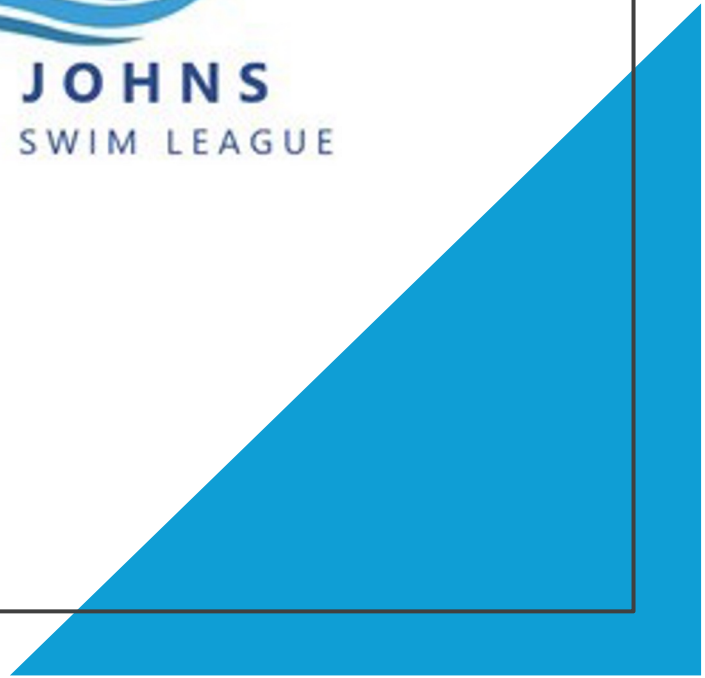


# St Johns Summer Swim League



Stroke and Turn  
Training





# Training Agenda

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Introduction of S&T training team

Role of Stroke and Turn judges in our league

Stroke infraction videos and how to fill out DQ slips

- Freestyle
- Backstroke
- Breast
- Fly
- IM
- Medley/Relays

Volunteer Background

Check Question and

Answers

# Role of Stroke and Turn Judges

- Stroke and Turn Judges observe the performance of each swimmer and ensure compliance with the rules of swimming as they apply to each competitive stroke.
- Stroke and Turn Judges fill out DQ slips as they notice infractions and confer with the Head Meet Official (HMO) if there are questions.
- DQ slip are collected by a runner who gives them to the computer operator. After it has been entered into the computer, coaches are given the slips so they can review them and use them as teaching tools to improve swimmers strokes.
- Ultimately, we would like to have at least eight Stroke and Turn Officials on each team so that no one is needed to work each meet.

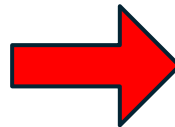




# How to officialate freestyle

<https://www.youtube.com/watch?v=baQJzcnG3oQ>

# How to fill out the DQ slip for freestyle



## SJSSL Disqualification Report

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

### 1. Butterfly

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  **A** Alternating  **B** Breaststroke  **C** Scissors
- Arms  **E** Non-Simultaneous  **F** Underwater recovery
- Touch  **J** One Hand  **L** Non-simultaneous  **K** No Touch
- M** Shoulders not at/past vertical towards breast off wall

### 2. Backstroke

- Start  Swim  Turn # \_\_\_\_\_  Finish
- I** No Touch at turn  **K** Not on back off wall
- L** Shoulders past vertical toward breast
- P** Toes curled over gutter after the start
- Q** Did not finish on back
- S** Delay initiating arm pull at turn
- T** Delay initiating turn

### 3. Breaststroke

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  **A** Alternating  **B** Non-simultaneous
- C** Downward Butterfly  **D** Scissors
- Arms  **E** Hands past hipline  **F** Non-Simultaneous
- G** Arms - two strokes underwater
- H** Arms not in same horizontal plane
- J** Elbows recovered over water
- Touch  **J** One Hand Touch  **K** No Touch
- L** Non-simultaneous Touch
- M** Shoulders not at/past vertical towards breast off wall
- P** Head under for 2 or more strokes
- Q** Incomplete stroke cycle other than 1 pull then 1 kick

### 4. Freestyle

- K** No Touch on turn # \_\_\_\_\_

### 5. Individual Medley

- Swim Stroke Infractions # \_\_\_\_\_
- P** Strokes out of sequence

### 6. Relay

- Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_
- Early Take-off Swimmer # \_\_\_\_\_
- P** Changed order of swimmers (Strokes out of sequence)
- Q** Not enough swimmers

### 7. Miscellaneous Other \_\_\_\_\_

- O** False Start  **Q** Did not finish  **R** Delay of meet
- U** Walking on or springing from bottom
- W** Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_

Referee \_\_\_\_\_ Cert. # \_\_\_\_\_

## 4. Freestyle

- K** No Touch on turn # \_\_\_\_\_

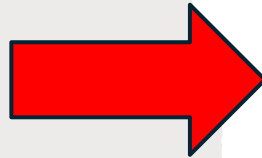
# How to officialate backstrok

e

<https://www.youtube.com/watch?v=v5ljKFBIY18>



# How to fill out the DQ slip for backstroke



SJSSL Disqualification Report

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

1.  **Butterfly**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Breaststroke  C Scissors

