



Greater Annapolis Swim League

Stroke & Turn Officials Clinic

2026 Season

For New & Returning Officials



Agenda

- **Introductions & Attendance**
- **Principles of Officiating**
- **Meet Day Breakdown**
- **Observing an Infraction**
- **Rulebook Terminology & Definitions**
- **Technical Rules of Swimming**
 - Butterfly
 - Backstroke
 - Breaststroke
 - Freestyle
 - Individual Medley
 - Relays
- **DQ Slip: Recording an Infraction**
- **USA Swimming Situations & Resolutions**

Principles of Officiating

Role of a Stroke & Turn Official

- Swim Meet Officials serve to provide a **safe and fair competition** for the athletes.
- We remain **neutral observers** - team affiliation is irrelevant!
 - We don't cheer for swimmers.
(Applause for special recognitions such as an announced meet record is appropriate.)
- We ensure **proper application of the rules**.
 - Improper rule applications *can be* overruled.
 - Judgement calls *cannot* be overruled.
- If asked, the S&T may respond to a coach *about a DQ*.
 - No long discussions or debates. Refer DQ discussions to the Lead Official.
- More experienced officials are encouraged to **mentor newer officials**.

Principles of Officiating

The Golden Rule of Officiating

“The benefit of the doubt goes to the swimmer!”

- We casually **observe** the swim. We **don't inspect**.
- We call only **what we see**, or **what we don't see**.
- We call an infraction only when we are **certain**.
 - *Relax! Too-close-to-call is a no-call situation*
- **We will miss some infractions**. That's okay and expected.
 - *Observing multiple lanes makes this inevitable.*

**Remember: Swimmers disqualify themselves with their swim;
officials merely point out the infractions.*

Meet Day Breakdown

Before the Meet

- **Review the technical rules.**
 - And watch or listen to the USA Swimming Officiating videos on YouTube.
- Show up **45 minutes** before meet start.
- Let the Lead Official know you're there, or **check-in** with the Volunteer Coordinator.
- Look the Part: **White polo** with **blue shorts**.
- Be on-time for the **Stroke & Turn Briefing**.



Meet Day Breakdown

Stroke & Turn Briefing

Before the meet starts, the Lead Official will conduct a Stroke & Turn briefing to:

- Review the **stroke technical rules**
- Review **protocols** for individual events and relays
- Assign **jurisdictions** and relay takeoff judges
- Clarify official **deck rotations**, breaks, etc (if applicable)
- Distribute **Heat Sheets**
- Distribute **DQ Slips**
- Distribute **Relay Takeoff Slips** (if applicable)
- Answer **questions**

Meet Day Breakdown

Jurisdiction

The officials “jurisdiction” dictates **when & where** we have authority to judge the swimmers. *Generally...*

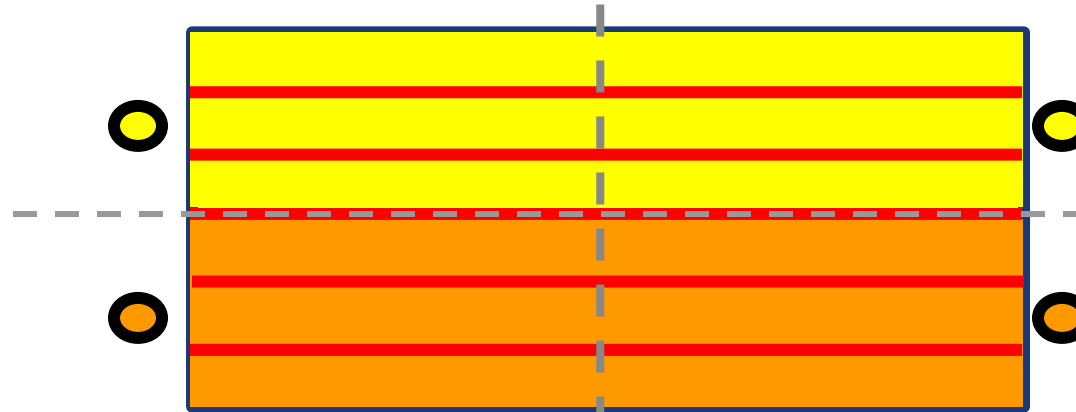
- **Half** the length of the pool.
- Restricted to **lanes assigned** to each official.
- Only judge while **swimmers are in your jurisdiction**.
- **No call** can be made by an official for a swimmer who was **outside their jurisdiction** when the infraction was observed (no matter how obvious!)

*Honoring jurisdictions helps ensure **consistent and equal observation** of all swimmers.*

Jurisdiction

Assigned lanes, half the pool!

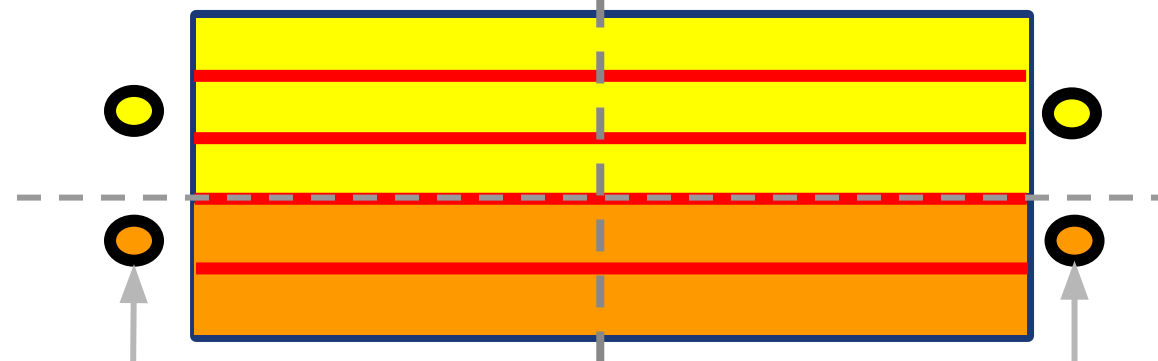
6-Lane Pool



Timers must work around you.

