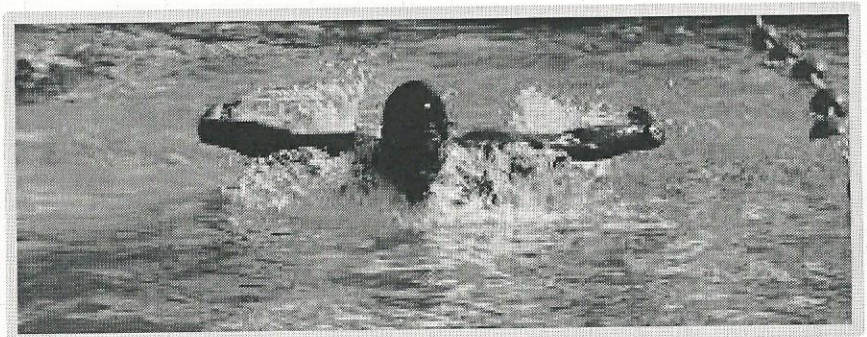
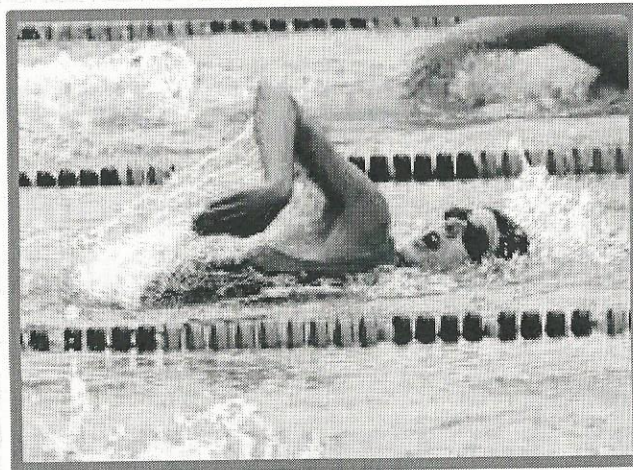
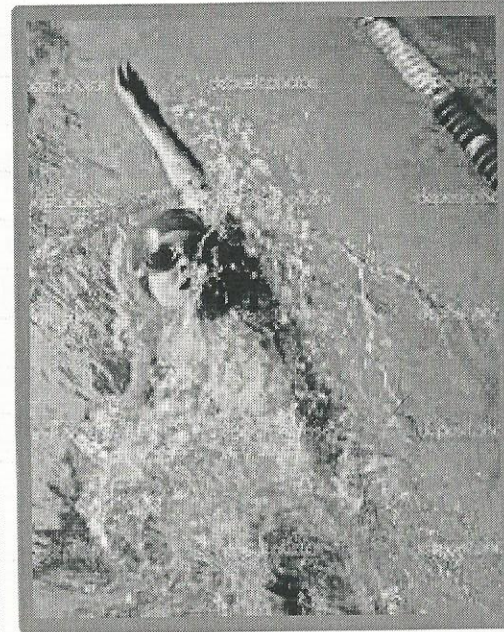


We swim four strokes



Fair and equitable judging

- Judging should be consistent among different officials at a meet
- Judging should be consistent at different meets
- All of 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 demonstrate impartiality in their enforcement of the rules
- Take officiating seriously and work at it. Competitors have a right to expect officials to know the rules and interpret them correctly, fairly, consistently, and courteously