Arms  E Non-Simultaneous  F Underwater recovery

Touch  J One Hand  L Non-simultaneous  K No Touch

M Shoulders not at/past vertical towards breast off wall

2.  **Backstroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

I No Touch at turn  K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3.  **Breaststroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Non-simultaneous

C Downward Butterfly  D Scissors

Arms  E Hands past hipline  F Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch  J One Hand Touch  K No Touch

L Non-simultaneous Touch

M Shoulders not at/past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # \_\_\_\_\_

5. **Individual Medley**

Swim Stroke Infractions # \_\_\_\_\_

P Strokes out of sequence

6. **Relay**

Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_

Early Take-off Swimmer # \_\_\_\_\_

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous**  Other \_\_\_\_\_

O False Start  Q Did not finish  R Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_

Referee \_\_\_\_\_ Cert. # \_\_\_\_\_

2.  **Backstroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

I No Touch at turn  K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

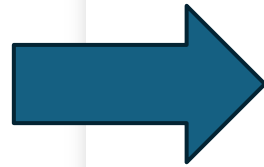
How to  
officialate

breaststroke

<https://www.youtube.com/watch?v=6ZXUEfP-Agc>



# How to fill out the DQ slip for breaststroke



## SJSSL Disqualification Report

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

### 1. Butterfly

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  A Alternating  B Breaststroke  C Scissors
- Arms  E Non-Simultaneous  F Underwater recovery
- Touch  J One Hand  L Non-simultaneous  K No Touch
- M Shoulders not at/past vertical towards breast off wall

### 2. Backstroke

- Start  Swim  Turn # \_\_\_\_\_  Finish
- I No Touch at turn  K Not on back off wall
- L Shoulders past vertical toward breast
- P Toes curled over gutter after the start
- Q Did not finish on back
- S Delay initiating arm pull at turn
- T Delay initiating turn

### 3. Breaststroke

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  A Alternating  B Non-simultaneous
- C Downward Butterfly  D Scissors
- Arms  E Hands past hipline  F Non-Simultaneous
- G Arms – two strokes underwater
- H Arms not in same horizontal plane
- I Elbows recovered over water
- Touch  J One Hand Touch  K No Touch
- L Non-simultaneous Touch
- M Shoulders not at/past vertical towards breast off wall
- P Head under for 2 or more strokes
- Q Incomplete stroke cycle other than 1 pull then 1 kick

### 4. Freestyle

- K No Touch on turn # \_\_\_\_\_

### 5. Individual Medley

- Swim Stroke Infractions # \_\_\_\_\_
- P Strokes out of sequence

### 6. Relay

- Stroke Infraction # \_\_\_\_\_ Swimmer # \_\_\_\_\_
- Early Take-off Swimmer # \_\_\_\_\_
- P Changed order of swimmers (Strokes out of sequence)
- Q Not enough swimmers

### 7. Miscellaneous Other \_\_\_\_\_

- O False Start  Q Did not finish  R Delay of meet
- U Walking on or springing from bottom
- W Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_

Referee \_\_\_\_\_ Cert. # \_\_\_\_\_

### 3. Breaststroke

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  A Alternating  B Non-simultaneous
- C Downward Butterfly  D Scissors
- Arms  E Hands past hipline  F Non-Simultaneous
- G Arms – two strokes underwater
- H Arms not in same horizontal plane
- I Elbows recovered over water
- Touch  J One Hand Touch  K No Touch
- L Non-simultaneous Touch
- M Shoulders not at/past vertical towards breast off wall
- P Head under for 2 or more strokes
- Q Incomplete stroke cycle other than 1 pull then 1 kick

<https://www.youtube.com/watch?v=4ajQQQnSKQ0>

# How to officiate butterfly



# How to fill out the DQ slip for butterfly

## SJSSL Disqualification Report

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

1.  **Butterfly**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Breaststroke  C Scissors

Arms  E Non-Simultaneous  F Underwater recovery

Touch  J OneHand  L Non-simultaneous  K NoTouch

M Shoulders not at/past vertical towards breast off wall

2.  **Backstroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

I No Touch at turn  K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3.  **Breaststroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Non-simultaneous

C Downward Butterfly  D Scissors

Arms  E Hands past hipline  F Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch  J One Hand Touch  K No Touch

L Non-simultaneous Touch

M Shoulders not at/past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # \_\_\_\_\_

5. **Individual Medley**

Swim Stroke Infractions # \_\_\_\_\_

P Strokes out of sequence

6. **Relay**

Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_

Early Take-off Swimmer # \_\_\_\_\_

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous**  Other \_\_\_\_\_

O False Start  Q Did not finish  R Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_