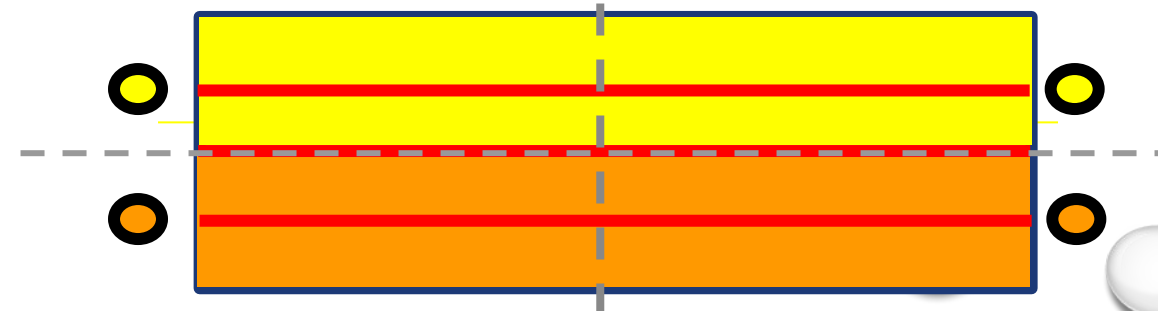
5-Lane Pool

"Ghost Lane" - Position for and observe 3 lanes, but only make calls in 2



All pools: Move to corners for Freestyle and Free Relay.

4-Lane Pool



Meet Day Breakdown

Protocols

The meet “protocols” dictate **how** we judge. *Generally...*

- **Step forward** to the deck edge when swimmers **enter your jurisdiction**
 - *This indicates to coaches, parents and the LO that you are now “judging”.*
- **Step back** from the deck edge when all swimmers **leave your jurisdiction**.
- **Observe all lanes equally** by scanning all lanes in your **jurisdiction**, *including empty lanes* or a “ghost lane” assigned to you.
 - *Ghost Lane - A lane assigned to an official that is to be **observed but not judged**. Used in 5-lane pools.*
- If you observe an infraction, **raise your hand high** - confidently but not enthusiastically.
- **Continue observing** even after observing an infraction.

Observing an Infraction

- You may **only** make a call if your **hand is raised** upon observing the infraction.
 - *Coaches are watching for DQ's and will take note if a DQ slip is received but no hand was raised.*
- Raising your hand **does not ensure a DQ**. It allows you time to further consider if the call is correct.
 - *After raising your hand, you may consult with the lead official about your call, or you may withdrawal the call after reflecting.*
- Mark your heat sheet with a “DQ” by the swimmer’s name, & circle the correct **Event, Heat & Lane**.
 - *Include as much **shorthand detail** to answer any questions from coaches or the Lead Official.*
 - *DQ's often stack up, so organized bookkeeping is important for later recall when asked!*

Important Rulebook Terminology & Definitions

It is helpful to familiarize yourself with common language in the rules.

- **“On the breast/toward the breast”** - Shoulders at or past vertical toward the breast.
- **“On the back/toward the back”** - Shoulders at or past vertical toward the back.
- **“Vertical/past vertical”** - Perpendicular to the water surface. *Generally for shoulders.*
- **“Touch”** - Contact with the end wall by any part of the body (*turn or finish*).
- **“Arm”** - Shoulders to wrists (*for butterfly*).
- **“May”** - Permissive, but not mandatory.
- **“Shall”** - A mandatory form or action to be taken by the swimmer.
- **“Surface before the 15-meter mark”** - In GASL, we use the *2nd backstroke flags*.
 - *This builds in benefit-of-the-doubt.*

Important Rulebook Terminology & Definitions

- **“Alternating kick”** - Independent vertical movement of the legs.
- **“Breaststroke kick”** - Legs pulled back in parallel, feet pointed out prior to propulsive part of kick. Propulsion is from the *bottom* of the feet.
- **“Butterfly kick”** - Simultaneous vertical movement of legs
- **“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.

<https://www.usaswimming.org/officials/rules-regulations>

Rulebook Terminology & Definitions

DQ Slip - Phases of a Race

- **Start** - From the *start signal* to *heads-up*.
- **Swim** - From *heads-up* to initiating a *turn* or *finish*.
- **Turn** - From the *last stroke* into the wall to *heads-up*.
- **Finish** - From the *last stroke* into the wall to the *finish touch*.

50s: **Start** → **Swim** → *Turn* → **Swim** → **Finish**

25s: **Start** → **Swim** → **Finish** (*No turns!*)

100 IM: **Start** → **Swim** → **Finish**, per each stroke (x4) (*No turns!*)

Anatomy of a DQ Slip

The diagram illustrates the structure of a USA Swimming Disqualification Report (DQ Slip) with callouts explaining the purpose of different sections:

- Event, Heat, Lane, Swimmer Name, Team.** Points to the top header information.
- Phase of the race** Points to the stroke and phase selection fields.
- Infractions arranged by Stroke and Phase of race** Points to the main list of infractions.
- Individual Medley stroke infraction code taken from stroke infraction.** Points to the 'INDIVIDUAL MEDLEY' section.
- Relay stroke infraction code taken from stroke infraction.** Points to the 'RELAYS' section.
- Early Take-Off Swimmer #** Points to the 'EARLY TAKE OFF SWIMMER(6F-H) #' field.
- "Other"** Points to the 'OTHER(7T):' field.

