

# Pacific Swimming

## Beginning Stroke & Turn Officiating

### Philosophy, Rules and Protocol

Adapted for Pacific Swimming  
based on the 2011 USA Swimming Officials Manual  
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# Officiating Principles

- Safety, Fairness, and Fun
  - Ensuring safety of swimmers in water and on deck
  - Judging compliance with rules – not style; unusual or “doesn’t look right” isn’t necessarily illegal
  - Fairness to all competitors; giving the benefit of the doubt, in every instance, to the swimmer



# Basic Concepts

- Take officiating seriously and work hard at it
  - Study USA Swimming's official rulebook
  - Uniformly interpret and apply rules
  - Call violations as seen; don't guess or anticipate
  - Be fair and consistent; always give the swimmer the benefit of any doubt
  - Disregard club affiliation
  - Exercise good judgment
  - Judge entire field in a fair and competitive manner; judge equally



# Basic Concepts

- Work regularly at the job
  - Officials need practice, just as competitors do
  - Working regularly builds confidence and understanding
  - Call violations as seen; don't guess or anticipate
  - Attend clinics regularly to keep up with rule changes and new interpretations and learn from other officials
  - There is no substitute for experience



# Basic Concepts

- Uniform
  - Men: navy blue slacks (no jeans) or shorts, white shirt and rubber soled white shoes
  - Women: navy blue skirt, slacks (no jeans) or shorts with white blouse and rubber soled white shoes
  - Always wear your USA Swimming registration card in a visible manner while on deck
  - For final sessions in Trials & Finals meet, the Head Referee will usually provide instructions on the proper attire, particularly for Head S&T



# Basic Concepts

- Be professional in manner
  - Fairness to all competitors must dictate actions
  - Dress properly
  - Make decisions quickly and decisively
  - Don't drink, eat, or smoke on deck
  - Avoid coaching swimmers
  - Refrain from cheering--control your emotions
  - Don't fraternize with swimmers, coaches or spectators during competition
  - Admit a mistake if wrong; competitor's welfare is more important than your own ego



# Conduct

- No outward manifestations during a race regarding illegality of competitor except raised hand
- Do not cheer, coach, or swap disqualifications; control your emotions
- Do not fraternize with swimmers, coaches or spectators; disregard club affiliation and personal relationships
- Do not concentrate on frequent violators to the exclusion of others
- Give undivided attention -- start to finish
- If uncertain of role, consult with the Referee or Head S&T (Chief Judge)





# The Officiating Team

- Head Referee - has overall responsibility for the officiating of the meet
- Administrative Referee - assists the Head Referee in all admin functions
- Deck Referee - in charge of officiating a specific deck
- Head Starter - assigned and evaluate starters
- Starter - perform starting during competition
- Head S&T (Chief Judge) and Assistant Head S&T (Assistant Judge)
  - In charge of S&T assignments and evaluations
- Stroke & Turn Judge (S&T)
  - Ensures rules relating to style of swimming specific strokes for the event & turns/finishes are properly followed
- Timing Judge - responsible for collecting timing info from timers and equipment operator and resolving discrepancies with Meet Referee
- Timing Equipment Operator
  - Responsible for operation of the Colorado Timing electronic system (or manual timing results)



# Responsibilities

- Stroke Judge
  - ensures that the rules relating to the style of swimming designated for the event are being observed (102.13.3)
- Turn Judge
  - ensures that, when turning or finishing, the swimmer complies with the turning and finishing rules applicable to the stroke used (102.13.4)
- Relay Take-Off Judge
  - ensures that a relay swimmer is in contact with platform when the incoming swimmer touches the end of the pool (102.13.6A)



# Responsibilities

- The Referee (or, at the Referee's discretion, the Chief Judge) assigns and instructs Stroke and Turn Judges and Relay Take-off Judges
- Before the competition begins, the Referee determines the respective areas of stroke and turn responsibility as well as jurisdiction (102.13.5)

The following sheets describe the responsibilities of Stroke Judge and Turn Judge separately.

