

Old Dominion Swim League

Stroke & Turn Clinic

Please Enter Your First Name, Last Name and Team Name
Into The Chat Box



Philosophy of Officiating

To establish, and ensure, an “arena” of competition whereby all competitors compete against each other on a fair and equitable basis

Swimmer always gets the “benefit of the doubt”!

Call what you see and see what you call

Penalty of “disqualification” is one of the most severe of any sport

Swim officials – all volunteers!

Why Do We Do It?

To contribute to that “arena” of fairness and equity

To contribute to our children’s development

To contribute to the sport’s development

It’s more exciting than sitting through 3 – 4 hour sessions in the sun!



What Is A Stroke & Turn Judge?

One, in an official capacity, who judges the adherence to the rules of swimming, of the individual competitors within their jurisdiction



Expectations of a Stroke & Turn Judge

Be conscientious

Know the rules of swimming

- Study the USA Swimming official rulebook
- Know the current interpretations of these rules
- Be fair, impartial, and consistent in the application of these rules

Call infractions when observed, and when there is no doubt as to your observation

“Benefit of the doubt” always goes to the swimmer!



Expectations of a Stroke & Turn Judge

Be professional/Look professional

- Wear white (polo) shirt over navy or black slacks, shorts, skirt
- White footwear or appropriate sandals
- No team logos on the shirt

Dress appropriate for the weather

Be punctual

- You should plan on arriving at least 45-60 minutes before the start of the meet
- S&T briefing is usually held 20-40 minutes before the start

Refrain from cheering

No smoking or eating on deck

Refrain from fraternizing with the swimmers unless it is in response to a direct question, or, as needed, to instruct the swimmers



Expectations of a Stroke & Turn Judge

Be professional

Make calls quickly & decisively - raise your hand up high and hold for 5 secs. Be confident!!

Give a verbal explanation of calls clearly and succinctly to the Referee, (or Chief Judge-CJ), --- using the language of the rulebook. DO NOT USE HAND GESTURES!

Make calls only within your jurisdiction

- Referee, (or CJ), will explain jurisdiction during the pre-meet officials briefing.

Remember, your professionalism, reflected by all of the above, will carry over and set the tone for both the swimmers and the spectators.



Position & Coverage

Step up immediately after the start (when at starting end). Be in the background prior to.

Be at the edge. You will get wet!

Know your jurisdiction. The Referee or Chief Judge should make that clear at the meeting. You will probably have multiple lanes to cover and half the pool length.

Be in position looking over the end of the edge of the pool for the turn.

At the end of the race, get to your best position to view the swimmer (over the edge of the pool), while leaving room for the timers to do their jobs.

If you have empty lanes, watch them as well --- to ensure equity from heat to heat.

- Judge the outside lanes the same as the “fast” lanes.
- Judge the early (slower) heats the same as the last (faster) heats.
- Maintain the same degree of attentiveness all throughout the meet.
- Judge the younger (8 & under) swimmers the same as the older swimmers.

You are to “observe” the swimmers, not to “scrutinize” them!



Know The Rules

Study them before every meet.

Stay up to date with any rule changes. Be willing to change your previously – held interpretation.

Write or verbally explain your DQs using the language of the rulebook.

It is your responsibility to explain what you saw and how it is a violation of the rule.

Remember, the Referee must be able to defend the call to the team rep and/or coach.

Be consistent in your calls and interpretations.

Put in your time on deck!

There is no substitute for experience!



Make The Call

All of the above is of no use if you are afraid to make the call!
(You can always rescind it.)

Raise your hand, (3-5 seconds), high. Raise your hand for every incident of violation, if more than once in a single swim.

Do not look at the swimmer's eyes. Do not indicate to the swimmer, a fellow official, or the crowd, as to what lane you have called.

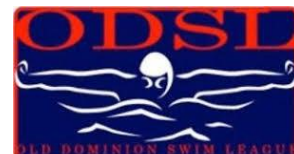
Should you make a call, mark your program discreetly as soon as the swimmers have left your jurisdiction, with the event/heat/lane #. Then go back to judging the race.

When explaining the call to the referee, do not “demonstrate” the violation (for all to see).

Take back the call if you are not sure, or think you may have been unduly influenced by “other” pressures, i.e.,

- A string of similar calls,
- Pressure to “make a call”
- A situation from another swimmer.

Don't make the call if you are not sure of what you saw.