Rules of thumb

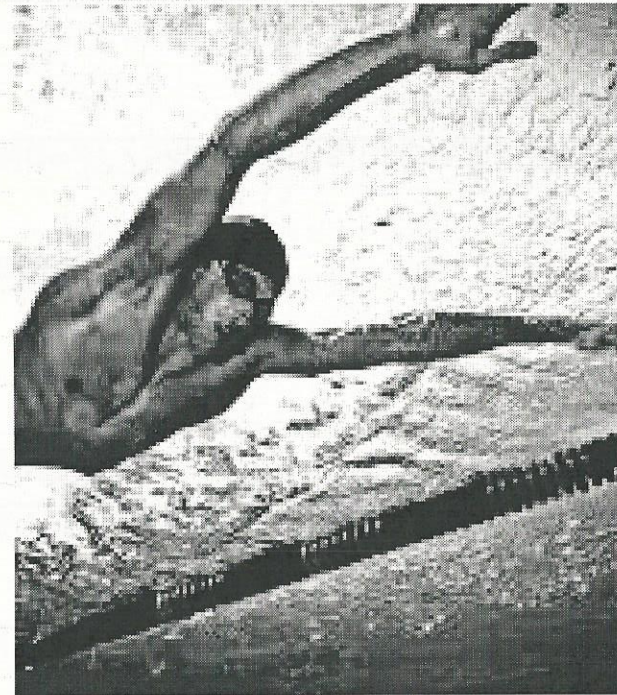
- The benefit of the doubt ALWAYS goes to the swimmer
- Call only what you see, not what you didn't see
- Officials do not judge style
 - Ugly isn't (necessarily) illegal
- No visible cheering for a particular swimmer or team
 - If you are off duty and not showing your official credentials you may cheer for your child
- Know the rules. Review the rules before the meet. Officials must work hard to fully understand the rules and their responsibilities in applying them.

- Use DQ slip
- You DO NOT DQ for false start; starter does
- you watch swimmer from mid-point of pool to you
Ln 6 (you watch 1-3 or 4-6) etc.

- No videos to over turn calls
- No one except league reps can approach
- Byr certification
- 6 and unders - DQ only when using/doing something to an advantage

Butterfly start and turns

- If submerged at start and following turns, head must break surface by 15 meter mark
- One arm pull under water is allowed which must bring swimmer to surface
- After each turn, swimmer must return to breast
- No cycle: swimmer may take as many kicks or pulls as he/she likes



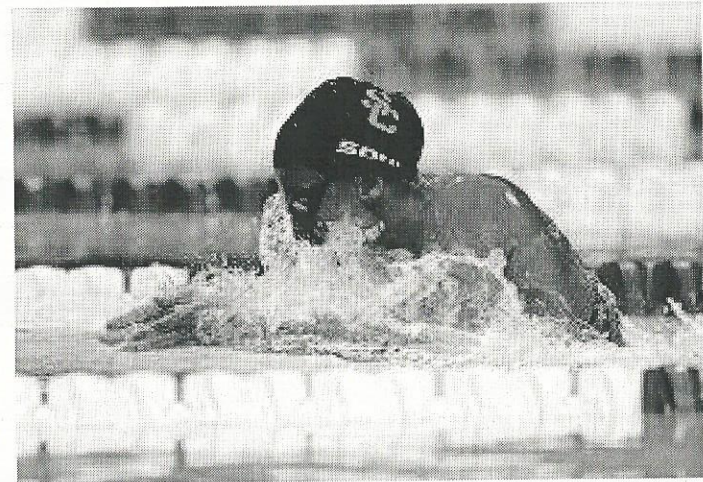
Butterfly



- **What to look for:**
 - Must swim on breast
 - **Pull:** Arms brought forward simultaneously over water and pulled back simultaneously under the water
 - **Kick:** All up and down movement of the feet and legs must be simultaneous
 - **At turns and finish,** touch must be made with both hands -- separated and simultaneously -
- at, above, or below the water's surface

Breaststroke

- What to look for:
 - Forward start
 - Must swim on the breast
 - **Cycle stroke:** one arm pull and one leg kick, in that order;
 - Head must break surface every cycle
 - **Pull:** Simultaneous arm movement in same horizontal plane
 - Hands recover from the breast on, under or over water
 - Elbows under water except last stroke before turn or finish