In most LSC Competitions, especially Short Course, the Stroke Judge and Turn Judge responsibilities are combined as Stroke and Turn Judges (S&T) positioned at each end of the pool with lengthwise jurisdiction equally divided at the mid-point of the pool. In those cases, the S&T Judge will observe and report both Turn and stroke violations under his or her jurisdiction.



# Responsibilities

- Stroke Judge
  - At the start, the Stroke Judge is responsible for observing the swimmers at the 15 meter mark for all strokes except the breaststroke
  - After the start, the Stroke Judge walks the sides of the pool, preferably abreast of swimmers during all strokes except freestyle (102.13.3)
  - Stroke Judges should ensure that all of the swimmers are observed on a fair and equitable basis



# Responsibilities

## Turn Judge

- The Turn Judges are positioned at either end of the pool (102.13.4)
- A Turn Judge at the starting end of the pool must position himself so he can step forward quickly to observe the first stroke and kick in the breaststroke, butterfly or individual medley events as soon as the starting signal is given and the swimmers leave the blocks. (NOTE: A judge in this situation must not block the Timers' view of the Starter, the starting device, or the Starter's view of the swimmers.)
- Unless instructed otherwise by the Head Referee or Head S&T, Turn Judges should work as a team to assure fair and adequate coverage
  - Example 1: On a six-lane pool with 2 S&T assigning to 3 lanes each, only one S&T should observe the swim when there are 3 or less swimmers on a particular heat
  - Example 2: If less than the full complement of swimmers swimming in your assigned lanes, strive to pay the same attention to those swimmers as if there is a full complement of swimmers
- Position yourself at the best vantage point to observe the swims
  - If all swimmers touch the wall at the same time, the best vantage point is at the left- or right-most lanes of your jurisdiction



# Responsibilities

- Turn Judge
  - For backstroke start, the Turn Judge at the farthest starting block from the Starter should provide a hand signal (indicating lane number) to alert the Starter as to which swimmer (in his/her half of the pool) has his/her toes above the lip of the gutter. The Turn Judges at each end of the blocks should also be at a position (without obstructing the Timers, Starter, and Deck Referee) to observe any violation in lanes within their jurisdiction after the start signal is given
  - The Stroke and Turn Judge's responsibilities begin AFTER the start. Any action prior to the start is the Starter's responsibility or, in the case of relay take-offs, it may be the Relay Take-off Judge's responsibility. Each Stroke and Turn Judge should observe the start; however, his duties commence immediately AFTER the start



# Responsibilities

- Relay Take-off Judge
  - Lane Judge
    - Stands immediately besides the starting block
  - Side Judge
    - Looks across the lanes from the side of the pool



# Reporting Violations

- Jurisdiction (102.22.1)
  - Only the Referee or a Stroke and Turn Judge can disqualify for stroke, turn or finish violations. A Relay Take-off Judge is the only official, other than the Referee, who can disqualify for an infraction of the relay take-off rule
- Protocol
  - Upon observing an infraction in their jurisdiction, the Stroke/Turn Judge or Referee shall immediately raise one hand overhead (102.22.1) – that includes Relay Take-off Judge if only one is used. If "double confirmation" on an early relay take-off is used, a Relay Take-off Judge does NOT indicate an observed early take-off with a raised hand. (102.13.6B)





# Reporting Violations

- Reporting
  - Report violations, in writing, to the Referee, detailing the event, heat number, lane number and violation. Use the standard USA Swimming DQ form (102.13.3, 102.13.4)
  - Be prepared to accurately answer the following "3 Questions" if asked by the Referee or Chief Judge, using the language from the rulebook
    - "Where were you? (Jurisdiction)"(How far were you from the swimmer? Were you stationary or moving?)
    - "What did you see? (Description)"
    - "What rule was violated? (Infraction)"

In most local meets, the S&T judge is responsible for filling out the DQ slips. At national meets or some high level meets, the Chief Judge is usually the one writing the DQ slips. In this case, the Chief Judge will approach the S&T Judge to discuss the possible DQ, asking the above 3 questions. After the Chief Judge confirmed that the DQ is valid, he or she will fill out the DQ slip and ask the S&T Judge to sign it. The Chief Judge will then deliver the DQ slip to the referee.

