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## OUTLINE FOR THE CLINIC

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## 2022 RSL Training Requirements

### Stroke and Turn

**NEW trainee:** MUST attend an in-person training session AND complete [www.strokeandturn.com](http://www.strokeandturn.com) (certificate at end) must be submitted to training committee:

2022 RSL [www.strokeandturn.com](http://www.strokeandturn.com) Certificate Submission)

If you attended the Zoom training in 2021, MUST attend an in-person training session but **do not** need to complete [www.strokeandturn.com](http://www.strokeandturn.com)

While not required, it is HIGHLY SUGGESTED that new stroke and turn judges shadow an experienced judge for at least ½ of a meet.

If you are interested in having a mentor, come to your pool for an in-person training session, please complete the following form: 2022 RSL In-Person Mentor Request

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## Stroke and Turn Judges

### Eyes of the Referee on Deck

- \* Other than the Referee, Stroke and Turn Officials are the only officials who can make a call without dual confirmation (Referee rarely exercise this authority)
- \* The purpose of Stroke and Turn Officials is to **Observe not Inspect**, but not scrutinize, the competition for compliance with the technical rules of swimming
- \* The purpose of calling violations is NOT to punish the violator, but to be fair to and protect the other swimmers in the race.
- \* All rules should be considered in observation, none more than others.

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## Conduct Expectations

### Always maintain positive attitude

- \* No cell phone usage on deck
- \* Make decisions quickly and decisively
- \* Do not cheer for or coach swimmers
- \* Control emotions on deck
  - \* No outward manifestations during a race regarding illegality of competitor except raised hand
  - \* Do not concentrate on frequent violators to the exclusion of others
    - \* Give undivided attention -- Start to Finish
- \* Do not discuss calls with anyone other than Referees

**Smile! Everyone is Watching!**

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## Conduct Expectations

- \* Admit a mistake – if you made a wrong call, the competitor's welfare is more important than your ego.

We all make mistakes – Learn from them!

- \* Do not infer or extrapolate – You must personally observe and infraction in order to report it.

In order to call a one-hand touch in the butterfly or breaststroke – you must observe one hand NOT touch (as opposed to simply observing only one hand touch)

- \* Dress Properly – USA Swimming Officials should NOT wear there White over Blue.

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## Rappahannock Swim League Rules

- \* The RSL adheres to USA Swimming Rules and Regulations, except for the backstroke turn which is judged in accordance the Virginia High School League Rules and Regulations.
- \* All calls should be the same throughout the season – NO surprises at Finals
- \* One Rule for ALL ages.

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## Rappahannock Swim League Rules

### 10.6. The Stroke & Turn Stroke and Turn Judge shall:

10.6.1. Observe the competitors in the assigned area to ensure all applicable rules pertaining to the stroke being swum are performed.

10.6.2. Upon sighting a violation, immediately raise a hand to signal the infraction.

10.6.3. The Stroke and Turn Judge will then fill out a DQ slip and will present it to the Referee for concurrence. The DQ slips must include the following information:

10.6.3.1. Event Number

10.6.3.2. Heat Number

10.6.3.3. Lane Number

10.6.3.4. Team

10.6.3.5. Competitor's Name

10.6.3.6. Rule Violation Observed

10.6.3.7. Observing Official's Printed Name

10.6.3.8. Dual Confirmation for Relay False Starts (Separate Slip)

10.6.4. In so far as possible, every effort should be made to explain to the competitor's coach the reason(s) for the competitor's disqualification.

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## Judges' Jurisdiction

- **During the pre-meet meeting judges are assigned jurisdictions**
  - Normally you will be observing swimmers in  $\frac{1}{4}$  of the pool, possibly from the side, possibly from the end, or both
  - You may make calls only when observing swimmers while in your jurisdiction
  - The Referee should make it clear where you should be positioned to view your jurisdiction; be sure to ask the Referee if you have any questions
- Typically, judges rotate positions around the pools clockwise between each major stroke grouping. The Referee will go over this in the meeting.

