



STROKE AND TURN

ANNUAL ONLINE RSL TRAINING





WELCOME TO THE BEST SEAT IN THE HOUSE

Today you will learn:

- The Technical Rules
- Protocols and Procedures
- How the entire Deck Works together
- Develop Relationships

The Golden Rule:

The Benefit of the Doubt ALWAYS goes to the swimmer!



2023 TRAINING REQUIREMENTS

Stroke and Turn

All Stroke and Turn Judges are required to complete annual online training. USA Swimming, VHSL and YMCA certified judges may apply for a waiver on the RSL website.

Once training is completed, officials need to register on the RSL website to have their training credited.

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 email the training committee at rslofficialsinfo@gmail.com.





EYES OF THE REFEREE

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.



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!

CONDUCT

EXPECTATIONS





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 White over Blue.



RSL 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.



STROKE AND TURN



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.



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.

DURING PRE-MEET MEETING,
JUDGES ARE ASSIGNED THEIR

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.



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?**

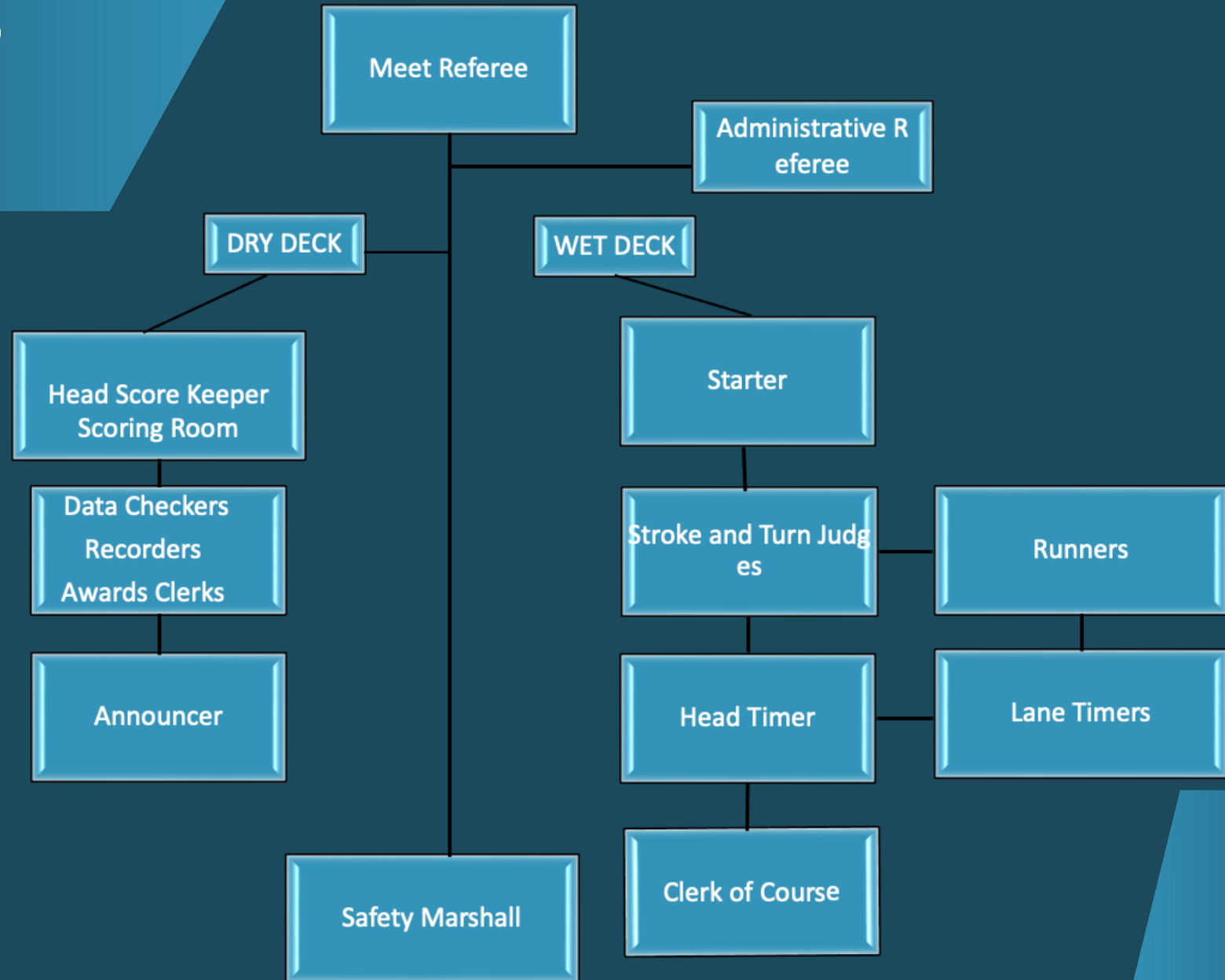
 - What rule was violated?**

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!