# Reporting Violations

- Processing the DQ Slip
  - Do not leave your position until the you have observed the last swimmers under your jurisdiction (or relieved by a S&T if one is available)
  - If you are on the turn end of the pool, make every effort to get to the start end to talk to the swimmer without running
  - Ask the swimmer to step behind the timers (avoid touching the swimmer - if necessary, use a slight tap on the shoulder with your finger tip)
  - Take your time to properly fill out the DQ slip. Enter event, heat, and lane number, swimmer's name, check the infraction, and SIGN legibly, and indicate whether swimmer was notified
  - Inform the swimmer of the violation you observed using language from the rulebook - do not tell the swimmer what the "proper" stroke should be or what you think may have caused the violation. For 10-UN swimmers, try to get down to their level. Be encouraging - use the "Good, Bad, Good" method
  - Do not engage in discussion of rules with the swimmer, coaches, or parents. If challenged, politely ask them to talk to the Chief Judge or the Head Referee
  - Hand the yellow part of the DQ slip to the swimmer. Give the white part of the DQ slip to the Deck Referee (or both parts if unable to locate the swimmer)
  - Tips: Mark on your program next to the swimmer's name the Heat & Lane information, where were you standing, infraction, and jurisdiction



# Reporting Violations

- Disqualification
  - Can be made only by the official within whose jurisdiction the infraction has been committed (102.22.1)
  - Must be based on personal observation
  - ALWAYS give the swimmer the benefit of any doubt
  - Disregard the opinion of others
  - Apply simple test:
    - BE SURE VIOLATION OCCURRED, UNDERSTAND CLEARLY WHAT IT IS, AND BE PREPARED TO EXPLAIN IT



# Reporting Violations


- Disqualification
  - Any swimmer who acts in an unsafe or unsportsmanlike manner observed by the stroke/Turn Judge may be considered for disciplinary action at the Referee's discretion (102.22.3)
  - Swimming across lanes does not disqualify a swimmer unless interference occurs at the Referee's discretion; however, the stroke/turn judge should report any observed interference to the Referee. The swimmer must start and finish in the same lane. (102.22.4, 102.22.6)
  - Standing on the pool's bottom during a freestyle race shall not disqualify a swimmer unless he leaves the pool or walks or springs from the bottom. (NOTE: standing on the bottom after the start and before the finish of any other stroke shall constitute a disqualification.) (102.22.5)
  - No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during race (102.8.E)



# Reporting Violations

## The DQ Slip

**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 \_\_\_\_\_

JUDGE: \_\_\_\_\_  
*(print name clearly)*

REFEREE: \_\_\_\_\_  
*(print name clearly)*

NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_

rev. (06/09)

**DESK/REFEREE**



# Reporting Violations

- Disqualification
  - Swimmers who leave the pool (within the area under your jurisdiction) before completing the required number of laps shall be disqualified
    - Mark the “Did Not Finish” box on the DQ slip

**OTHER**

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





# Reporting Violations

- Disqualification
  - Relay disqualification (NOTE: all these are Referee's calls or, in some cases, Relay Take-off Judge's decisions):
    - No swimmer shall swim more than one leg in any relay event. (101.7.3A)
    - A swimmer other than the first swimmer shall not start until his teammate has concluded his leg. (101.7.3C)
    - Any relay team member and his relay team shall be disqualified if a team member, other than the swimmer designated to swim that leg, enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. (101.7.3D)
    - Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member (101.7.3E)
    - The team of the swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified. (101.7.F)



# Rules for Swimming Competition

- Freestyle
  - Start -- Forward start shall be used (101.5.1)
  - Stroke -- Use of any swimming style except in I.M. or Medley Relay, where "freestyle" means any style other than backstroke, breaststroke or butterfly. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of no more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the water surface (101.5.2)
  - Turns -- Upon completion of each length, the swimmer must touch the wall or pad at the end of the course with some part of his body. (NOTE: a "hand touch" is NOT required!) (101.5.3)
  - Finish -- when any part of the swimmer touches the wall or electronic pad at the end of the pool after completing the prescribed distance. (101.5.4)

To assist judges in evaluating the submerging portion of the rule, each of the lane lines must be marked at the 15-meter (16.4 yard) distances from each end. Stroke judges should be positioned to ensure that the swimmer's head breaks the water surface prior to the 15-meter mark and some part of the body remains surfaced until the swimmer executes the next turn.





