2026 Texas Lifeguard Championship Rules

1. Three (3) independent "non-judges" will comprise a supervisory committee that will be responsible for making any and all decisions regarding the management/operation of the Texas Lifeguard Championship (TLC). This includes, but is not limited to, registration, substitutions, change in time/date of event, safety considerations, scenarios, rule interpretation, challenges, protests, etc. They will be the sole authority for all decisions and their decisions will be final.

2. Teams may be made up of any gender lifeguards. Teams must be ACTIVE guards who participate in staff rotations at least 60% of the time.

3. The individuals who make up the team(s) that qualified for TLC must be the same individuals who participate at the TLC (including the same alternates).

NOTE: In the event an organization has multiple entries in the TLC, the composition of each team must remain the same as the team that qualified for TLC. There may be NO "Mixing and Matching" of teams.

4. Substitutions of competitors will ONLY be allowed in case of emergency (i.e. medical issues, family emergency, death in the family, etc.) and will require written documentation. The substitution MUST come from the alternates listed on the team's original qualifying roster.

5. It is in each team's best interest to have alternates listed should substitution become necessary at TLC. Only those alternates listed on the original roster will be allowed to participate. If no alternates are listed, and a team member becomes unavailable, the team will have to forfeit its right to compete.

6. Substitutions and documentation must be submitted to the TSLC registrar no later than 24 hours prior to the competition. Substitution requests will be forwarded to Supervisory Committee and a decision will be rendered as soon as possible.

7. No Lifeguard Instructors (LGI) are permitted to compete. LGIs may attend as coaches, judges, or volunteers.

8. Once teams have checked in, judges MAY NOT have access to their teams until after the completion is complete.

9. Coaches must stay with their teams as they participate. They MAY NOT go to ANY other scenario prior to their team moving to that scenario.

10. Participants, judges, coaches, and scenario volunteers MAY NOT have ANY unauthorized contact with other teams, their own teams, or one another at any time during the competition. This includes trips to the restroom, the holding areas, concession areas, parking lots, etc. NOTE: UNAUTHORIZED CONTACT WILL BE GROUNDS FOR DISQUALIFICATION

11. Participants, coaches, and judges MAY NOT have ANY type of recording, photographic, communication devices/equipment (electronic or other) out, present, or in view at any time during the competition. All competitor and coach cell phones & smartwatches will be safely put away with the supervisory committee prior to the start of the competition.

NOTE: FAILURE TO OBSERVE THIS RULE WILL BE GROUNDS FOR DISQUALIFICATION OF ALL TEAMS ASSOCIATED WITH THE OFFENDER!

12. In the event a participant is removed from the competition due to inappropriate or unethical actions, he/she cannot be replaced with an alternate.

13. In the event or a challenge/protest, a team must present their protest in writing within 30 minutes of the completion of the competition. The Supervisor Committee will review the challenge/protest and render a decision the same day as the event. THE DECISION OF THIS GROUP WILL BE FINAL!

14. No challenges/ protests will be granted after the 30 minute window at the end of the competition.

15. The competition may be delayed or canceled in the event of inclement weather or any other safety concerns at the discretion of the Supervisory Committee. Any decisions will be relayed to all stakeholders at the earliest possible time.