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## Judges' Jurisdiction

- If there are **empty lanes** in your jurisdiction, do not stare at the swimmer(s) who are swimming, but rather look elsewhere or at the empty lanes so that you are not giving a swimmer undue focus.
- **Where you stand is very important** and can affect what you see.  
For example:
  - It's often necessary to lean over edge of pool to observe a turn or finish
  - It is difficult to see one-hand touch from the side of the pool
  - When standing at the end of the pool, it can be difficult to observe butterfly kicks immediately after the start.

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## DECK POSITION AND JURISDICTION

### DECK POSITION

- \* Observe, not Inspect
- \* Stroke or Turn or Stroke & Turn
- \* Always Watching Assigned Lanes
- \* When writing up a call- be aware of other swimmers in your lanes
- \* Never leave your position
- \* Always be Professional
- \* You are in a Fishbowl

### JURISDICTION

- \* The area of the pool you're watching
  - \* Lanes
  - \* Heads Up, Half way, Wall to Wall
- \* Cannot make calls outside your jurisdiction

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## Working With the Referee

- \* During the meet, the referee has the responsibility to review and approve disqualifications
- \* As a Stroke & Turn Judge, you should expect the referee to discuss calls - and missed calls - with you and other officials:
  - Ensures swimmers get the benefit of the doubt
  - Helps reinforce rules for S&T officials and ensures consistency
  - It does not mean the referee doubts your judgment or expertise
  - Avoid getting defensive when the referee approaches you to discuss a call
  - Focus on answering the three key questions from the referee:

**Where were you?**

**What did you observe?**

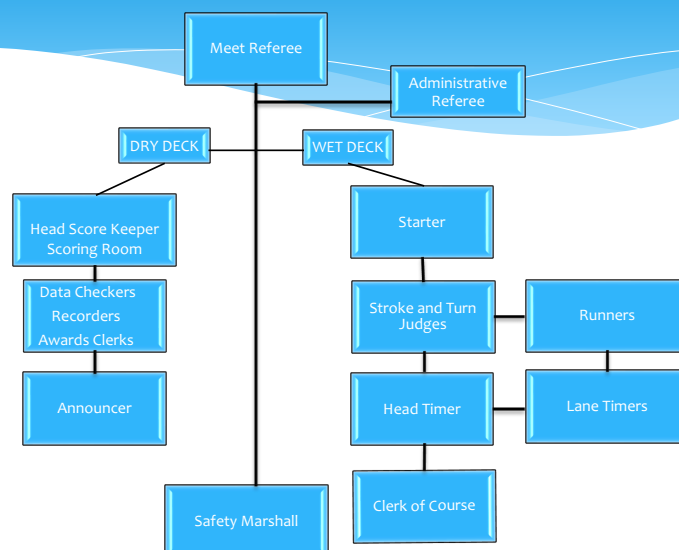
**What rule was violated?**

You may (and should) discuss any questions you have with the referee prior to writing the DQ Card.

**It's okay to raise your hand and not write a slip!**

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## Officials



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## Philosophy of Officiating

- \* The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport.
- \* Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.
- \* Being disqualified is not the end of the world.
- \* Almost all swimmers have been DQ'd at some time.
- \* For all swimmers, a DQ should be treated as a learning experience.
- \* A DQ alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected.
- \* They should be considered in the same light as an incorrect answer in schoolwork - they point out areas that need further practice.