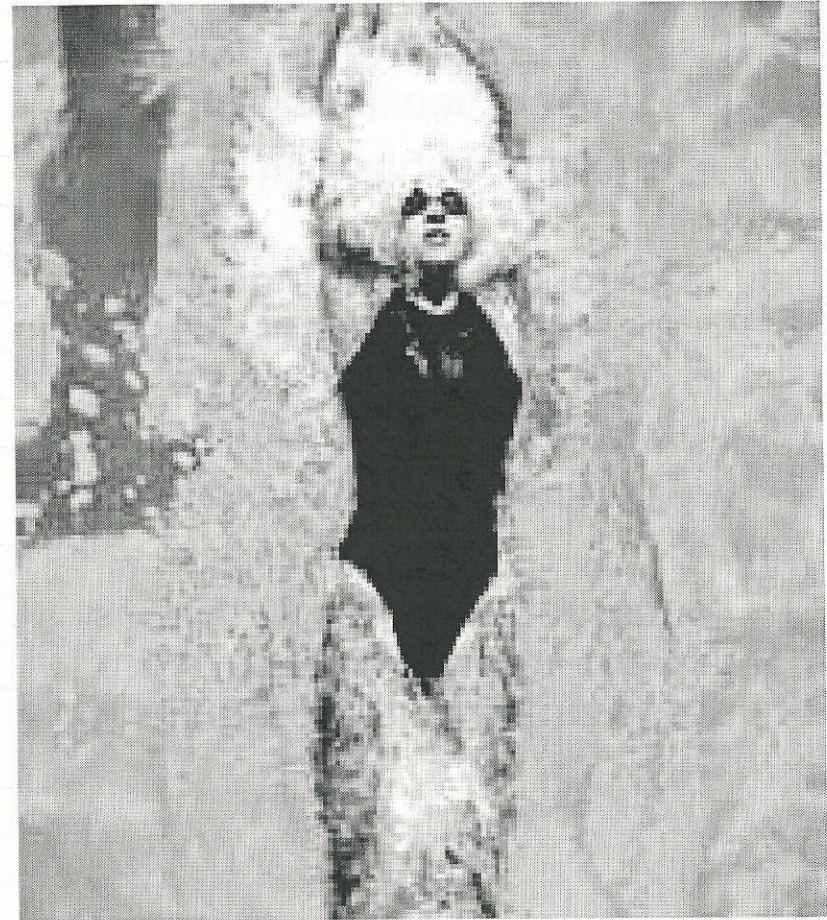


Breaststroke pullouts

- After the start and each turn:
 - During first arm pull, hands MAY be brought completely beyond hip line
 - Prior to the first breaststroke kick, a single butterfly kick is permitted
 - Next movement of legs must be a breaststroke kick
 - Head must break surface at widest part of second pull

Backstroke

- What to look for:
 - Start in water with back to the course
 - Feet and toes may not be in or bend over the edge of the gutter
 - Swim on back
 - Any stroke(s)
 - Any kick(s)
 - Some part of swimmer must touch the wall at completion of each length, and at the finish, on back



Freestyle



- What to look for:
 - Any stroke(s)
 - Any kick(s)
 - Swimmer must touch the wall at each turn and at the finish; any part of the body may be used
 - At start and turns, head must break surface of water by the 15 meter mark

Individual medley

- Forward start
- Butterfly, backstroke, breaststroke, freestyle
 - Freestyle is any stroke not in the style of the three competitive strokes
- Rules for each stroke apply
 - Intermediate turns conform to turn rules for that stroke
 - Transition turns conform to finish rules for that stroke

OFFICIALS' BRIEFING

- Assignments
- Deck Protocol

- Jurisdiction
- Special Information

BREASTSTROKE

Start: Forward start.

Stroke: Body kept on breast.
Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in same horizontal plane.
After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull.
Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Kick: After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted. Movement of the legs shall be simultaneous vertically and horizontally. Feet turned out during propulsive part of kick. No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/ Shoulders at or past vertical toward breast when feet leave wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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 last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY

Start: Forward start.

