

RSL REFEREE CHECKLIST

As of 05/01/2022



Task:

Day before the meet:



Confirm you have all necessary equipment: RSL and USA Swim Rules, whistle (plus backup), clipboard, pens



Print off copies of Relay Takeoff Slips for pool size (found on RSL website), pool deck diagram, Stroke Briefing, Ref checklist, Stroke and Turn Meeting talking points



Be sure to have a supply of DQ slips, extra pens for Stroke and Turn Judges

Day of Meet:



Meet with Coaches (Home/Away) – any discrepancies with met program, entries, scratches, exhibition swimmers. Any swimmers that may need accommodations / in-water starts. Remind about suits and caps (no other team logo, no tie backs, no two piece). NO holding kids' hands onto the wall during relay starts.



Check in with data – get 1st copy of meet program and review for any necessary changes (single swimmer heats, moving swimmers requiring special lanes), etc. Once approved, let data know they can print.



Meet with Head Timer – Review Head Timer Briefing and set expectation for “thumbs” up once HT has confirmed 3 timers in all lanes



Meet with Runner – review procedure for picking up timer sheets, checking with Ref/Admin Ref for DQ slips, bring up to data area. Ask them to attend Officials Briefing



Meet with RSL reps from both teams – introduce everyone – discuss rain delay protocol, RSL reps have final decision.



Meet with Clerk of Course – review any events that should be combined, review exhibition swimmers, discuss protocol for when swimmers should be brought to blocks (how many heats you want ready to go)



Meet with Starter – discuss how you want them to announce Events/Heats, start protocol when not standing next to starter, how to slow down/speed up the meet, any swimmers with special disabilities, and if starter will be acting as a Relay Take-Off judge.



Hold Official Briefing – Stroke and Turn and Admin refs (for BOTH halves) - read through stroke briefing, assign jurisdiction, discuss any special accommodations/situations with swimmers, any issues specific to your pool location



Warmups: Home Team 5:00-5:25pm, Away Team 5:25-5:50pm



National Anthem – Start Meet



Remain at pool until end of meet. Will need to sign the Meet Results Spreadsheet

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Stroke & Turn Meeting Talking Points

- Who is new?
- Introductions: Admin ref (when they will assist), Runner, Starter
- Go over positions and rotations
 - Where will referee & starter will be positioned
 - Lanes 1-3 & 4-6 on each end watching $\frac{1}{4}$ of the pool during individual events
 - Corners for relay starts – remember to judge all 6 lanes
 - Rotate clockwise after each stroke
- Go over contents of clipboard (event timeline, heat sheet/meet program, DQ slips, copy of RSL rules, USA swimming, S and T “cheat sheet”)
- Go over any notes from the coaches about disabilities, modesty, injuries, etc.
- Read through Stroke Briefing
- Individual stroke
 - Review the 15 meter mark on lane lines
 - Be sure to note event, heat & lane and team if you can tell from the cap
 - Referee will be combining heats – will be noted on heat sheet
 - Will try to get the word out via runner if there are any last minute changes during the meet
- Relays
 - Reminder to watch swimmer leaving block/wall, then check to see if incoming swimmer has touched (FEET LEAVE BLOCKS FIRST, THEN LOOK DOWN)
 - Shallow end hand must be on the wall above the water line
 - Make sure coaches/kids are not holding hands onto the wall on shallow end
 - If applicable - only judging starts – ref will judge for incorrect stroke on medley relays (depends on how ref wants to break up relay takeoff judges and S&T)
 - Both stroke and turn judges need to sign DQ slips for any dual confirmations
- Reminders
 - You are here to be sure we have a fair and equitable meet
 - Judge a 6 year old the same as an experienced 18 year old
 - DQ is NOT a punishment, it is an opportunity for the swimmer to learn
 - Judge the same at dual meets vs final meet – if kids aren’t DQd for it now, it will be an issue later
 - Coaches need the information to fix the issue now vs later
 - Watch all 3 lanes equally no matter if there is a swimmer or not (watching empty lanes)
 - Raise your hand with confidence (but not enthusiasm) – you can always remove your call if you are unsure later or have a question – you cannot raise your hand later if you didn’t call it initially – for example: missed a flip turn and come back to touch the wall in freestyle – make the call before they come back just in case
 - When making a call, please note
 - Where were you?
 - What is your jurisdiction?
 - What did you see?
 - What is the infraction/violation?
 - If you call a one hand touch, where was the other hand?
 - Reminder about re-submerging for freestyle and backstroke
 - If you can’t stop thinking about a call after it’s been made, let the referee or admin referee know
 - Put phones away during your session – if you need to take a call, please let referee know