Surf Boat, and Beach Run Relay LWC are open to club or lifesaving unit members. There is **no restriction** on the number of club entries.
- ✓ All team members must be in good standing with a current ILS Full Member.
- ✓ The LWC may also be entered by bona fide competitors of ILS Associate and Corresponding Members clubs but only if the Full Member provides written approval to the ILS.
- ✓ To **be eligible to compete** in the Interclub IRB, Surf Boat, and Beach Run Beach Run Relay LWC, competitors shall:
  - Be bona fide members in good standing of an eligible current ILS Member club and eligible to compete as determined by the NLFO.
  - Have been members of their ILS NLFO for **a continuous period of at least 90 days prior to the first day of the LWC** – regardless of which competition is scheduled first. For the LWC 2026, competitors must have been a member of their NLFO on or before 31 August 2026. This date is based on the first competition day scheduled for the LWC 2026 (i.e., 29 November 2026 for the Masters).
  - All be members of the same lifesaving club, or lifesaving “unit” of a national lifesaving organisation and not a composite team from multiple clubs or units.
  - Be a minimum of 15 years of age in the year of the LWC to compete in Surf Boat competition and in IRB events as a patient.
  - Be a minimum of 15 years of age in the year of the LWC to compete in Beach Run and Beach Run Relay.
  - Specifically, for the Interclub IRB, Surf Boat, and Beach Run Relay LWC 2026:
    - Open and Reserve Surf Boats:
      - Eligible Competitors who turn 15 years of age on or before 31/12/2026. There is no maximum age.
      - Not Eligible Competitors who turn 14 in 2026 and those not endorsed by their NLFO to participate.

Event	Interclub Crews Maximum entries per club
Men’s open	Unlimited
Woman’s open	Unlimited

- 23 Years Surf Boats
  - Eligible Competitors who turn 15, 16, 17, 18, 19, 20, 21, 22 or 23 years of age on or before 31/12/2026.
  - Not Eligible Competitors who turn 14 or 24 in 2026 and those not endorsed by their NLFO to participate.

Event	Interclub Crews Maximum entries per club
Men’s 23 years	Unlimited
Woman’23 years	Unlimited

- 19 Years Surf Boats
  - Eligible Competitors who turn a minimum age of 15 years of age on or before 31/12/2026.
  - Not Eligible Competitors who turn 14 or 20 in 2026 and those not endorsed by their NLFO to participate.

Event	Interclub Crews Maximum entries per club
Men's 19 years	Unlimited
Woman's 19 years	Unlimited

- Masters Surf Boats
  - Eligible Competitors who turn 30 years of age on or before 31/12/2026. There is no maximum age. Sweeps do not need to be Master's competitors but they must be eligible to compete in Open Surf Boat competition.
  - Not Eligible Competitors who turn 29 or younger in 2026 and those not endorsed by their NLO to participate.
  - The masters Surf Boat LWC 2026 shall be conducted in men's and women's categories in the following age groups.

Event	Masters Crews Maximum entries per club
Men's 120 years plus	Unlimited
Woman's 120 years plus	Unlimited
Men's 140 years plus	Unlimited
Woman's 140 years plus	Unlimited
Men's 160 years plus	Unlimited
Woman's 160 years plus	Unlimited
Men's 180 years plus	Unlimited
Woman's 180 years plus	Unlimited
Men's 200 years plus	Unlimited
Woman's 200 years plus	Unlimited
Men's 220 years plus	Unlimited
Woman's 220 years plus	Unlimited
Men's 240 years plus	Unlimited
Woman's 240 years plus	Unlimited
Men's 260 years plus	Unlimited
Woman's 260 years plus	Unlimited

- Inflatable Rescue Boats (IRBs)
  - Eligible Drivers who turn 18 years of age on or before 31/12/2026. There is no maximum age.
  - Not Eligible Drivers who turn 17 in 2026, those who are not certified by their NLFO to operate craft, unlicensed drivers, and those not endorsed to participate by their NLFO.
  - Eligible Crew who turn 16 years of age on or before 31/12/2026. There is no maximum age.
  - Not Eligible Crew who turn 15 in 2026 and those who are not certified by their NLFO to crew IRBs, and those not endorsed to participate by their NLFO.
  - Eligible Patients who turn 15 years of age on or before 31/12/2026. There is no maximum age.
  - Not Eligible Patients who turn 14 in 2026 and those who are not certified by their NLFO to be a patient in IRB competition, and those not endorsed to participate by their NLFO.

Event	Interclub teams Maximum entries per club
Men's IRB rescue	Unlimited
Woman's IRB rescue	Unlimited
Men's IRB mass rescue	Unlimited
Woman's IRB mass rescue	Unlimited
Men's IRB rescue tube	Unlimited
Woman's IRB rescue tube	Unlimited
Men's IRB teams rescue	Unlimited
Woman's IRB teams rescue	Unlimited

Patients are regarded as gender neutral

- Youth Beach Run and Beach Run Relay
  - Eligible Competitors who turn 15, 16, 17 or 18 years of age on or before 31/12/2026.
  - Not Eligible Competitors who turn 14 or 19 in 2026 and those who are not endorsed by their NLFO to participate.
- Open Beach Run and Beach Run Relay
  - Eligible Competitors who turn 16 years of age on or before 31/12/2026. There is no maximum age.
  - Not Eligible Competitors who are younger than 15 or turn 15 2024/2026 and those who are not endorsed by their NLFO to participate.
  - Note: Eligible competitors may enter both Youth and Open Beach Run and Relay competitions unless open and youth are conducted simultaneously. In such circumstances the competitor(s) must choose in which event they are participating.

Event	Interclub teams Maximum entries per club
Men's open 2km beach run	Unlimited
Woman's open 2km beach run	Unlimited
Men's youth 2km beach run	Unlimited
Woman's youth 2km beach run	Unlimited
Men's open 3 x 1km beach run relay	Unlimited
Woman's open 3 x 1km beach run relay	Unlimited
Men's youth 3 x 1km beach run relay	Unlimited
Woman's youth 3 x 1km beach run relay	Unlimited

- ✓ Open LWC competitors are entered as members of a club, and, depending on the LWC entered, may participate in individual events and/or team events.
- ✓ Composition of a team: A team consist of competitors and team officials:
  - Competitors: **A team may consist of one or more** competitors specified in the appropriate rule. It is not mandatory to have both men and women competitors in a team.
  - Team Officials: Competitors can be accompanied by Team Officials such as coaches, trainers, physiotherapists, physicians, and any other non-competitive management personnel. There are no limits on the number of or gender requirements for Team Officials.
- ✓ International transfers: Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region, and national organisation. Refer to the ILS Competition Rulebook for International club transfer rules and procedures.
- ✓ For entry into the Open LWC, national lifesaving organisations **shall provide an endorsement** declaring that competitors meet the eligibility requirements listed above.