# Rules for Swimming Competition

- Freestyle – Examples of violations
  - Failure to touch at the turn. (101.5.3)
    - (NOTE: if touch missed, official should not turn away immediately, since swimmer may reach back and make a legal touch or may come back if he missed the wall - provided that he or she has not touch the opposite end of the course.)
  - Finishing in the wrong lane (102.22.4)
  - Walking or springing from the bottom of the pool (102.22.5)
  - Getting artificial assistance
    - (e.g., grasping and pulling on the lane lines for forward motion) (102.22.10)

## **FREESTYLE**

50 NO TOUCH TURN # \_\_\_\_\_

51 HEAD DID NOT BREAK SURFACE BY 15M \_\_\_\_\_



# Rules for Swimming Competition

- Backstroke

- Start -- Back start shall be used (101.4.1)
- Stroke - (101.4.1, 101.4.2)
  - Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted.
  - Swimmer must push off on back and continue swimming on back throughout the race
  - Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of no more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the water surface

To assist judges in evaluating the submerging portion of the rule, each of the lane lines must be marked at the 15-meter (16.4 yard) distances from each end. Stroke judges should be positioned to ensure that the swimmer's head breaks the water surface prior to the 15-meter mark and some part of the body remains surfaced until the swimmer executes the next turn.



# Rules for Swimming Competition

- Backstroke
  - Turns -- (101.4.3)
    - Upon the completion of each length, some part of the swimmer's body must touch the wall
      - If the swimmer missed the wall, he or she may come back to touch the wall provided that the swimmer's shoulder has not turned past vertical or reached the opposite end of the course
    - During the turn, the shoulders may turn past vertical toward the breast, after which a continuous single arm pull or a simultaneous double arm pull may be used to initiate the turn
    - There shall be no kick or arm pull that is independent of the continuous turning action
    - The swimmer must have returned to a position on the back upon leaving the wall
  - Finish -- when any part of the swimmer touches the wall at the end of the pool. (101.4.4)



# Rules for Swimming Competition

- Backstroke - Examples of violations
  - Sliding toes up after the starting signal and standing in or on the gutter (101.4.1)
  - Swimmer submerged after start or turn and head surfacing beyond 15 meters (16.4 yards) (101.4.2)
  - Getting artificial assistance (102.22.10)
  - Turning shoulders past vertical at the turn and, after completion of the arm pull, either gliding or taking additional kicks/pulls to bring swimmer closer to the wall before initiating the somersaulting action. (Note: this constitutes a pause in the turning action!) (101.4.3)
  - When shoulders have turned past vertical on the turn, swimmer misses touch on the wall and sculls back to touch. (101.4.3)
  - Failure to return to or past vertical toward the back before the swimmer leaves the wall on the turn (101.4.3)
  - Turning shoulders past vertical at the finish (101.4.4)

**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 \_\_\_\_\_



# Rules for Swimming Competition

## Backstroke - Rules Interpretation

The USA Swimming Rules and Regulations Committee emphasized that :

### On continuous turning motion:

“The key to a proper interpretation of the backstroke rule is the phrase 'continuous turning action,' i.e., a uniform, unbroken motion with no pauses. After the upper shoulder rotates beyond the vertical toward the breast, a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. There shall be no kick, arm pull, or flotation that is independent of the turn. The position of the head is not relevant.”

### ON total submerge at finish:

“The turn judge should, when possible, be given jurisdiction and should watch the swimmer approaching the wall. If the swimmer completely submerges prior to the turn judge having to shift his attention to the touch at the wall, this would be a DQ. Once the turn judge must watch for the touch, this DQ would be too close to call.”