USA SWIMMING 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(1K) _____
NON-SIMULTANEOUS(1L) _____ NO TOUCH(1M) _____
NOT TOWARD THE BREAST OFF WALL(1N) _____
HEAD DID NOT BREAK SURFACE BY 15m(1P) _____ RE-SUBMERGED(1R) _____
OTHER(1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN(2A)# _____
PAST VERTICAL AT TURN: _____
DELAY INITIATION ARM PULL(2b) _____ DELAY INITIATING TURN(2c) _____
MULTIPLE STROKES(2D) _____
TOES OVER LIP OF GUTTER AFTER THE START(2E) _____
HEAD DID NOT BREAK SURFACE BY 15m(2f) _____ RE-SUBMERGED(2G) _____
NOT ON BACK OFF WALL(2H) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST(2L) _____
OTHER(2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING(3A) _____ BUTTERFLY(3b) _____ SCISSORS(3C) _____
ARMS: PAST HIPLINE(3D) _____ NON-SIMULTANEOUS(3E) _____
ELBOWS RECOVERED OVER WATER(3H) _____
TOUCH: ONE HAND(3J) _____ NOT SEPARATED(3K) _____
NON-SIMULTANEOUS(3L) _____ NO TOUCH(3M) _____
NOT TOWARD THE BREAST OFF WALL(3N) _____
CYCLE: DOUBLE PULLS/KICKS(3S) _____ KICK BEFORE PULL(3P) _____
HEAD NOT UP BEFORE HANDS TURN INWARD(3R) _____
OTHER(3T): _____

FREESTYLE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN(4A)# _____
HEAD DID NOT BREAK SURFACE BY 15m(4b) _____ RE-SUBMERGED(4C) _____

INDIVIDUAL MEDLEY STROKE INFRACTION(S) (5A)# _____ OUT OF SEQUENCE(5B) _____
FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE _____

ARTICLE 105

RELAYS STROKE INFRACTIONS: (6A-D)# _____ SWIMMER _____
EARLY TAKE OFF SWIMMER(6F-H) # _____
CHANGED ORDER(6L): SWIMMER _____ STROKE _____
OTHER(6T): _____

MISCELLANEOUS FALSE START(7A) _____ DECLARED FALSE START(7B) _____
DID NOT FINISH(7C) _____ DELAY OF MEET(7D) _____
OTHER(7T): _____

JUDGE: _____ CJ: _____
(print name clearly) (initial)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (1/24) DESK/REFEREE

Technical Rules of Swimming

The USA Swimming Rules organize the stroke rules under the **components of a stroke...**

- **Start:** From the start to heads-up
- **Stroke:** Movement of the arms
- **Kick:** Movement of the legs
- **Turns:** From the last stroke into the wall to heads-up
- **Finish:** From the last stroke into the wall to the touch

Technical Rules of Swimming

Butterfly

Start: - Forward start

- Stroke:**
- After start & turn, **shoulders** must be **at or past vertical towards the breast**.
 - **Multiple kicks** permitted, but only **1 arm pull underwater**, which must bring swimmer to the surface.
 - Some part of the swimmer **must break surface throughout the race**.
 - Head must break the surface before the **15-meter mark**.
 - From the 1st arm pull, the body must be **on the breast**
 - Body must be **on the breast *when leaving the wall***.
 - **Arms** must be ***brought forward over water*** & **pulled back simultaneously underwater**.

Technical Rules of Swimming

Butterfly

Kick:

- All up & down movement of the *legs and feet shall be simultaneous.*
- No *alternating, scissors, or breaststroke kicking* movements are permitted.

Turn/Finish:

- Touch must be with *both hands separated & simultaneously* at, above, or below the water surface.
- After the touch, may *turn in any manner* desired.
- **Shoulders must be at or past vertical toward breast** when the swimmer leaves wall
- At finish, the **body shall be on the breast** and touch must be with **both hands separated & simultaneously** at, above, or below the surface.
- **May re-submerge** past the backstroke flags *at the finish only.*

USA Swimming Training Video

Butterfly (5:47)

<https://youtu.be/4ajQQQnSKQ0>



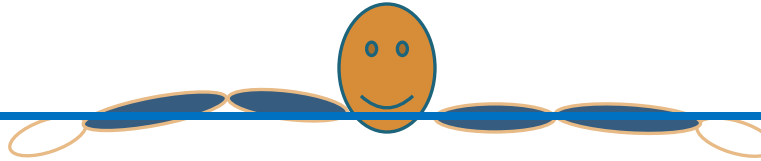
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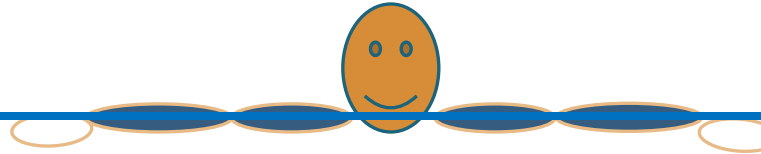
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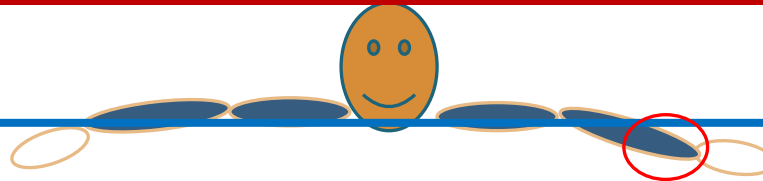
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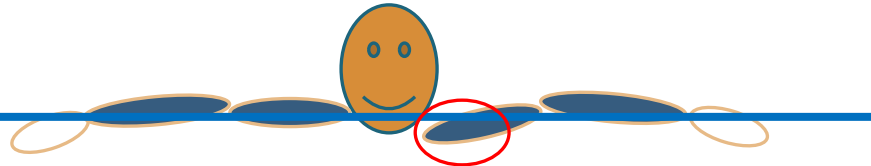
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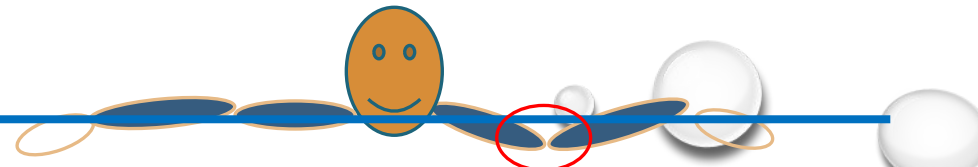
Illegal