Stroke: Body kept on breast.
Multiple kicks permitted but first arm pull must bring swimmer to the surface.
Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.

Kick: Simultaneous up and down movement.
No alternating, scissors, or breaststroke kicking movements.

Turns/ Shoulders at or past vertical toward breast when the swimmer leaves wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

Start: In water facing start end with both hands on gutter or starting grips.
(a) guttered pool - feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
(b) flat wall pads - feet/toes may be placed above the water level.
(c) when using backstroke ledges - the toes of both feet must be in contact with the wall

Stroke/ Any style as long as swimmer remains on back.

Kick: Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns: During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn. Some part of swimmer must touch wall at completion of each length. Shoulders at or past vertical toward back when feet leave wall.

Finish: Some part of swimmer must touch the wall while on the back.



DISQUALIFICATION REPORT



EVENT # _____ HEAT _____ LANE _____

SWIMMER _____

BREASTROKE

- DURING: START _____ SWIM _____ TURN _____ FINISH _____
- 10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____
- 11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____
NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____
- 12 ELBOWS RECOVERED OVER WATER _____
- 14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____
- 15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
- 16 NOT TOWARD THE BREAST OFF WALL _____
- 19 OTHER _____

BUTTERFLY

- DURING: START _____ SWIM _____ TURN _____ FINISH _____
- 20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____
- 21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____
- 23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
- 24 NOT TOWARD THE BREAST OFF WALL _____
- 25 HEAD DID NOT BREAK SURFACE BY 15M _____
- 29 OTHER _____

BACKSTROKE

- DURING: START _____ SWIM _____ TURN _____ FINISH _____
- 30 TOES OVER LIP OF GUTTER AFTER START _____
- 31 HEAD DID NOT BREAK SURFACE BY 15M _____
- 32 NOT ON BACK OFF WALL _____
- 33 NO TOUCH AT TURN _____
- 34 PAST VERTICAL AT TURN:
DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____
DELAY INITIATING TURN _____
- 35 SHOULDERS PAST VERTICAL _____
- 36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____
- 39 OTHER _____

INDIVIDUAL MEDLEY

- 41 STROKE INFRACTION(S) # _____
- 42 OUT OF SEQUENCE _____

FREESTYLE

- 50 NO TOUCH TURN # _____
- 51 HEAD DID NOT BREAK SURFACE BY 15M _____

RELAYS

- 70 STROKE INFRACTION # _____ SWIMMER # _____
- 71 EARLY TAKE OFF SWIMMER # _____
- 72 CHANGED ORDER: SWIMMER _____ STROKE _____

OTHER

- 60 FALSE START _____
- 61 DELAY OF MEET _____
- 62 DID NOT FINISH _____
- 63 DECLARED FALSE START _____
- 69 OTHER _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (06/09)

DESK/REFEREE

USA Swimming

Relay Take Off Judge

EVENT# _____ HEAT# _____

(Circle one: SIDE or LANE)

	<u>Swimmer Number</u>			
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	
Lane 7	2	3	4	
Lane 8	2	3	4	

Signature _____

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- Assignments
- Deck Protocol

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- Special Information

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Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Kick: Simultaneous vertical and horizontal movements of the legs. Feet turned out during propulsive part of kick. After start and each turn a single butterfly kick is permitted, during the first arm stroke, which must be followed by a breaststroke kick. First arm stroke begins with separation of the hands. No alternating, scissors, or butterfly kick except as stated is allowed.

Turns/ Shoulders at or past vertical toward breast when feet leave wall.

Finish: Touch shall be made with both hands separated and simultaneously at, above, or below the water surface. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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 last complete or incomplete stroke cycle preceding the touch.

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No alternating, scissors, or breaststroke kicking movements.

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Stroke/ Any style as long as swimmer remains on back.

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Turns: During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
Some part of swimmer must touch wall at completion of each length. Shoulders at or past vertical toward back when feet leave wall.

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