# Rules for Swimming Competition

- Butterfly
  - Start --
    - Forward start shall be used (101.3.1)
    - After the start and each turn, the swimmer's shoulders must be at or past vertical toward the breast (101.3.2)
    - One or more leg kicks are permitted but only one arm pull under water, which must bring the swimmer to the surface (101.3.2)
  - Stroke --
    - Both arms must be brought forward over the water and pulled back simultaneously (101.3.2)
    - Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of no more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the water surface (101.3.2)



# Rules for Swimming Competition

- Butterfly
  - Kick --
    - All up and down movements of the legs and feet must be simultaneous (101.3.3)
    - The position of the legs and feet need not be on the same level but they shall not alternate in relation to each other. (The feet may move vertically, provided they move together. They may actually be crossed, or one may be higher than the other, provided no alternating action is introduced. As long as any change is caused by a "drifting" of the legs rather than by a propulsive action, no infraction should be called. Therefore, the important criterion warranting disqualification is a propulsive action of an alternating nature) (101.3.3)
    - A scissors or breaststroke kicking movement is not permitted (101.3.3)





# Rules for Swimming Competition

- Butterfly
  - Turns and Finish --
    - The touch must be made with both hands simultaneously (need not be on the same level) (101.3.4, 101.3.5)
    - A legal touch may be made at, above or below the water surface (101.3.4, 101.3.5)
    - Turns only: Once a touch has been made, the swimmer may turn in any manner desired, but the prescribed form must be attained from the beginning of the first arm stroke (101.3.4)
    - These criteria also apply to the butterfly leg of an IM or the medley relay





# Rules for Swimming Competition

- Butterfly - Examples of violations
  - Hand touch not simultaneous or 1-hand touch. (NOTE: Hands need not be at the same level on either turns or the finish.) Be alert for a legal, "quick" touch, which can mistakenly be interpreted for a 1-hand (101.3.4, 101.3.5)
  - Arm recovery not over the water after pull on the turn or finish (usually characterized by short pull and an underwater, stabbing touch) (101.3.2)
  - Alternating kicking movement, such as flutter kicks (101.3.3)
  - Scissors or breaststroke kicking movement (101.3.3)
  - Getting artificial assistance (102.22.10)

**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 \_\_\_\_\_



# Rules for Swimming Competition

- Breaststroke
  - Start -- The forward start shall be used (101.2.1)
  - Stroke -- (101.2.2)
    - After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast
    - The arms must move simultaneously and in the same horizontal plane without any alternating movement
    - The hands must be pushed forward together from the breast on, under, or over the water and must be brought back on or under the water surface
    - The elbows shall be under the water except for the last stroke at the finish of the prescribed distance
    - The hands shall not be brought back beyond the hip line except during the first stroke after the start and each turn



# Rules for Swimming Competition

- Breaststroke
  - Stroke (continued) -- (101.2.2)
    - Some part of the swimmer's head shall break the water surface at least once during each complete cycle of one arm stroke and one leg kick, in that order, except during the first cycle after the start and each turn
    - The swimmer's head must break the water surface before the hands turn inward at the widest part of the second stroke
    - During the first cycle after the start and each turn, the swimmer may take one arm stroke completely back to the legs

NOTE: Either a complete or incomplete movement of the arms or legs from the starting position is considered as one complete stroke or kick.)



# Rules for Swimming Competition

- Breaststroke
  - Kick - (101.2.3)
    - After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull
    - All vertical and lateral movements of the legs shall be simultaneous
    - The feet must be turned outwards during the propulsive part of the kick
    - A scissors, flutter, or downward butterfly kick is not permitted, except as noted above
    - Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick

Definition of a scissors 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.



# Rules for Swimming Competition

- Breaststroke
  - Turns and Finish --
    - The touch must be made with both hands simultaneously at, above or below the water surface (but the two hands need not be on the same level) (101.2.4)
    - The head may be submerged after the last arm pull prior to the touch, provided it breaks the water surface at some point during any part of the last complete or incomplete stroke cycle preceding the touch (101.2.4)
    - (Turns only) Once a touch has been made, the swimmer may turn in any manner desired
    - In the IM, the completion of the breaststroke leg is judged as a finish, NOT a turn (101.6.3.B(3))