Referee \_\_\_\_\_ Cert. # \_\_\_\_\_



### 1. **Butterfly**

- Start  Swim  Turn # \_\_\_\_\_  Finish
- Kick  A Alternating  B Breaststroke  C Scissors
- Arms  E Non-Simultaneous  F Underwater recovery
- Touch  J OneHand  L Non-simultaneous  K NoTouch
- M Shoulders not at/past vertical towards breast off wall



# How to officiate Individual Medley (IM)

[https://www.youtube.com/watch?v=6w452d\\_ZcAA](https://www.youtube.com/watch?v=6w452d_ZcAA)

# How to fill out the DQ slip for IM



SJSSL Disqualification Report

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

1.  **Butterfly**  
 Start  Swim  Turn # \_\_\_\_\_  Finish  
 Kick  **A** Alternating  **B** Breaststroke  **C** Scissors  
 Arms  **E** Non-Simultaneous  **F** Underwater recovery  
 Touch  **J** One Hand  **L** Non-simultaneous  **K** No Touch  
 **M** Shoulders not at past vertical towards breast off wall

2.  **Backstroke**  
 Start  Swim  Turn # \_\_\_\_\_  Finish  
 **I** No Touch at turn  **K** Not on back off wall  
 **L** Shoulders past vertical toward breast  
 **P** Toes curled over gutter after the start  
 **Q** Did not finish on back  
 **S** Delay initiating arm pull at turn  
 **T** Delay initiating turn

3.  **Breaststroke**  
 Start  Swim  Turn # \_\_\_\_\_  Finish  
 Kick  **A** Alternating  **B** Non-simultaneous  
 **C** Downward Butterfly  **D** Scissors  
 Arms  **E** Hands past hipline  **F** Non-Simultaneous  
 **G** Arms – two strokes underwater  
 **H** Arms not in same horizontal plane  
 **I** Elbows recovered over water  
 Touch  **J** One Hand Touch  **K** No Touch  
 **L** Non-simultaneous Touch  
 **M** Shoulders not at past vertical towards breast off wall  
 **P** Head under for 2 or more strokes  
 **Q** Incomplete stroke cycle other than 1 pull then 1 kick

4.  **Freestyle**  
 **K** No Touch on turn # \_\_\_\_\_

5.  **Individual Medley**  
 Swim Stroke Infractions # \_\_\_\_\_  
 **P** Strokes out of sequence

6.  **Relay**  
 Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_  
 Early Take-off Swimmer # \_\_\_\_\_  
 **P** Changed order of swimmers (Strokes out of sequence)  
 **Q** Not enough swimmers

7.  **Miscellaneous**  Other \_\_\_\_\_  
 **O** False Start  **Q** Did not finish  **R** Delay of meet  
 **U** Walking on or springing from bottom  
 **W** Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_  
Referee \_\_\_\_\_ Cert. # \_\_\_\_\_

## 5. Individual Medley

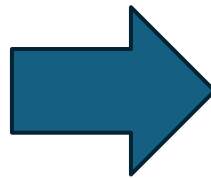
- Swim Stroke Infractions # \_\_\_\_\_
- P** Strokes out of sequence

# How to officiate Medley Relays

<https://www.youtube.com/watch?v=BV2dAE0VXTE>



# How to fill out the DQ slip for relays



**SJSSL Disqualification Report**

Event \_\_\_\_\_ Heat \_\_\_\_\_ Lane \_\_\_\_\_

Swimmer \_\_\_\_\_ Team \_\_\_\_\_

1.  **Butterfly**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Breaststroke  C Scissors

Arms  E Non-Simultaneous  F Underwater recovery

Touch  J One Hand  L Non-simultaneous  K No Touch

M Shoulders not at past vertical towards breast off wall

2.  **Backstroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

I No Touch at turn  K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3.  **Breaststroke**

Start  Swim  Turn # \_\_\_\_\_  Finish

Kick  A Alternating  B Non-simultaneous

C Downward Butterfly  D Scissors

Arms  E Hands past hipline  F Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch  J One Hand Touch  K No Touch

L Non-simultaneous Touch

M Shoulders not at past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # \_\_\_\_\_

5. **Individual Medley**

Swim Stroke Infractions # \_\_\_\_\_

P Strokes out of sequence

6. **Relay**

Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_

Early Take-off Swimmer # \_\_\_\_\_

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous**  Other \_\_\_\_\_

O False Start  Q Did not finish  R Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

Judge \_\_\_\_\_ Cert. # \_\_\_\_\_

Referee \_\_\_\_\_ Cert. # \_\_\_\_\_

## 6. Relay

- Stroke Infraction# \_\_\_\_\_ Swimmer # \_\_\_\_\_
- Early Take-off Swimmer # \_\_\_\_\_
- P Changed order of swimmers (Strokes out of sequence)
- Q Not enough swimmers

# Volunteer Background Checks

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- Required for all Board members, Stroke and Turn Judges, Head Meet Officials, Starters and Coaches >18yr of age
- Paid for by the SJSS League, FREE for all our volunteers!
- You will receive a badge with your clearance number on it to wear anytime you are on the pool deck.





# Questions and Answers