Illegal



Illegal



Technical Rules of Swimming

Butterfly Infractions

Kick

- Alternating
- Breaststroke
- Scissors

Stroke (Arms)

- Non-simultaneous
- Underwater Recovery

Touch (Turn or Finish)

- One-hand
- Not Separated
- Non-simultaneous
- No Touch

Miscellaneous

- Not Toward Breast Off Wall
- Head Did Not Break Surface by 15m
- Re-Submerged
- *Other*

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(1K) ____
 NON-SIMULTANEOUS(1L) ____ NO TOUCH(1M) ____
NOT TOWARD THE BREAST OFF WALL(1N) ____
HEAD DID NOT BREAK SURFACE BY 15m(1P) ____ RE-SUBMERGED(1R) ____
OTHER(1T): _____

Technical Rules of Swimming

In Focus → Butterfly Rules & Infractions

Underwater Recovery: Often seen during the swim or at a turn/finish to after a pull close to the wall.

Non-Simultaneous Arms: Often seen with tired swimmers. Look for hands entering the water in sequence.

Butterfly Notes:

1. Pulling is not required, but the 1st pull must bring the swimmer to the surface.
2. Every pull must be simultaneous, underwater, and recovered over the water.
3. Kick is a vertical, up and down, simultaneous, not alternating movement.
4. Feet do not need to be together, but visibly alternating feet is an infraction.
5. May not touch the bottom *during the swim*. (OK during turns after touching the wall.)
6. Turn in any manner.
7. May not swim back to the wall for a missed touch.

Technical Rules of Swimming

Backstroke

Start: - In water facing start end.

Stroke/ Kick:

- Swimmer shall **push off on back** and continue **swimming “on the back”**
 - ❖ *Shoulders at or past vertical towards the back.*
- Some part of the swimmer must **break surface throughout the race.**
- Swimmer’s head must break surface before the 15 meters.

Turns:

- Some part of swimmer **must touch wall** at completion of each length.
- During the turn, swimmer **may go past vertical to the breast**, after which an **immediate continuous single**, or **immediate continuous simultaneous double arm pull** may be used to *initiate the turn*.
- Shoulders must be **on the back** (at or past vertical toward back) **when the feet leave wall**.

Finish:

- Some part of swimmer **must touch the wall while on the back.**
- **May re-submerge** past the backstroke flags **at the finish only.**

USA Swimming Training Video

Backstroke (6:35)

<https://youtu.be/4ajQQQnSKQ0>



Technical Rules of Swimming

Backstroke Infractions

- No Touch At Turn
- Past Vertical At Turn
 - Delay Initiating Arm Pull
 - Delay Initiating Turn
 - Multiple Strokes
- Toes Over Lip of Gutter After the Start
- Head Did Not Break Surface by 15m
- Re-Submerged
- Not On Back Off Wall
- Shoulder Past Vertical Towards the Breast
- *Other*

BACKSTROKE START ____ SWIM ____ TURN ____ FINISH ____
NO TOUCH AT TURN(2A)# ____
PAST VERTICAL AT TURN:
 DELAY INITIATION ARM PULL(2B) ____ DELAY INITIATING TURN(2C) ____
 MULTIPLE STROKES(2D) ____
TOES OVER LIP OF GUTTER AFTER THE START(2E) ____
HEAD DID NOT BREAK SURFACE BY 15m(2F) ____ RE-SUBMERGED(2G) ____
NOT ON BACK OFF WALL(2H) ____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST(2L) ____
OTHER(2T): _____

Technical Rules of Swimming

In Focus → Backstroke Rules Infractions

Delay Initiating Pull: - Look for swimmer turning toward breast and kicking into the wall.

Delay Initiating Turn: - Watch hands for arm-pull to stop at hip with a following motion to start the turn.
- Turning motion may be initiated by a single head raise or head dip.

Backstroke Notes:

1. “Delay” is subjective. Multiple fast kicks is clearly a delay, but what about 1 slow kick?
-The benefit of the doubt goes to the swimmer.
2. You will learn to recognize what “delay” means.
-If you have to ask, it probably isn't.
3. May not touch the bottom *during the swim*.
4. Turn in any manner.
5. May not swim back to the wall for a missed touch.
6. May turn to breast on turn, but must immediately start single/double-arm pull with continuous movement to turn.

Technical Rules of Swimming

Breaststroke

Start: - Forward Start.

- Stroke:**
- After the start/turn, the body kept **on the breast** (shoulders at or past vertical towards the breast).
 - **Cyclical stroke** with one arm pull and one leg kick, *in that order*.
 - All movements of the **arms must be simultaneous**.
 - **Recovery of the hands from the breast** on, under, or over the water.
 - Elbows under water before the turn, except during turn or the last stroke before turn or finish
 - **Hands brought back on or under the water**
 - Hands shall **not be pulled past the hipline**, *except* during the first stroke after the start and after each turn.
 - Some part of **head shall break the surface of the water** during each complete cycle.
 - After start and after each turn, may take **one arm stroke completely back to legs**.
 - Head must break surface **before hands turn inward** at widest part of second pull.