# Rules for Swimming Competition

- Breaststroke - Examples of violations
  - At the start or after any turn, head still below the water surface when the hands begin to turn inward at the widest part of the second arm (101.2.2)
  - Over-the-water recovery with elbows not touching the water (101.2.2)
  - Touch not simultaneous or 1-hand touch on turns or finish. (Need not be on the same level.) On the turns, be alert for a legal, "quick" touch, which can be mistakenly interpreted as a 1-hand touch (101.2.4)
  - Scissors kick (and any alternating movement) (101.2.2, 101.2.3)
  - More than one butterfly kick or any flutter kicks underwater after the start or after push off at the turn.
    - A natural relaxation of the legs when coming off the wall at the turn, or a slight leg action induced by the piking of the body when taking arm strokes at the start or turn, is not considered a voluntary movement and, therefore, shall not be identified as a kick. (101.2.3)
  - Body not on breast when beginning first arm pull following start or turn (101.2.2)
  - Body not at or past the vertical towards the breast when the swimmer leaves the wall after a turn (101.2.2)
  - Getting artificial assistance (102.22.10)





# Rules for Swimming Competition

- Breaststroke - DQ Slip

**BREASTSTROKE**  
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 \_\_\_\_\_

- Revisit Breaststroke Rules Interpretations:
  - After the last arm pull into the wall at the turns and finish, the arms would no longer have to be in the same horizontal plane and the swimmer could be briefly submerged while reaching for the wall. At the first pull off the wall, the arms would still have to be in the same horizontal plane (101.2.2)



# Rules for Swimming Competition

- Individual Medley (IM)
  - Order: butterfly, backstroke, breaststroke and freestyle. (101.6)  
(Reminder: In the IM, "freestyle" means any stroke other than butterfly, backstroke or breaststroke. (101.5.2))
  - Rules pertaining to individual strokes govern disqualifications (101.6.2)
  - The turns from one stroke to another are considered finishes, NOT turns, and are to be judged accordingly. For example,
    - when going from backstroke to breaststroke, the swimmer's shoulders in the backstroke may NOT turn past vertical prior to the touch of the wall
    - moreover, the swimmer must be at or past the vertical towards the breast when leaving the wall in the breaststroke (101.6.3.B (2) )

## INDIVIDUAL MEDLEY

41 STROKE INFRACTION(S) # \_\_\_\_\_

42 OUT OF SEQUENCE \_\_\_\_\_





# Rules for Swimming Competition

- Relays
  - Freestyle -- any desired stroke or combination of strokes; swimmers usually do the "Crawl." (101.7.1)
  - Medley -- order: backstroke, breaststroke, butterfly, and freestyle. (In the Medley Relay, "freestyle" means any stroke other than backstroke, breaststroke or butterfly.) (101.7.2, 101.5.2)
  - Rules pertaining to individual strokes govern disqualification (101.7.2)
  - No competitor may swim more than one leg (101.7.3A)
  - As in the IM, finish rules, rather than turn rules, apply at the end of each stroke (101.7.2)
  - Except for the last swimmer, relay swimmers must leave the water immediately upon finishing their leg (101.7.3E)

## RELAYS

70 STROKE INFRACTION # \_\_\_\_\_ SWIMMER # \_\_\_\_\_

71 EARLY TAKE OFF SWIMMER # \_\_\_\_\_

72 CHANGED ORDER: SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_



# Rules for Swimming Competition

- Relays - Examples of violations
  - Stroke violation (101.7.2)
  - Failure to swim proper order of strokes (101.7.2)
  - Failure to swim required distance (101.7.1)
  - Take-off violation (decision only by Referee/Relay Take-off Judge) (101.7.3F)
  - Entering the water (Referee decision): whole team is disqualified if any member, other than the swimmer designated to swim, enters the pool before all other competitors have finished! (101.7.3D)

For a relay team to be disqualified both (side and lane) judges must independently assess that an early take-off by a particular swimmer has occurred. Because a confirmation from another point of view is required, a Relay Take-off Judge does NOT indicate an observed early take-off with a raised hand. Relay Take-off Slips are used to ensure that two judges, observing independently and from different vantage points, have observed the same infraction.