OFFICIALS



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.



DISQUALIFICATION

*WHEN YOU SEE A VIOLATION IN YOUR JURISDICTION,
FOLLOW THESE SIX STEPS IN THIS ORDER*



**01
RAISE
HAND**

**02
BE CONFIDENT**

**03
CONTINUE
OBSERVING**

**04
MAKE
NOTE**

**05
DQ VALID?
ANY DOUBT?**

**06
FILL OUT
DQ SLIP**

01. RAISE HAND

Raise one hand above your head for 3-5 seconds

02. BE CONFIDENT

Hand raise should be confident, but NOT enthusiastic

03. CONTINUE OBSERVING

Continue observing all swimmers in your jurisdiction

04. MAKE A NOTE

Make a quick note or symbol on your heat sheet

05. DQ VALID / ANY DOUBT?

Determine if the violation is valid and if there is any doubt

06. FILL OUT DQ SLIP

Fill out the DQ slip and make it available to the Referee

**Be prepared to answer the referee's questions.
Remember: Benefit of the Doubt goes to the swimmer!**



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 Swimming 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 another 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.



MENTAL TRAPS



ADVANTAGE/ DISADVANTAGE

You call based off the RULES, not whether you believe the swimmer gains a competitive advantage.



DON'T DQ 8 & UNDERS

Sure they're cute, but if they are swimming illegally, they are swimming illegally. DQ them, otherwise they will develop bad stroke habits that will be difficult to fix as they age.



CAN'T JUDGE MY SWIMMER

There are times you may have to DQ your own kid. Remember, you are HELPING them improve by letting them know what needs work.



THE "TWICE" THEORY

It's a DQ the first time you see it. You don't need to wait and see if they do it again.

Call what you see, not what you don't see. Don't look for reasons to disqualify, but, if you see the infraction, and it is clear, call it. If you are uncertain, remember the benefit of any doubt must go to the athlete.



FAIR AND EQUITABLE

- 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



KEEP IN MIND

THE BENEFIT OF THE DOUBT ALWAYS GOES TO THE SWIMMER



ILLEGAL

LEGAL

LEGAL

Ugly isn't (necessarily) illegal

Know the rules; review the rules before meets

Experience, experience, experience



A composite image featuring two swimmers in starting blocks. On the left, a female swimmer in a black swimsuit and cap is in a starting crouch. On the right, a male swimmer in a blue swimsuit and cap is also in a starting crouch. The background is a blurred indoor pool setting. The text is overlaid on a white triangular shape that points towards the center.

RELAY TAKEOFFS AND DUAL CONFIRMATION

A Referee may ask the Stroke and Turn Judge to assist with dual confirmation of relay takeoffs.

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 block (or wall), look down and see if the incoming swimmer has touched the wall. If the incoming swimmer has NOT touched the wall yet, the take-off is EARLY and this is a violation. Mark an X on your Relay Take-Off slip. If the incoming swimmer HAS touched, this is legal. Mark and O on your Relay Take-Off slip.

WATCH FEET THEN LOOK DOWN TO TOUCH



RELAY TAKEOFFS AND DUAL CONFIRMATION

RSL DUAL CONFIRMATION RELAY TAKE-OFF SLIP

Event # 5

Lane 1	2	3	4
Lane 2	X	⊙	⊙
Lane 3	⊙	⊙	⊙
Lane 4	⊙	⊙	X
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: _____



A composite image featuring two swimmers in starting blocks. On the left, a female swimmer in a black swimsuit and cap is in a starting crouch. On the right, a male swimmer in a blue swimsuit and cap is also in a starting crouch. The background is a blurred indoor pool setting. A white diagonal shape is overlaid in the center, containing text.

RELAY TAKEOFFS AND DUAL CONFIRMATION

When dual confirmation is used, the official should NOT give any indication other than to mark the exchange (legal or illegal) on the slip.

After the relays are complete, the judges should give the referee the slip and compare to see if any take-offs were both marked as early. If there are “matching” X’s, this would be an early take-off and the relay would be DQ’d. The referee will write up this DQ slip.



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

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

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



DISQUALIFICATION REPORT

DQ SLIPS

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.



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 (2K) _____

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 (3I) _____

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

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

NOT TOWARD THE BREAST OFF WALL (3M) _____

CYCLE: KICK BEFORE PULL (3O) _____ 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 SWUM 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-Z): _____

JUDGE: _____

(print name clearly)

REFEREE: _____

(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (7/19)

DESK/REFEREE



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.



FILLING OUT THE DQ SLIP

EVENT, HEAT, LANE

01

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).

02

SWIMMER'S or RELAY'S NAME

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.

TEAM ABBREVIATION

03

04

CIRCLE THE EVENT

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.



FILLING OUT

THE DQ SLIP

For regular stroke events, mark with an X, or checkmark, where 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.