Technical Rules of Swimming

Breaststroke

Kick:

- After start and each turn, **prior to the first breaststroke kick**, a **single butterfly kick is permitted**.
- Following, all movement of **legs shall be simultaneous** without alternating movement.
- **Feet** must be **turned out** *during propulsive part of kick*.
- **No alternating, scissors, or butterfly kick** is allowed, *except* as stated for starts and turns..

Turns / Finish:

- Touch shall be made with **both hands separated & simultaneously** at, above, or below the water.
- At last stroke before the turn & at the finish, an arm stroke not followed by a leg kick is permitted.
- Shoulders must be **at or past vertical toward breast** when feet leave wall.
- 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.

USA Swimming Training Video

Breaststroke (5:32)

<https://youtu.be/6ZXUEfP-Agc>



Technical Rules of Swimming

Breaststroke Infractions

Kick

- Alternating
- Butterfly
- Scissors

Stroke (Arms)

- Past Hipline
- Non-simultaneous
- Elbows Recovered Over Water

Touch (Turn or Finish)

- One-hand
- Not Separated
- Non-simultaneous
- No Touch

Miscellaneous

- Not Toward Breast Off Wall
- Cycle
 - Double Pulls/Kicks
 - Kick Before Pull
- Head Not Up Before Hands Turn Inward
- *Other*

BREASTSTROKE START ____ SWIM ____ TURN ____ FINISH ____
KICK: ALTERNATING(3A) ____ BUTTERFLY(3B) ____ SCISSORS(3C) ____
ARMS: PAST HIPLINE(3D) ____ NON-SIMULTANEOUS(3E) ____
ELBOWS RECOVERED OVER WATER(3H) ____
TOUCH: ONE HAND(3J) ____ NOT SEPARATED(3K) ____
NON-SIMULTANEOUS(3L) ____ NO TOUCH(3M) ____
NOT TOWARD THE BREAST OFF WALL(3N) ____
CYCLE: DOUBLE PULLS/KICKS(3S) ____ KICK BEFORE PULL(3P) ____
HEAD NOT UP BEFORE HANDS TURN INWARD(3R) ____
OTHER(3T): _____

Technical Rules of Swimming

In Focus → Breaststroke Rules & Infractions

Past Hipline: - In water facing start end.

Head Not Up: - In water facing start end.

Toes Not Out: - In water facing start end.

Breaststroke Notes:

1. Head must break the surface during each cycle.
2. Hands pull past hips only allowed on the 1st arm pull after a start or turn.
3. Toes must be pointed out during the kick.
4. May not touch the bottom *during the swim*.
5. Turn in any manner.
6. May not swim back to the wall for a missed touch.

Technical Rules of Swimming

Freestyle

Start: - Forward Start.

Stroke / Kick:

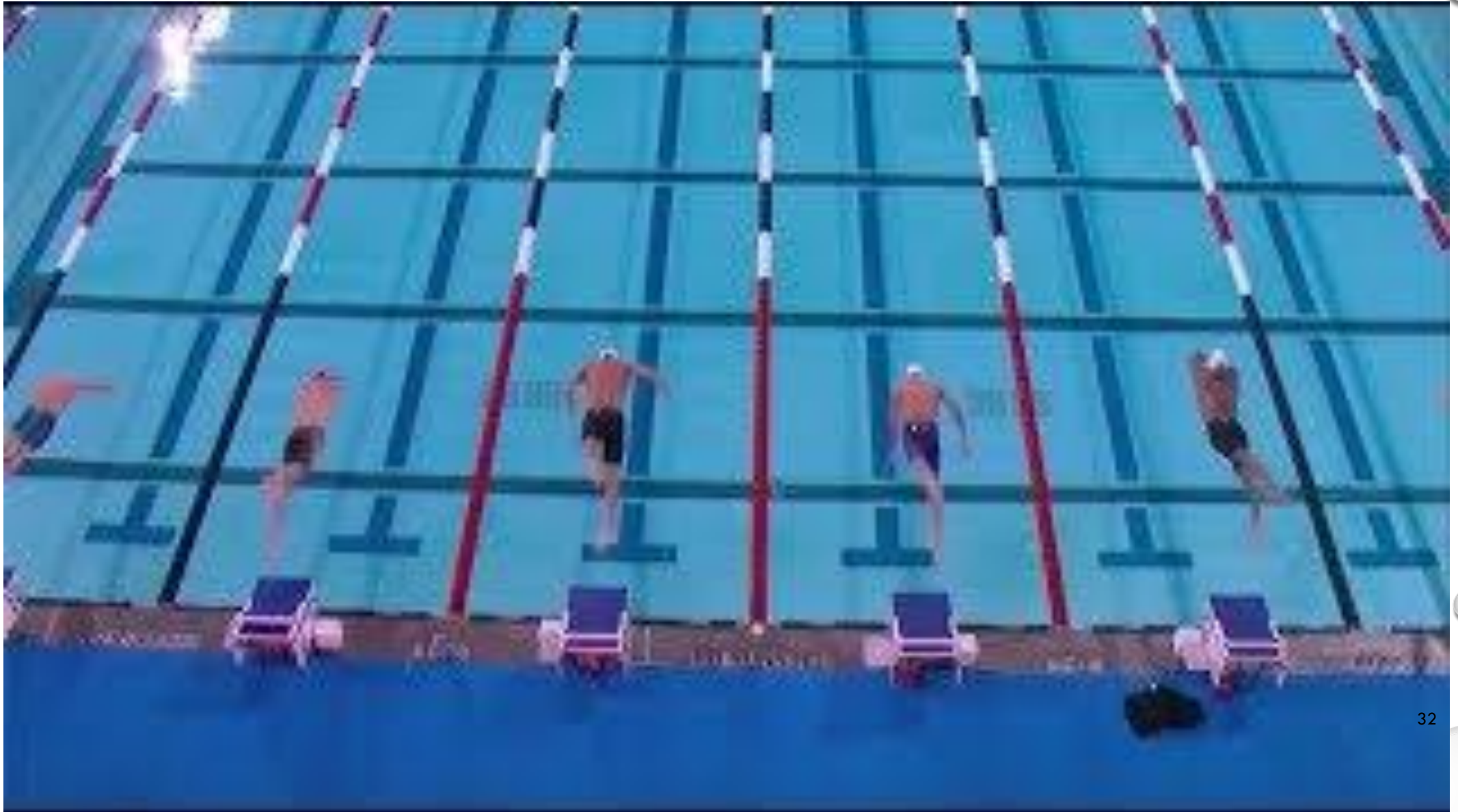
- Any style may be used.
- Some part of the swimmer must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Start: - Some part of swimmer must touch the wall at completion of each length or prescribed distance.