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## Disqualification

- When you see a violation in your jurisdiction, follow these six steps in this order:
  - Raise one hand above your head.
  - Raise your hand confidently, but not enthusiastically
  - Continue observing all swimmers in your jurisdiction.
  - Make a quick note or symbol on your heat sheet.
  - Determine whether the violation is valid and if there is any doubt (remember the benefit of the doubt goes to the swimmer)
  - Fill out the DQ card and make it available to the Referee
- \* Be prepared to answer the Referee's questions

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## Hand Raise

- It is important that the official's hand is raised immediately when a potential infraction is observed so the Referee, Coaches, and the Runner are aware of the potential infraction, and because it is a USA Swim rule.
- When you raise your hand, do so directly without hesitation. Hold it up for about three to five seconds, then bring it back down. If you see another infraction by the same swimmer or other swimmer while your hand is raised, keep your hand up for three to five seconds after that observation. It is not necessary to drop the hand to re-raise it.
- If, after dropping your hand, the swimmer performs a different infraction, you should raise your hand again.
- If the swimmer returns to your jurisdiction and performs the same (or different) infraction, you should raise your hand again.
- Raising your hand does not require you to write a DQ card. The swimmer always gets the benefit of any doubt.

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## Mental Traps

- \* Advantage vs. disadvantage
- \* The “twice theory”
- \* “We don’t disqualify 8 & unders”
- \* “Don’t ask me to judge my child”
- \* Don’t infer (Call what you see, not what you don’t see)
- \* Don’t look for reasons to disqualify. If you see the infraction, and it is clear, report it, but if you are uncertain, remember the benefit of any doubt must go to the athlete.

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## Fair and Equitable (Impartial)

- \* Judging should be consistent among different officials at a meet
- \* Judging should be consistent at different meets
- \* All the rules are enforced, we don't individually choose to enforce some rules and ignore others
- \* The rules are enforced across all age groups and levels of ability
- \* Officials should be neutral in their enforcement of the rules; don't favor one team over another, don't favor one swimmer over another.

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## Rules of Thumb

The benefit of the doubt **ALWAYS** goes to the swimmer

No loss of yardage, foul shots, penalty box



- \* Ugly isn't (necessarily) illegal
- \* Know the rules; review the rules before meets
- \* Experience, Experience, Experience

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## Relay Takeoffs and Dual Confirmation

- \* A Referee may ask the Stroke and Turn Judge to assist with dual confirmation of relay takeoffs
- \* Relay Take-Offs
  - The key to relay take-offs is to watch the feet of the swimmer on the blocks. When the feet of the swimmer on the block loses contact with the starting platform, look down to see if the incoming swimmer has touched the wall. If the incoming swimmer has NOT touched the wall yet, the takeoff is early and this is a violation. Mark and X on your Relay Takeoff Slip. If the incoming swimmer HAS touched, this is legal. Mark an O on your Relay Takeoff Slip.

**WATCH FEET/HAND THEN LOOK DOWN TO TOUCH.**

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## Relay Takeoffs and Dual Confirmation

### RSL DUAL CONFIRMATION RELAY TAKE-OFF SLIP

Event # 5

Lane 1	2 3 4
Lane 2	2 3 4
Lane 3	2 3 4
Lane 4	2 3 4
Lane 5	2 3 4
Lane 6	2 3 4

Mark O for OK, X for left early

Judge: \_\_\_\_\_

Referee: \_\_\_\_\_

### RSL DUAL CONFIRMATION RELAY TAKE-OFF SLIP

Event # 6

Lane 1	2 3 4
Lane 2	2 3 4
Lane 3	2 3 4
Lane 4	2 3 4
Lane 5	2 3 4
Lane 6	2 3 4

Mark O for OK, X for left early

Judge: \_\_\_\_\_

Referee: \_\_\_\_\_

### RSL DUAL CONFIRMATION RELAY TAKE-OFF SLIP

Event # 7

Lane 1	2 3 4
Lane 2	2 3 4
Lane 3	2 3 4
Lane 4	2 3 4
Lane 5	2 3 4
Lane 6	2 3 4

Mark O for OK, X for left early

Judge: \_\_\_\_\_

Referee: \_\_\_\_\_

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## Relay Take Off – Dual Confirmation

- \* When observing relay take-offs, the feet of the departing swimmer should be observed first. Once the feet have lost contact with the starting block, then the touch of the swimmer should be observed.
- \* When dual confirmation is used, the official should **NOT** give any indication other than to mark the exchange on the slip.
- \* The Referee will ask if there were any early takeoffs