FILLING OUT

THE DQ SLIP

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 Deck Referee, Admin Referee and Data Table must be able to read it.

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!





DISQUALIFICATION REPORT

EVENT # 32 HEAT 2 LANE 4

SWIMMER Jimmy Jones TEAM LPF

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 (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 (2k)

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 (3i)

TOUCH: ONE HAND (3J) NOT SEPARATED (3N)

NON-SIMULTANEOUS (3L) NO TOUCH (3K)

NOT TOWARD THE BREAST OFF WALL (3M)

CYCLE: KICK BEFORE PULL (3O) 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 SWUM 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 (7o) DELAY OF MEET (7r)

OTHER (7s-2):

JUDGE: Molly Waters
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH

rev. (7/19)

SWIMMER/COACH

DQ SLIP



FILLING OUT

THE DQ SLIP

Conventions Individual Medley

Judge the IM as four separate segments, each its own “race”.

Each “race” may have all four components (Start, Swim, Turn, and Finish). In the RSL we swim the 100 IM, which has no Turns, every touch is a “finish”

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. (When swum, in 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.

USA SWIMMING DISQUALIFICATION REPORT

EVENT# 62 HEAT 2 LANE 4
SWIMMER Jimmy Jones TEAM LPF

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 (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 (2K) ___
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) ___
OTHER (2T): _____

BREASTSTROKE START ___ SWIM X TURN ___ FINISH X
KICK: ALTERNATING (3A) ___ BUTTERFLY (3C) ___ SCISSORS (3D) ___
ARMS: PAST HIPLINE (3E) X NON-SIMULTANEOUS (3F) ___
TWO STROKES UNDER (3G) ___ NOT IN SAME HORIZONTAL PLANE (3H) ___
ELBOWS RECOVERED OVER WATER (3I) ___
TOUCH: ONE HAND (3J) X NOT SEPARATED (3N) ___
NON-SIMULTANEOUS (3L) ___ NO TOUCH (3K) ___
NOT TOWARD THE BREAST OFF WALL (3M) ___
CYCLE: KICK BEFORE PULL (3O) ___ 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) # 3E, 3J OUT OF SEQUENCE (5P) ___
FOURTH DISTANCE SWUM 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-Z): _____

JUDGE: Molly Waters
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (7/19)

SWIMMER/COACH



FILLING OUT

THE DQ SLIP

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

One Hand and Non-Simultaneous Touches – Not required, but you can 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 they choose to do so), they may 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”.



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 “Completely Submerged during the Swim” for the appropriate stroke.



RSL



RULES

RSL Rules are reviewed annually. Section 10.6 applies to the Stroke and Turn Judge.
Once updated, they are posted on the RSL website here: <https://rsl.swimtopia.com/resources>

Posted rules take precedence over any information present in this training.

You should download and PRINT off a copy of the Rules

It is expected that you have reviewed and are familiar with these rules.

It is STRONGLY encouraged to keep a copy of these rules with you while you are officiating.

You should also have a copy of the most recent USA Swimming rules as current USA Swimming rules and regulations apply exceptions noted in RSL Rules section 5. General Competition Rules and Conduct



FINAL STEPS

2024 Officials Certification Request

After completing in person RSL training, please complete and submit the Officials Training form to be considered for certification. Please note, submitting this form does NOT mean you are certified. It is a request to the RSL Officials Committee that you be considered. They will VERIFY your submitted information and then approve your request. You should check with your team's RSL Rep if you have any questions about your verification.

Before submitting this form, be sure you have your screenshots with all requested information showing.

For EdPuzzle:

The screenshot shows the EdPuzzle interface for 'RSL Stroke and Turn Training'. It features a list of assignments with columns for 'Assignment', 'Status', and 'Due Date'. A red box highlights the 'Submit' button in the top right corner. A red arrow points to the 'Submit' button in the top right corner. A red box highlights the 'Submit' button in the top right corner. A red box highlights the 'Submit' button in the top right corner.

Assignment	Status	Due Date
01 - 2024 Stroke and Turn Class - Intro	100%	Today
02 - 2024 Stroke and Turn Class - Stroke	100%	Today
03 - 2024 Stroke and Turn Class - Turn	100%	Today
04 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
05 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
06 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
07 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
08 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
09 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today
10 - 2024 Stroke and Turn Class - Stroke and Turn	100%	Today

[CLICK TO SUBMIT YOUR RSL OFFICIALS TRAINING VERIFICATION REQUEST](#)

After you have completed ALL assignments in the Stroke and Turn Classroom, be sure to visit the RSL Website and complete the training verification request to be reviewed by the training committee. Closely follow the instructions for uploading the screenshot of all completed assignments. RSL.swimtopia.com/training

If you are training for multiple positions, you can wait and register for all at the same time. Any questions, please contact rslofficialsinfo@gmail.com





THANK YOU

***PLEASE CONTINUE WITH
INDIVIDUAL STROKE
INSTRUCTION***