USA Swimming Training Video

Freestyle(2:27)

<https://youtu.be/baQJzcnG3oQ>



Technical Rules of Swimming

Freestyle Infractions

- No Touch At Turn
- Head Did Not Break Surface by 15m
- Re-Submerged

FREESTYLE

NO TOUCH AT TURN(4A)# _____

HEAD DID NOT BREAK SURFACE BY 15m(4B) _____ RE-SUBMERGED(4C) _____

Technical Rules of Swimming

In Focus → Freestyle Rules & Infractions

- Propelling Off Bottom:*** - Standing on the bottom is OK, but the swimmer can't propel off the bottom.
- Pulling on Lane Line:*** - Resting on the lane line is OK, but the swimmer can't pull forward on the lane line.

Freestyle Notes:

1. *Resting* on lane lines is OK.
2. *Standing* on the bottom is OK.
3. Swimming back to the wall after a missed wall touch is OK.
4. Watch for outside lane swimmers grabbing the wall and pulling forward.

Technical Rules of Swimming

100 yd Individual Medley

One Swimmer, Four Strokes, *No Turns*

Order	1 st 25: Start—Swim—Finish: Butterfly
	2 nd 25: Start—Swim—Finish: Backstroke
	3 rd 25: Start—Swim—Finish: Breaststroke
	4 th 25: Start—Swim*—Finish: Freestyle
Stroke/Finish rules apply for each stroke being swum.	

*May not swim a LEGAL form of the other strokes during Freestyle leg.

Technical Rules of Swimming

Individual Medley

Start: - In water facing start end.

Stroke: - Stroke rules for each stroke apply.

- Must swim **$\frac{1}{4}$ of event distance in each stroke** - Butterfly, Backstroke, Breaststroke, and Freestyle.
- May not swim in the style of **Breaststroke, Backstroke or Butterfly** during the freestyle leg.
- During **freestyle leg, swimmer must be on the breast** (shoulders at or past vertical towards the breast) except when executing a turn.

Kick: - Rules for each stroke apply.

Turns / Finish:

- Transition turns conform to **finish rules for the stroke being finished** and **start rules for the stroke being started**.
- During breaststroke to freestyle turn, swimmer **must return to breast prior to any kick or stroke**.
- Some part of swimmer **must touch the wall at completion of each length** or required distance.

USA Swimming Training Video

Individual Medley (2:35)

https://youtu.be/6w452d_ZcAA



Technical Rules of Swimming

Individual Medley Infractions

- Stroke Infraction (Record code for related stroke infraction)
- Out of Sequence
- Fourth Distance Swum in Style of Previous Stroke
- Other (E.g., propulsive stroke or kick while on back during freestyle leg)

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5A)# _____ OUT OF SEQUENCE(5B) _____

FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE _____

Technical Rules of Swimming

In Focus → Individual Medley Rules Infractions

Backstroke Finish

- Watch for swimmer attempting backstroke flip turn.
 - *Backstroke finish rules apply.*

Freestyle:

- Watch for swimmer taking propulsive kick or pull *on back* after turn.

Technical Rules of Swimming

GASL/USAS Deviations & Emphasis

15-meter Rule (Deviation):

- **25Y and 25M pools** → Head up before the **second set of backstroke flags** off start or turn
- **20Y pools** → Swimmers must surface **before completing an entire length** off start or turn

Freestyle Portion of Individual Medley and Medley Relay (Emphasis):

- Swimmer may swim in any manner desired during the Freestyle portion of the race, except not a stroke previously swum (thus not a legal, backstroke, breaststroke or butterfly).

Contact with Swimmers during Competition (Emphasis):

- After the “take your mark” command, swimmers will be disqualified if anyone on deck touches them prior to finishing their race.

Examples:

1. A hand used to cushion a backstroker’s head from contact with the end wall.
2. For in-water Relay exchanges, observed physical contact with the swimmer’s hand on the wall by a person on the deck.

Technical Rules of Swimming

Relays

GASL Relay Events

1 x 100-yd Mixed Free Relay

- 8-under, 2 boys + 2 girls
- Event #1
- No score, but ribbons awarded

2 x 100-yd Medley Relay

- Mixed Age
- Event #2 Boys, Event #3 Girls

2 x 150-yd Freestyle Relay

- Mixed Age
- Event #56 Boys, Event #57 Girls
- 1 each from 10-&-under, 12-&-under, 14-&-under, and 18-&-under
- 25-yd + 25-yd + 50-yd + 50-yd

Technical Rules of Swimming

Relays

- Freestyle Relay:**
- **Freestyle rules** apply.
 - Each swimmer must swim **$\frac{1}{4}$ of distance**.