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## Definitions

- \* Arm--That part of the body that extends from the shoulder to the wrist
- \* Body--The torso, including the shoulders and hips
- \* Finish--The instant that a swimmer touches the wall at the end of the prescribed distance
- \* Horizontal--Parallel to the surface of the water
- \* May--Permissive, not mandatory

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## Definitions

- On the Back—Position of the body when the shoulders are at or past vertical towards the back
- On the Breast—Position of the body when the shoulders are at or past vertical towards the breast
- Propulsive—Having the power to propel
- Scissor Kick—Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick
- Shall—Mandatory

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## Definitions

Simultaneously—Occurring at the same time

Touch—Contact with the end of the course

Turn—A point where the swimmers reverse or change direction

Vertical—Perpendicular to the water surface

Wall—Vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course

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## Technical Rules

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Individual Medley
- Relays

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## FREESTYLE

### Start

- The forward start shall be used.

### Stroke

- In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.
- Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

### Turns

- Upon completion of each length the swimmer must touch the wall.

### Finish

- The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

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## Common Infractions- Freestyle

- Head did not break surface of water by 15 meter mark
- Re-submerging during the swim
- Walking on/springing from bottom
- Pulling on the Lane Lines
- No touch at turns

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## BACKSTROKE

### \* Start

- The swimmers shall line up in the water facing the starting-end, with both hands placed on the gutter or on the starting grips.
- Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad.

### Stroke

- The swimmer shall push off on his back and continue swimming on the back throughout the race.
- Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

### Turns

- Upon completion of each length, some part of the swimmer must touch the wall.
- The swimmer must have returned to a position on the back upon leaving the wall.
- **RSI RULE:** After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed; providing such rotation is accompanied by an initiation of the turning action or continuation into the wall.
- The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.
- The swimmer shall assume a position on the back before the feet leave the wall.

### Finish

- Upon the finish of the race, the swimmer must touch the wall while on the back.

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## Common Infractions – Backstroke

- \* Re-submerging during the swim
- \* Standing on the bottom, except during a turn
- \* Pulling on the lane lines
- \* Toes above lip of gutter after start
- \* Head did not break surface of water by 15-meter mark
- \* Shoulders past vertical towards breast
  - \* After the swimmer leaves the wall after start or turn
  - \* Before head passes flags prior to turn
  - \* Before touch at the finish
- \* Starting a second arm pull after rotating to breast prior to turn

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## BUTTERFLY

- Start**
  - The forward start shall be used.
- \* **Stroke**
  - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast.
  - The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.
  - It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface.
  - The swimmer must remain on the surface until the next turn or finish.
  - From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
  - Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- \* **Kick**
  - All up and down movements of the legs and feet must be simultaneous.
  - The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other.
  - A scissors or breaststroke kicking movement is not permitted.
- \* **Turns**
  - At each turn the body shall be on the breast.
  - The touch shall be made with both hands separated and simultaneously at, above, or below the water surface.
  - Once a touch has been made, the swimmer may turn in any manner desired.
  - The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- \* **Finish**
  - At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

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## Common Infractions - Butterfly

- \* Body not on breast, that is shoulders past vertical toward the back any time after the start or after the swimmer leaves the wall after a turn
- \* Non-simultaneous arm movement
- \* Underwater arm recovery
- \* Partial stroke then underwater recovery prior to the turn or finish
- \* Alternating (flutter or freestyle), scissors, or breaststroke kick
- \* Non-simultaneous two-hand touch at turn or finish
- \* One hand touch or no hand touch at a turn or the finish
- \* Standing on bottom except at the turn
- \* Pulling on lane lines