# Rules for Swimming Competition

- Relays - Reporting relay take-off violations (101.7.3F)
  - For a disqualification to be confirmed, both judges must properly fill out the relay take-off slip:
- Enter the event number
- Enter the heat number
- Mark the box appropriate for the assigned position
- After each swimmer leaves the block mark the swimmer number with a "O" (circle) if the swimmer's take-off was OK (not early) or with an "X" if the swimmer left early. Take care to conceal these marks from the swimmers in the lane or lanes being judged because the swimmers might believe their team has been disqualified and not put forth their best effort
- Sign the form (The form can be signed at any time, but it's not valid without signature)
- Both judges who observed the early take-off must sign a Disqualification Report which, together with the Relay Take-off Slips that indicated the dual confirmation of the early relay take-off, is submitted to the Referee for disposition

**USA Swimming**  
 Relay Take Off Judge  
 EVENT# 76 HEAT# 2  
 (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	X	④
Lane 5	②	③	X
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4
Lane 9	2	3	4
Lane 10	2	3	4

SOREN SOE  
 Signature



# Judging Swimmers With Physical Disabilities

- Judge, in accordance with USA Swimming rules, any part of the body that is used (105.5.2)
- Do not judge a part of the body that cannot be used (105.5.2)
  - e.g. In breaststroke and butterfly events, the swimmer must reach forward as if attempting a simultaneous two-hand touch. However, only the longer arm must touch if the arms are of different lengths
- Base your judgment on actual rule, not the swimmer's technique
- For Turn and Finishes, a blind or visually-impaired swimmer is permitted to have a "tapper", which is a pole with a soft-tipped end. The swimmer is tapped with the "tapper" as notification of turns and finish. Sound devices shall not be used (105.2.2)
- For Relay Take-Offs, a physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer's preference so long as it does not aid the swimmer's take-off or interfere with the timing (105.2.3)
- Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with other swimmers or the timing equipment (105.5.4)



# Mental Traps

- Advantage vs. disadvantage (as a basis for making a judgment)
- The "Twice Theory"
- "We don't disqualify 8 & Unders" (the age group may change to 10 & Unders)
- "Don't ask me to judge my child"
- Don't Infer (Extrapolate)
- "I'll save a trip since the other S&T Judge at the starting end must have written up the same DQ any way"



# Timing Systems and Official Times

- All officials should be familiar with the timing system, its basic operation, and the concept of “official time”
- Stroke and Turn officials may be asked by the Referee to assist in checking out the timing system components during pre-meet preparation or in the event of a timing system malfunction
- Stroke and Turn officials should be aware of the proper operating procedure for the timing equipment and report discrepancies to the deck referee
  - Example: A lane timer operating more than one similar devices (2 buttons or 2 watches) (102.17.3)



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# Description of Timing Systems

- **Manual timing** requires the use of hand-held, battery powered, digital read-out stopwatches. Digital wristwatches or dial watches are not permitted. Lane timers perform the "start" and "stop" actions (102.24.2C)
- **Semi-Automatic timing** is activated by an electronic pulse from a starting device or transducer. Finishes are recorded by buttons pushed by timers at the swimmer's finish touch. (102.24.2B)
- **Automatic timing** is activated by an electronic pulse from a starting device or transducer. Finishes are recorded by the swimmer's contact with the touchpad (102.23.2A)





# Timing Personnel (1)

- **Lane Timer** -- A lane timer starts and stops a watch and/or presses a button on a lane. By doing so, they provide a time from each timing system they use. A Lane Timer may be asked to operate a watch and button simultaneously, but they may not operate two watches or two buttons at the same time (102.17.3, 102.17.3B)
- **Head Lane Timer (Lane Recorder)** -- In addition to performing the duties of a Lane Timer, the Head Lane Timer also records the manual watch times from that lane, verifies that the proper swimmers are competing in that lane, and reports if a swimmer delays in touching or misses the touch pad at the finish (102.17.2A, B, D)
- **Chief Timer (Head Timer)** -- This person is responsible for all the Lane Timers and Head Lane Timers. In addition to assuring the lanes are adequately staffed and the Lane Timers are properly briefed prior to each session, the Chief Timer supervises the timers during the session, collects recorded times from the Head Lane Timers (usually done by “runners”), and starts additional watches to be used as a substitute in the event a Lane Timer’s watch fails and record additional backup time for the heat winners (102.17.1)



