

**2025 SUMMER LG COMPETITION MINI-GAMES**

For this year’s competition we decided to continue an element that will allow our amazing lifeguards the opportunity to stand out even if their team does not go home with one of the top 3 awards.

So, we are proud to bring you the Lifeguard Comp Mini-Games. These mini-games are separate competitions that do not affect the overall main competition event standings. The winners of these separate games will receive a winner’s certificate to show proof of their accomplishments and standout from their peers.

Participation in these events is completely optional. Below are the rules for each of the mini-games.

Compact Entry Long Jump**:**

One participant from each team can participate. The participant can be either male or female.

Each contestant will get two attempts to perform a stationary compact jump from the pool deck into the catch pool area. The contestant must enter the water in a compact jump entry position. Contestants will not get a running start. *If the contestant performs the wrong type of entry, that individual jump attempt will be DQ’d.*

Only the distance of the jump will be scored for judging. Distance will be assessed from closest body part to wall upon entry. No extra points will be awarded for technique. The farthest of the two jump attempts will be recorded.

The contestant with the farthest distance jumped, will win the contest.

Search and Rescue:

Four participants from each team can participate. In the event that the event area is too crowded, competition officials may reduce participants down to two participants from each team. At least one participant must be female.

Team participants will start in the water at a designated area. On the judges signal, participants will search and rescue water bottles located throughout the pool. At the end of 5 minutes, judges will stop the competition and bottles in the team designated area will be counted and scored. The team with the most successful rescues, will win.

Any bottle in the rescuers hand upon time expiring will not be counted. You may not rescue a bottle that is being rescued by another team. (Keep your hands to yourself) *If a contestant attempts to rescue another teams bottle, they will receive a 5 rescue deduction.*

In the event of a tie, one member of each team will compete in a sudden death rescue. Each team will select one rescuer to participate. Rescuers will start on opposite side of the pool in the water. A single bottle will be placed in the water in the center of the pool and the rescuer who rescues the most water bottles in 20 seconds, will win the tie breaker.

 Ring Buoy Discus:

 Two participants from each team can participate. One male, one female.

Contestants will stand at the designated throwing area. Contestants secure the rope with foot and may not complete a full rotation of the buoy. Contestant will get 2 throws. The farthest of the two attempts will be recorded.

Contestants must release the buoy from behind the penalty line. If a contestant steps past the penalty line before releasing the buoy, they will be called for a fault. Contestants will get a rethrow on the first fault. *If the contestant double faults on the same throw, that throw will be automatically DQ’d.*

The participant with the farthest throw wins the competition. Male and Female awards will be given.

Key Log Tournament:

 Two participants from each team can participate. One participant must be female.

Participants will compete individually in a tournament style, 1v1 single elimination competition. The objective is simple, stay on the log longer than your opponent. Winning your head to head will advance you in the bracket. Lose your round and you are out.

You get two attempts to stand. *A second failed attempt will result in a loss of the round.*

Brackets will be determined the day of the event by interest. Key Logs will be available for practice throughout the competition.

Frozen T-Shirt Race:

4 participants from each team can participate. At least one participant must be a female.

The contestants will work together to thaw a frozen t-shirt and place the t-shirt over their “mannequin”. 3 contestants will work together to thaw out the shirt, while the remaining contestant will act as the team “mannequin”.

A judge will initiate a starting sound. The three thawing contestants may begin attempting to thaw the shirt. The fourth member can only move when the shirt is trying to be placed onto them.

Contestants are allowed to use the water in the kiddie pool area only to help thaw out the shirt.

The first team to put the t-shirt on the “mannequin” completely, wins the competition.

Top Gun - Juggernaut**:**

Two participants from each team can participate. One male, and one female.

Do you have what it takes to win the GRPA Lifeguard Competition Top Gun Award? Participants will complete a timed course with various obstacles in a head to head competition against other competitors. Multiple heats may be necessary.

Each participant will:

* Complete approximately ½ mile run followed by,
* Ascension of 1 flight of stairs followed by,
* Carrying of two weighted objects approximately 25 yards followed by,
* 3 cycles of Adult CPR followed by,
* Carrying of two weighted objects approximately 25 yards followed by,
* Descension of 1 flight of stairs followed by,
* 25 yard active front rescue followed by,
* 3 cycles of Child CPR followed by,
* 25 yard passive rear rescue followed by,
* 3 cycles of Infant CPR followed by,
* 50 yard swim with tube in tow to finish.
	+ Race is completed when contestant exits the pool and stands.

The participant with the lowest time will win the event. One male and one female will be crowned Top Gun. *If the contestant performs an incorrect entry, rescue or performs CPR too quickly, a 15 second penalty will be levied for each infraction. An infraction may be levied for each cycle of CPR.*