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## BREASTSTROKE

- \* **Start**
  - The forward start shall be used.
- \* **Stroke**
  - After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast.
  - It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
  - Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
  - All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
  - The hands shall be pushed forward together from the breast on, under, or over the water.
  - The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish.
  - The hands shall be brought back on or under the surface of the water.
  - The hands shall **not** be brought back beyond the hip line, except during the first stroke after the start and each turn.
  - During each complete cycle, some part of the swimmer's head shall break the surface of the water.
  - After the start and after each turn, the swimmer may take one arm stroke completely back to the legs.
  - The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- \* **Kick**
  - After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - The feet must be turned outwards during the propulsive part of the kick.
  - Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein.
  - Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- \* **Turns and Finish**
  - At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.
  - At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
  - The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

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## Common Infractions – Breaststroke

- \* Head did not break surface of water by widest part of second stroke
- \* Two Strokes with NO kick
- \* Body not on breast; that is shoulders past vertical toward the back any time after start or after the swimmer leaves the wall after a turn
- \* Elbows above the water, and it is not the last stroke before a turn or the finish
- \* Hand beyond the hipline after the first stroke
- \* Head under water for a complete stroke cycle, except for the first stroke cycle after start and finish
- \* Two kicks with NO Stroke
- \* Two Strokes with NO kick
- \* Any kick with the top of the foot (either foot NOT turned outwards)
- \* Non-simultaneous Arm Movement
- \* Butterfly kick
- \* Scissors kick
- \* Alternating kick
- \* Arms past hipline
- \* Stacked Hands
- \* Pulling on Lane Lines
- \* Arms not in same horizontal plane
- \* One hand touch
- \* Standing on the bottom, except during a turn
- \* Non-simultaneous two-hand or no hands touch at the turn or finish

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## INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order:

### Butterfly – Backstroke - Breaststroke - Freestyle

#### Start

- The forward start shall be used.

#### Stroke

- The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

#### Turns

- The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
  - **Butterfly to Backstroke**
    - \* The swimmer must touch as described in the Butterfly Finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
  - **Backstroke to Breaststroke**
    - \* The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
  - **Breaststroke to Freestyle**
    - \* The swimmer must touch as described in the Breaststroke Finish. Once a legal touch has been made, the swimmer may turn in any manner.

#### Finish

- The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

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## Common Infractions Individual Medley

- \* Repeating any stroke for freestyle
- \* Butterfly to Backstroke Turn
- \* Backstroke to Breaststroke Turn – Bucket turns
- \* Non-simultaneous two hand touch, one hand touch
- \* Swam incorrect order of strokes

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## RELAYS

### Freestyle Relay

- Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s).
- Freestyle finish rules apply.

### Medley Relay

- Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order:
  - **Backstroke – Breaststroke – Butterfly - Freestyle**
- Rules pertaining to each stroke used shall govern where applicable.
- At the end of each leg, the finish rule for each stroke applies in each case.

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## Rules Pertaining to Relay Races

- No swimmer shall swim more than one leg in any relay event.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required, or such start is approved by the Referee.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- In relay races involving **in-the-water starts**, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
- The in-water swimmer shall maintain contact with the end of the pool as follows:
  - 1) at least one hand shall be in contact with the end of the pool; and
  - 2) that hand shall be above the waterline.

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## Disqualification Report – DQ Slip

**USA**  
DISQUALIFICATION REPORT

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_  
SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**BUTTERFLY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_  
ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_\_ UNDERWATER RECOVERY (1F) \_\_\_\_\_  
TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1H) \_\_\_\_\_  
NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1K) \_\_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (1M) \_\_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (1N) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_  
OTHER (1T): \_\_\_\_\_

**BACKSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
NO TOUCH AT TURN (2J) \_\_\_\_\_  
PAST VERTICAL AT TURN \_\_\_\_\_  
DELAY INITIATING ARM PULL (2S) \_\_\_\_\_ DELAY INITIATING TURN (2T) \_\_\_\_\_  
MULTIPLE STROKES (2U) \_\_\_\_\_  
TOES OVER LIP OF GUTTER AFTER THE START (2P) \_\_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (2N) \_\_\_\_\_ RE-SUBMERGED (2R) \_\_\_\_\_  
NOT ON BACK OFF WALL (2X) \_\_\_\_\_  
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_\_  
OTHER (2T): \_\_\_\_\_

**BREASTSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
KICK: ALTERNATING (3A) \_\_\_\_\_ BUTTERFLY (3B) \_\_\_\_\_ SCISSORS (3C) \_\_\_\_\_  
ARMS PAST HIP LINE (3L) \_\_\_\_\_ NON-SIMULTANEOUS (3P) \_\_\_\_\_  
TOES UNDER ANKLES (3U) \_\_\_\_\_ NOT IN SAME HORIZONTAL PLANE (3H) \_\_\_\_\_  
ELBOWS RECOVERED OVER REENTER (3I) \_\_\_\_\_  
TOUCH ON HAND (3J) \_\_\_\_\_ NOT SEPARATED (3H) \_\_\_\_\_  
NON-SIMULTANEOUS (3L) \_\_\_\_\_ NO TOUCH (3K) \_\_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (3M) \_\_\_\_\_  
CYCLE: KICK BEFORE PULL (3G) \_\_\_\_\_ HEAD NOT UP (3P) \_\_\_\_\_  
DOUBLE PULL KICKS (3S) \_\_\_\_\_  
OTHER (3T): \_\_\_\_\_

**FREESTYLE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
NO TOUCH AT TURN (4J) \_\_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (4N) \_\_\_\_\_ RE-SUBMERGED (4R) \_\_\_\_\_  
STROKE INFRACTION (4T) \_\_\_\_\_ OUT OF SEQUENCE (5P) \_\_\_\_\_  
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE \_\_\_\_\_

**INDIVIDUAL MEDLEY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
STROKE INFRACTION (5T) \_\_\_\_\_ OUT OF SEQUENCE (5P) \_\_\_\_\_  
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE \_\_\_\_\_

**RELAY** STROKE INFRACTION (5T-64) # \_\_\_\_\_ SWIMMER # \_\_\_\_\_  
EARLY TAKE OFF SWIMMER (5S-65) # \_\_\_\_\_  
CHANGED CHORDS (5P) SWIMMER # \_\_\_\_\_ STROKE \_\_\_\_\_  
OTHER (5T): \_\_\_\_\_

**MISCELLANEOUS** FALSE START (10) \_\_\_\_\_ DECLARED FALSE START (7P) \_\_\_\_\_  
DO NOT FINISH (10) \_\_\_\_\_ DELAY OF MEET (7N) \_\_\_\_\_  
OTHER (10): \_\_\_\_\_

JUDGE: \_\_\_\_\_ (print name clearly)  
REFEREE: \_\_\_\_\_ (print name clearly)  
NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_  
rev. (1/19)

DESK REFeree

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_  
SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**BUTTERFLY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_  
ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_\_ UNDERWATER RECOVERY (1F) \_\_\_\_\_  
TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1H) \_\_\_\_\_  
NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1K) \_\_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (1M) \_\_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (1N) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_  
OTHER (1T): \_\_\_\_\_

**BACKSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
NO TOUCH AT TURN (2J) # \_\_\_\_\_  
PAST VERTICAL AT TURN \_\_\_\_\_  
DELAY INITIATING ARM PULL (2S) \_\_\_\_\_ DELAY INITIATING TURN (2T) \_\_\_\_\_  
MULTIPLE STROKES (2U) \_\_\_\_\_  
TOES OVER LIP OF GUTTER AFTER THE START (2P) \_\_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (2N) \_\_\_\_\_ RE-SUBMERGED (2R) \_\_\_\_\_  
NOT ON BACK OFF WALL (2X) \_\_\_\_\_  
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_\_  
OTHER (2T): \_\_\_\_\_

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## Disqualification Report – DQ Slip

