

We would like to invite you to participate in the 11th edition of the

# ORANGE CUP



**June 26-28, 2026**

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



**Experience the Orange Cup 2025!**

Click [here](#) or scan the QR code to watch the video.

## CATEGORIES

**Juniors:** Junior swimmers are those who are born between 2008 and 2011. Both girls and boys teams may consist of up to six participants.

**Seniors:** Senior swimmers are those who are born in 2010 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 1996 or earlier. Both women's and men's teams may consist of up to six participants.

## REGISTRATION

You can register via the Splash entryform available on [www.rednedlifesavingsport.nl](http://www.rednedlifesavingsport.nl). This form should be filled in and emailed as soon as possible but no later than June 4, 2026 to [orangecup@reddingsbrigade.nl](mailto:orangecup@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

M - 200 m Super Lifesaver

## Sunday

F - 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](http://www.rednedlifesavingsport.nl) and [www.ilsf.org/lifesaving-sport/rules/](http://www.ilsf.org/lifesaving-sport/rules/).

## VIP

After the success of the inaugural VIP program during the Orange Cup of last year we will again host a special program on Saturday, June 27, 2026. The disciplines involved are:

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

The special program will consist of the fastest heats based on registration times. In recent years there have been a large number of heats in some disciplines. This took too much time. 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 25 heats for women and 25 heats for men:

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

For Super Lifesaver we have set a maximum of 20 heats for women and 20 heats for men. With this new format we hope to make the competition even more attractive to everyone.



## PARTICIPATION

- Individual athletes can participate in up to 5 disciplines.
- Each nation or club can enroll a team in the relay competition. A team may consist of up to 6 women and 6 men. There is only one open category for the medals.
- To successfully organize this multi day event, we need many volunteers. We therefore kindly ask all teams to nominate a volunteer who can support the organization for one day.



## CLASSIFICATION

The Orange Cup features:

- Individual medals for each discipline.
- The ranking in the relays will be defined by using the ILS 20-point score.
- The Orange Cup Team Classification.

## HOSPITALITY

Please contact us if there are any questions regarding accommodation, meals or training facilities; send an email to [orangecup@reddingsbrigade.nl](mailto:orangecup@reddingsbrigade.nl).

## COMMUNICATION

To be able to share information quickly with everyone before and during the Orange Cup, we would like to receive the mobile number of the trainer, coach or contact person. We would like to add this mobile number to a WhatsApp group.

## REGISTRATION FEE

To participate in the Orange Cup a registration fee of € 30,- per participant applies. Please transfer the total amount of registration fees to bank account:  
NL57 INGB 0389 8709 00 (IBAN) / INGBNL2A (BIC),  
in the name of Reddingsbrigade Nederland, mentioning the team or club name to participate in the Orange Cup.

The total amount of registration fees must be transferred no later than June 20, 2026, seven days before the start of the competition.

## SPONSORSHIP

Just like last year the Orange Cup will feature electronic LED screens and hospitality options for sponsors. Sponsors of national federations, teams or individual athletes have the opportunity to show their brand on LED screens during the event and enjoy VIP access during the special program on Saturday, June 27, 2026.

For more information about sponsoring please reach out to Kevin de Haan, marketing manager, via [kevin.dehaan@reddingsbrigade.nl](mailto:kevin.dehaan@reddingsbrigade.nl).



More information about the Orange Cup 2026 will be made available by a program leaflet.

Awaiting your subscription, sincerely,

**Lifesaving Sport Council**

Reddingsbrigade Nederland

