

We would like to invite you to participate in the

ORANGE CUP 2025



November 28 - 29 - 30, 2025

**The competition will start at 13:00 PM on Friday
and at 9:00 AM on Saturday and Sunday**



Zwemcentrum Rotterdam

Annie M.G. Schmidtplein 8, 3083 NZ Rotterdam

CATEGORIES

Juniors

Junior swimmers are those who are born between 2007 and 2010. Both girls and boys teams may consist of up to six participants.

Seniors

Senior swimmers are those who are born in 2009 or earlier. Both women's and men's teams may consist of up to six participants.

Masters

Master swimmers are those who are born in 1995 or earlier. Both women's and men's teams may consist of up to six participants.

In none of the categories the participation of mixed teams will be allowed.

REGISTRATION

You can register via the Splash entryform available on www.rednedlifesavingsport.nl.

This form should be filled in and emailed as soon as possible but no later than November 8, 2025 to orangeocup@reddingsbrigade.nl. For the attention of Adrienne van den Aardweg.



COMPETITION DISCIPLINES

Friday

F/M - 200 m Obstacle
F/M - 4 x 25 m Obstacle Relay
F/M - 100 m Manikin Tow with Fins

Saturday

F/M - Line Throw
F/M - 4 x 50 m Medley Relay
F/M - 50 m Manikin Carry
F/M - 4 x 25 m Manikin Relay
F - 200 m Super Lifesaver

Sunday

M - 200 m Super Lifesaver
F/M - 4 x 50 m Pool Lifesaver
F/M - 100 m Manikin Carry with Fins
F/M - 100 m Rescue Medley
Mixed - 4 x 50 m Pool Lifesaver Relay

The disciplines are described in the latest edition of the ILS Competition Rulebook. This can be found on www.rednedlifesavingsport.nl and www.ilsf.org/lifesaving-sport/rules/.

VIP

For this 10th edition we shall organize something special. On Saturday, at the end of the day, we have a VIP program, where we want to highlight the two fastest heats (Junior swimmers and Senior swimmers) of three disciplines. These are:

- F/M - 50 m Manikin Carry
- F/M - 4 x 50 m Medley Relay
- F - Super Lifesaver

These fastest heats for the VIP program are based on registration times. Last year we had a very high number of heats in some disciplines, which took too long. To address this, the organizers have decided that a discipline can last a maximum of two hours (total for both women's and men's series). This means that the following two disciplines will have a maximum of 20 heats for women and 20 heats for men:

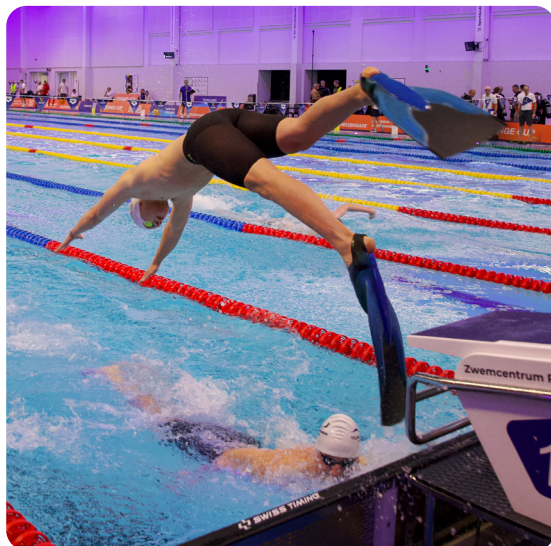
- 50 m Manikin Carry
- 100 m Manikin Tow with Fins

For the Super Lifesaver we have set a maximum of 15 heats for women and 15 heats for men. With this new format we hope to make the competition even more attractive to everyone.



PARTICIPATION

For the Juniors, Seniors and Masters a nation or club can enroll one team in the open category, one team in the Masters and one team in the Juniors. These teams may also participate in the relay competitions. The teams may consist of up to six men and six women. Individual athletes can participate in up to five disciplines.



CLASSIFICATION

The classification of the Orange Cup is formatted as follows:

- Individual medals for each competition discipline.
- For the teams prizes will be defined by counting the point scores of the relays.
- There is one Orange Cup Team Classification.

HOSPITALITY

Please contact us if there are any questions regarding accommodation, meals or the availability of training facilities; send an email to orangeocup@reddingsbrigade.nl.

COMMUNICATION

To be able to share information quickly with everyone before and during the competition, we would like to receive a mobile number from the trainer, coach or contact person. We are going to use this in a WhatsApp group.

REGISTRATION COSTS

To participate in this competition a registration fee of € 28,00 per participant needs to be paid.

Please transfer this registration fee to bank account:

NL57 INGB 0389 8709 00, Bank Name: ING, IBAN / BIC : INGBNL2A,

for the attention of Reddingsbrigade Nederland, mentioning Orange Cup team and club name.

No later then November 21, seven days before the competition start, this entry fee must be credited to the account.

More details on the competition will be made available by a program leaflet.

Awaiting your subscription, sincerely,

Lifesaving Sport Council

Reddingsbrigade Nederland