<p><b>BREASTSTROKE</b> START _____ SWIM _____ TURN _____ FINISH _____</p> <p>KICK: ALTERNATING (3a) _____ BUTTERFLY (3c) _____ SCISSORS (3d) _____</p> <p>ARMS: PAST HIP LINE (3e) _____ NON-SIMULTANEOUS (3f) _____</p> <p>TWO STROKES UNDER (3g) _____ NOT IN SAME HORIZONTAL PLANE (3h) _____</p> <p>ELBOWS RECOVERED OVER WATER (3i) _____</p> <p>TOUCH: ONE HAND (3j) _____ NOT SEPARATED (3k) _____</p> <p>NON-SIMULTANEOUS (3l) _____ NO TOUCH (3m) _____</p> <p>NOT TOWARD THE BREAST OFF WALL (3n) _____</p> <p>CYCLE: KICK BEFORE PULL (3o) _____ HEAD NOT UP (3p) _____</p> <p>DOUBLE PULLS/KICKS (3s) _____</p> <p>OTHER (3t): _____</p>	<p><b>INDIVIDUAL MEDLEY</b></p> <p>STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5p) _____</p> <p>FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE _____</p> <p><b>RELAYS</b></p> <p>STROKE INFRACTION (61-64) # _____ SWIMMER # _____</p> <p>EARLY TAKE OFF SWIMMER (66-68) # _____</p> <p>CHANGED ORDER (6p): SWIMMER _____ STROKE _____</p> <p>OTHER (6t): _____</p> <p><b>MISCELLANEOUS</b></p> <p>FALSE START (7d) _____ DECLARED FALSE START (7p) _____</p> <p>DID NOT FINISH (7o) _____ DELAY OF MEET (7r) _____</p> <p>OTHER (7s-z): _____</p>
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<p><b>FREESTYLE</b></p> <p>NO TOUCH AT TURN (4k) # _____</p> <p>HEAD DID NOT BREAK SURFACE BY 15m (4n) _____ RE-SUBMERGED (4c) _____</p>	<p>JUDGE: _____ (print name clearly)</p> <p>REFEREE: _____ (print name clearly)</p> <p>NOTIFIED: _____ SWIMMER _____ COACH _____</p> <p>rev. (7/19)</p> <p style="color: red; text-align: center;">DESK/REFEREE</p>
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## Filling out the DQ Slip

- \* The DQ Slip is our primary and official means of articulating disqualifications to the Coach/Swimmer. To ensure that the DQ Slip is clear and accurate, and to prevent misunderstanding, confusion, and frustration, the following convention / standard for filling it out in a consistent fashion
- \* While our goal is to have all DQ Slips filled out in a standard and consistent manner, failure to do so does NOT constitute automatic grounds for not approving or overturning an otherwise valid disqualification. Referees should continue to use their best judgment and common sense when processing a disqualification report.

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## Filling out the DQ Slip

- \* Upon observing a rules infraction in your jurisdiction, immediately raise your hand and get the attention of Referee.
- \* Continue observing your area of jurisdiction until it's clear of swimmers.
- \* Mark the swim (Event, Heat, and Lane) on your Heat Sheet (or some other paper) and jot down a note describing the infraction.
  - \* Making a note helps make sure you don't forget the information, especially if you have multiple infractions.

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## Filling out the DQ Slip

When you and the Referee are ready, discuss the call and, if it is accepted, fill out the DQ Slip:

- \* Enter the **Event, Heat, and Lane Number**
  - \* This critical information identifies the swim in which the infraction occurred. There must be no corrections to this information on the DQ Slip (scratch outs introduce doubt with regards to the identification of the correct swim).
  - \* Enter the Swimmer's/Relay's Name if you have this information. If not, leave it blank – they Referee will match the Swim with the Swimmer/Relay during processing.
  - \* Write the Swimmer's Team Abbreviation in the upper right-hand corner, above Lane. This helps the Referee distribute the DQ Slips to the Coaches.
  - \* Circle the Event (Breaststroke, Butterfly, Backstroke, Individual Medley, Freestyle, Relays, Other). Except for "Other", this corresponds to the event being swum (as listed in the Heat Sheet). "Other" is used for non-stroke violations.