- Medley Relay:**
- Rules pertaining to **each stroke** apply.
 - Each swimmer must swim **$\frac{1}{4}$ of event distance** as prescribed stroke, in order of **Backstroke, Breaststroke, Butterfly and Freestyle**.
 - May not swim in the style of the other three strokes during the freestyle leg.
 - **During freestyle leg**, swimmer must be **on the breast** (shoulders at or past vertical towards the breast) except when executing a turn.
 - Swimmer must **return to breast** (shoulders at or past vertical towards the breast) **prior to any kick or stroke**.

- Takeoffs:**
- Swimmers **feet/foot must remain in contact** with the starting platform/**deck** until the incoming swimmer has touched the finish wall or pad.
 - In-water Start: **One hand on the wall** and may face any direction.

USA Swimming Training Video

Relays (2:02)

<https://youtu.be/BV2dAE0VXTE>



Jurisdiction Changes for Relays

- ❑ For Medley Relay, Lead Official will deploy separate exchange judges if possible.

- ☐ Start End: Starter and one official observe the Start and exchanges
- ☐ Start End: One or two officials observing stroke (only)
- ☐ Turn End: Two officials on Turn end observing exchanges (only)
- ☐ Turn End: One or two officials observing stroke (only)

Note: If you cannot deploy separate exchange officials, prioritize exchange observation over touches.

- ❑ For Free Relays (no touch rules), judges can observe stroke and exchanges.

Jurisdiction Changes for Relays

- ❑ Exchange judges observe both lanes 3 and 4
 - ❑ Exhibition relays, no need to watch
- ❑ For Medley Relay, deploy separate exchange judges if possible
 - ❑ If can't separate exchanges, sacrifice touches in favor of exchanges
- ❑ For Free Relays (no touch rules), judges can observe stroke and exchanges

How to Judge a Relay False Start

DQ requires *independent dual confirmation!*

- ❑ After “take your mark”, swimmers should get into starting position and become stationary. When they do, Starter activates the start signal.
- ❑ Quite often, one or more swimmers will twitch, adjust goggles and so on. Starter will generally wait up to several seconds until swimmers settle. If swimmers don’t settle in a reasonable time, the Starter will say “stand up please” and then repeat the “take your mark” sequence.
- ❑ After the swimmers go stationary following the “take your mark” command, torso movement before the start signal is a false start *only if the start signal is activated by the Starter before the swimmers can get stationary again*. We refer to this as being “past the point of no return on the button.”
- ❑ If you observe a false start, circle the team that false started and show it to the Starter. Unless you both judged it a false start, the start is legal.

Relay Exchange Observation

DQ requires *independent dual confirmation*

- ☐ See the feet leave (*hand from wall* in shallow end).
- ☐ Once the feet leave, only **then look for touch**.
- ☐ **Do not raise your hand** for an illegal exchange
- ☐ **Mark your program or relay takeoff slip:** “O” for legal takeoff and “X” for early takeoff
- ☐ Compare afterward; unless both X’d the same swimmer, swim is legal
- ☐ Don’t go protocol crazy. If you both had the same swimmer, make the call.

Recording a Disqualification

Anatomy of a DQ Slip

The diagram illustrates the structure of a USA Swimming Disqualification Report. Callouts point to specific sections of the form:

- Event, Heat, Lane, Swimmer Name, Team.** Points to the top header section.
- Phase of the race** Points to the stroke-specific sections (Butterfly, Backstroke, Breaststroke, Freestyle).
- Infractions arranged by Stroke and Phase of race** Points to the list of infractions for each stroke.
- Individual Medley stroke infraction code taken from stroke infraction.** Points to the Individual Medley section.
- Relay stroke infraction code taken from stroke infraction.** Points to the Relays section.
- Early Take-Off Swimmer #** Points to the Early Take Off Swimmer section.
- "Other"** Points to the Miscellaneous section.

USA SWIMMING 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(1K) _____

NON-SIMULTANEOUS(1L) _____ NO TOUCH(1M) _____

NOT TOWARD THE BREAST OFF WALL(1N) _____

HEAD DID NOT BREAK SURFACE BY 15m(1P) _____ RE-SUBMERGED(1R) _____

OTHER(1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____

NO TOUCH AT TURN(2A)# _____

PAST VERTICAL AT TURN: _____

DELAY INITIATION ARM PULL(2b) _____ DELAY INITIATING TURN(2c) _____

MULTIPLE STROKES(2D) _____

TOES OVER LIP OF GUTTER AFTER THE START(2E) _____

HEAD DID NOT BREAK SURFACE BY 15m(2f) _____ RE-SUBMERGED(2G) _____

NOT ON BACK OFF WALL(2H) _____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST(2L) _____

OTHER(2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING(3A) _____ BUTTERFLY(3b) _____ SCISSORS(3C) _____

ARMS: PAST HIPLINE(3D) _____ NON-SIMULTANEOUS(3E) _____

ELBOWS RECOVERED OVER WATER(3H) _____

TOUCH: ONE HAND(3J) _____ NOT SEPARATED(3K) _____

NON-SIMULTANEOUS(3L) _____ NO TOUCH(3M) _____

NOT TOWARD THE BREAST OFF WALL(3N) _____

CYCLE: DOUBLE PULLS/KICKS(3S) _____ KICK BEFORE PULL(3P) _____

HEAD NOT UP BEFORE HANDS TURN INWARD(3R) _____

OTHER(3T): _____

FREESTYLE

NO TOUCH AT TURN(4A)# _____

HEAD DID NOT BREAK SURFACE BY 15m(4b) _____ RE-SUBMERGED(4C) _____

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5A)# _____ OUT OF SEQUENCE(5B) _____

FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE _____

ARTICLE 105

RELAYS

STROKE INFRACTIONS: (6A-D)# _____ SWIMMER _____

EARLY TAKE OFF SWIMMER(6F-H) # _____

CHANGED ORDER(6L): SWIMMER _____ STROKE _____

OTHER(6T): _____

MISCELLANEOUS

FALSE START(7A) _____ DECLARED FALSE START(7B) _____

DID NOT FINISH(7C) _____ DELAY OF MEET(7D) _____

OTHER(7T): _____

JUDGE: _____ CJ: _____

(print name clearly) (initial)

REFEREE: _____

(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (1/24) DESK/REFEREE

Recording a Disqualification

Priorities First! Maintain observation on swimmer's in your jurisdiction until time allows for writing a DQ slip.