Butterfly

Start: Forward Start, Body must be kept on the breast

Stroke: Multiple kicks are permitted but the 1st arm pull must bring the swimmer to the surface. Some part of the swimmer must break the surface throughout the race except after the start and each turn the swimmer may be submerged not more than 15-meters where the head must break the surface. The arms (shoulders to the wrist) must be brought over the water and pulled back simultaneously.

Kick: All up and down movements of the legs must be simultaneous (not on the same level). No alternating, scissors or breaststroke kick is allowed.

Turns: Body must be at or past vertical towards the breast when the swimmers' feet leave the wall.

Finish: 2 hand touch ☐ separated & simultaneous, at above or below the water surface..



Backstroke

Start: Backward start - In water start from the edge of pool, toes not above over the edge

Stroke: Body must be kept on the back. Any stroke is allowed provided the swimmer remains on the back. Some part of the swimmer must break the surface throughout the race except after the start and each turn the swimmer may be submerged not more than 15-meters where the head must break the surface.

Kick: Any kicking movement is allowed provided the swimmer remains on the back

Turns: Swimmer may rotate onto their breast and utilize a continuous single or continuous simultaneous double arm pull to complete the turn. Some part of swimmer must touch the wall at the completion of each length. The swimmer must return to the back when the feet leave the wall.

Finish: Some part of the swimmer must touch the wall while on the back. The swimmer may resubmerge at the finish.



Breaststroke

Start: Forward Start

Stroke: Body must be kept on the breast. (Cyclical) One arm pull and one leg kick in that order. After the start and each turn 1 arm stroke may be pulled back to the legs. Recovery by the hands from the breast on, under or over the water. Elbows under water except the last stroke before the turn or finish. Head must breast the surface of the water during each cycle.

Kick: After the start and each turn a single butterfly kick is permitted prior to the 1st breaststroke kick. Movement of the legs shall be simultaneous. Feet turned out during the propulsive part of the kick. No alternating, scissors or butterfly kick except as stated.

Turns: Body must be at or past vertical towards the breast when the swimmers' feet leave the wall.

Finish: 2 hand touch □ separated & simultaneous at, above or below water surface



Freestyle

Start: Forward Start

Stroke/Kick: Any style (kick, stroke) may be used

Some part of the swimmer must break the surface throughout the race except after the start and each turn the swimmer may be submerged not more than 15-meters where the head must break the surface.

Turns and Finish: Some part of the swimmer must touch the wall at the completion of each length or at the finish

No assistance

- No propelling forward off the bottom
- No propelling off the lane line



Individual Medley

- Must swim $\frac{1}{4}$ of the distance in the following order
 - Butterfly
 - Backstroke
 - Breaststroke
 - Freestyle
- May not swim in any of the other strokes during the freestyle portion of the IM and must remain on the breast.
- Finish & Turn rules apply for each stroke



Relays

- Watch feet of swimmer leaving, then look down to see if incoming swimmer has touched
 - Circle=Good Take Off
 - “X”=Early Take Off
- Do not raise hand for early take-off violation.
- Early Take off’s must be dual confirmed
- Use pre-printed take-off slips to record your take-offs.



USA Swimming

Relay Take Off Judge

Event # _____ Heat# _____

Circle one: SIDE or LANE

Swimmer Number

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

Judge _____



DQ Slips

Make sure Event, Heat, & Lane are filled out correctly.

Circle the stroke (optional, depending upon the Deck Referee)

Place “x” at the appropriately described violation, including whether at the Start, Swim, Turn, Finish.

- **Start** is from the point the swimmer leaves the blocks until the swimmer's head is up.
- **Swim** is from the point the head is up until the swimmer initiates the turning motion.
- **Turn** is from the initiation of the turn, last stroke in/continuous turning action, until the head is up.
- **Finish** is the last stroke in/finish move at the finish.

Print your name at the bottom.

Referee prints his/her name.



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 (2I) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2J) _____
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 (3C) _____ SCISSORS (3D) _____
ARMS: PAST HORIZONTAL (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
ELBOWS RECOVERED OVER WATER (3J) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD THE BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3Q) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NO TOUCH AT TURN (4K) # _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE _____

RELAYS
STROKE INFRACTION: (61-64) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (66-68) # _____
CHANGED ORDER (6P): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7O) _____ DECLARED FALSE START (7P) _____
DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____
OTHER (7S-2): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____
rev. (7/19)

DESK/REFEREE

Next Steps

Complete On-Line Test by the deadline (include your name and team name)

Schedule your apprentice session

- Arrive on time
- Look professional (white collared shirt blue shorts, skirt)

Be Professional

Volunteer to support our swimmers

Thank-You