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## Filling out the DQ Slip

For regular stroke events, mark with an X, or checkmark, when in the swim the infraction was observed (Start, Swim, Turn, or Finish). This is a very important component in the articulation of the infraction – we need to be able to match the violation with the part of the swim during which it occurred.

Generally, we define these parts of the race as:

- \* Start – From the start of the race until the head breaks the surface.
- \* Swim – From the head breaking the surface until the beginning of the last full stroke into the turn/finish.
- \* Turn – From the beginning of the last full stroke into the wall until the head breaks the surface.
- \* Finish – From the beginning of the last full stroke into the wall to the touch at the end of the prescribed distance.

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## Filling out the DQ Slip

If the event is longer than two lengths, write the number of the turn/length above your X, or checkmark. Remember, it's the Swimmer's turn, not yours and odd-numbered turns are on the turn end; even numbered turns are on the start end.

Mark the infraction with an X, or checkmark. If the infraction is not listed, write it in next to "Other" for that stroke (e.g., "Butterfly Kick prior to Initiation of the Pull" in Breaststroke). Use the correct terminology (from the rulebook). There is no need to circle the number.

Print your Last Name next to the Judge. Add First Name, if needed for clarification (when 2 or more Judges with the same Last Name are working in that session). Please make sure your name is legible – the Chief Judge, Deck Referee, and Timing Judge / Admin Referee must be able to read it.

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## Filling out the DQ Slip

The Deck Referee should print his/her Last Name next to Referee and mark an X, or checkmark, next to Swimmer and/or Coach, as appropriate.

Please refrain from making any other marks or writing any other information to explain your call on the DQ slip.

If you make a mistake, tear it up and start over!

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## Filling out the DQ Slip

### Conventions Individual Medley

- \* Judge the IM as four separate segments, each its own “race”. Each “race” has all four components (Start, Swim, Turn, and Finish), except in the 100 IM, which has no Turns.
  - \* Circle the Event (Individual Medley).
  - \* Mark when in the swim the infraction occurred under the stroke in which it was observed. Remember, transitions are judged as Finishes, then Starts, so they are marked as such, depending on the part of the “race” in which the infraction was observed. Intermediate turns are judged as turns and marked the same.
- Mark the infraction(s) under the appropriate stroke(s) (there’s no need to circle it/them) and write the number of the line(s) next to line Strokes Infraction(s) # under Individual Medley.

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## Filling out the DQ Slip

### Relays

Mark Relay stroke infractions just like those for the individual events and write the number of the line(s) next to: Strokes Infraction #<sup>st</sup> under Relays and enter the Swimmer number(s) who committed it/them.

One Hand and Non-Simultaneous Touches – Mark “L only” or “R only” for One Hand Touch violations and “L-R” or “R-L” for Non-Simultaneous Touch violations

RSL Violation for Backstroke:  
Backstroke Turn Violations (Past Vertical at the Turn)

Once a Swimmer rotates past vertical towards the breast after the flags (if he/she chooses to do so), he/she might take multiple arm strokes that violate the rules

If the Swimmer rotates past vertical and takes more than one arm stroke prior to initiating the turn, mark “Multiple strokes”.

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## Filling out the DQ Slip

### 15M Rule Violations

- \* The 15M Rule applies to Backstroke, Butterfly, and Freestyle.  
If the Swimmer does not surface at or before the 15M mark, mark “Start” or “Turn”, as appropriate, and mark - Head Did Not Break Surface by 15M”.
- \* If the Swimmer completely resubmerges after surfacing, mark “Swim” and write “Completely Submerged during the Swim” next to Other for the appropriate stroke.
- \* If the Swimmer completely resubmerges prior to the turn/finish, mark “Turn” or “Finish”, as appropriate, and mark “Submerged Prior to Turn or Finish” for Backstroke.
- \* Write “Completely Submerged Prior to Turn or Finish” next to Other for Butterfly or Freestyle.

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