- When an infraction is observed, RAISE your hand high for 10-seconds.
- Note the infraction on your heat sheet in shorthand;
 - “DQ”
 - Event, heat, lane, swimmer, infraction
 - *Shorthand tips:*
 - NSA → Non-simultaneous arms
 - AK → Alternating kick
 - DIT/DIP → Delay Initiating Turn/Kick
 - UR → Underwater Recovery
 - PPH → Pull Past Hips
 - NT → No touch
 - 1HT → One-hand touch
 - 1HT/RT → One-hand touch / Right hand

Recording a Disqualification

- Write a DQ slip when time allows - but attempt to be timely.
 - Enter **Event/Heat/Lane, Swimmer Name, Team**
 - Check box or boxes that apply. If unsure what box to check, describe in “other”
 - **Sign DQ slip**
 - *Occasionally the tech rep or LO needs to clarify a call with the official.*
- Mark heat sheet when DQ slip written (e.g., check mark, or other short-hand)
- Hand DQ slip to Runner (or deliver to Lead Official when timers change ends)

USA Swimming Situations & Resolutions

The following situations and resolutions have been outlined by the USA Swimming Officials Committee and the USA Swimming Rules and Regulations Committee to demonstrate examples of legal and illegal variations of strokes to be used for officials' education and training.

While this resource has been designed to be representative of the many situations that an official may encounter, it is not intended to be exhaustive. The core principle of officiating - that the benefit of the doubt always goes to the swimmer - should always be followed.

- <https://www.usaswimming.org/docs/default-source/officialsdocuments/officials-training-resources/situations-and-resolutions/situations-and-resolutions-stroke-and-turn.pdf>

GASL Resources

GASL Website

Home <https://gasl.swimtopia.com/>
Documents <https://gasl.swimtopia.com/documents>
Officials <https://gasl.swimtopia.com/officials>
Email gaslofficials@gmail.com

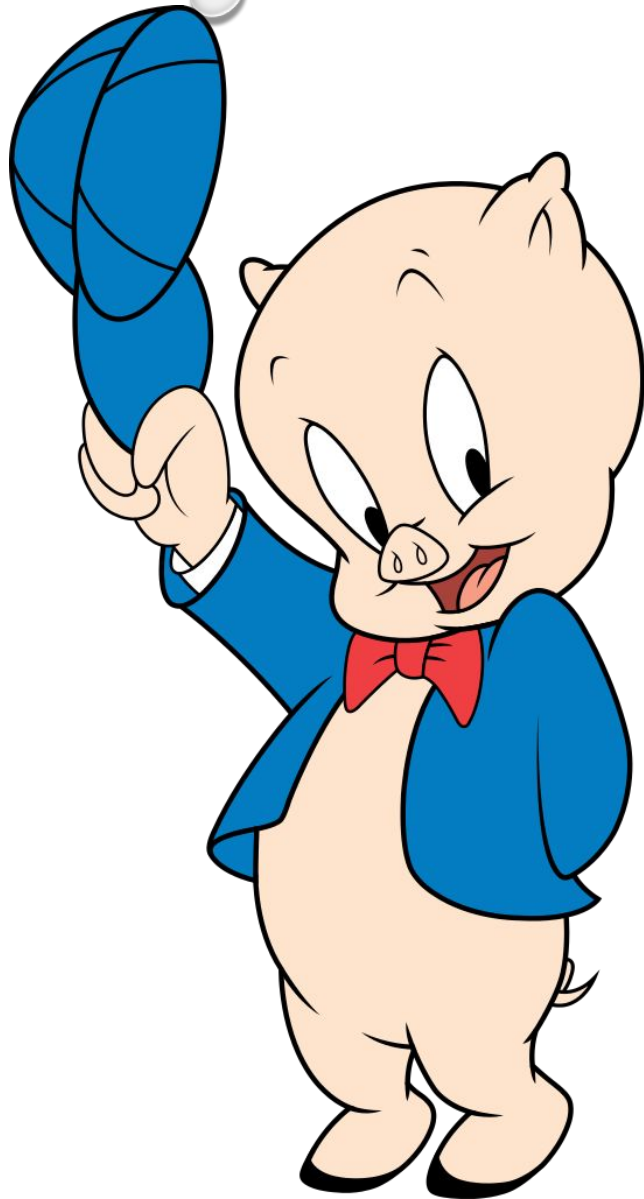
USA Swimming

Home <https://www.usaswimming.org/>
Officials <https://www.usaswimming.org/officials>

Do I have to DQ the Cute 6 & Unders? YES!

- Swimming has a lot of rules, just like basketball and other sports.
- It's not fair to the swimmers who are doing it correctly.
- 6 & Unders are scored in our league, and their points count the same as older athletes.
 - Teams move up and down divisions based on meet results, so scoring is important to many teams.
- Coaches can use the DQ slips as a teaching tool.
- It's a great life skill to learn how to deal with disappointment.
- Our little swimmers take pride when they finally get it right!!
- Prepares swimmers who may go on to year-round/winter swimming.

*They usually don't care, or don't even know - their parents may!



Questions???

If you have questions later, email
gaslofficials@gmail.com

Q&A Doc

[Stroke & Turn Q & A's](#)

THAT'S ALL, FOLKS.