# Timing Personnel (2)

- **Timing Equipment Operator** -- When automatic (pads) or semi-automatic (buttons) timing equipment is being used, he is responsible for operating the timing console. (102.17.4)
- **Timing Judge** -- Receives times produced by the automatic or semi-automatic timing systems (when used) and the manual (watch) times from each lane. Uses that information to determine the Official Time for each swimmer. The Timing Judge also receives any signed disqualifications from the Referee. Provides the Recorder (this duty is frequently performed by the computer operator) with information regarding Official Times, disqualifications, or reported/observed absences (i.e. empty lanes) for each swimmer scheduled to compete. The Administrative Referee may perform the duties of Timing Judge (102.14.C1, 2)



# Stroke and Turn Judge Levels

- Level 1 (Trainee)
  - Has just started the training process for officials
  - Should not work on deck without a trainer and cannot submit DQ slips without the concurrence signature of the trainer
- Level 2 (Independent)
  - Successfully complete the S&T certification process
  - Can work independently as S&T or Head S&T on “A” level meets with minimum supervision
- Level 3 (Experienced)
  - Can work independently and comfortably as S&T or Head S&T on “AA” without supervision
- Level 4 (Zone Leadership)
  - Highly experienced S&T and can work comfortably as S&T or Head S&T at qualifying meets
- Level 5 (Pacific Leadership)
  - Shows leadership at LSC or National championship level meet



# Stroke and Turn Judge Certification

- Minimum Requirements
  - Register with USA Swimming and attend Stroke/Turn clinic
  - Successfully pass background certification and complete on-line Athletic Protection Training Course on USASwimming.org
  - Successfully pass open book Stroke/Turn & Timing Officials tests on USASwimming.org
  - Complete a minimum of 4 on-deck training sessions with a qualified trainer within 1 year. Meet Referee will enter number of sessions and position into OTS
- Upon meeting the minimum requirements, Trainee initiates the certification process by informing the Meet Ref or Chief Judge that he or she wishes to be evaluated for certification by filling out a Request for Evaluation Form. Note: Trainee must work entire meet to be considered for upgrade.
  - The Meet Referee may choose to do the evaluation personally or delegate to Chief Judge or a senior official (level 4 and above)
- The Meet Referee (or Chief Judge) will share eval results with the applicant at the end of meet
  - If satisfactory, the Meet Ref will sign the Upgrade Request Form recommending certification and forward to the Zone Officials Chair; if upgrade not recommended, inform the applicant of areas needing improvement
  - Zone Officials Chair will update certifications on OTS if approved



# Background Check & Athletic Protection Training Course Requirements

- All USA Swimming officials must successfully complete a background check in order to join or to renew as non-athlete members and to work on the the deck as carded officials. Please be aware of the following:
  - Details about the background check requirements and a link to initiate the background check process are on USASwimming.org and PacSwim.org
  - USA Swimming background check is an online process using this link:
    - [www.usaswimming.org/backgroundcheck](http://www.usaswimming.org/backgroundcheck) . Click on *“Initiate a Background Check”* and follow the prompts.
  - Cost for the Level 2 check, which is required for officials, is \$39. Renewal is required every 24 months at a cost of \$19.
  - Pacific Swimming will reimburse the cost of the background check for all level 2 and above officials. Reimbursement will be made through the official's zone, with the LSC then reimbursing the zone. .
  - Level 1 (trainee) officials are not required to complete a background check, since they are required to be working under the supervision of a level 2 or higher official.
- All USA Swimming officials must also pass the on-line Athletic Protection Training Course available on USASwimming.org.
  - Go to: USASwimming.org>Programs & Services>Athletic Protection>Education



# Stroke and Turn Judge Recertification

- Must complete formal classroom S&T recertification training or served as clinic lecturer once every two years
- Must work a minimum of 4 sessions as S&T or S&T Trainers each year
- Officials Tracking System (OTS) is the official mechanism used by the Zone Officials Chair to as to determine whether the above requirements have been met.
- Officials can use OTS to print out a Certification Card detailing which positions and levels you are currently certified (LSC and National certifications)



# Stroke & Turn Advancement Policy

- Level 1 (Trainee)
  - An individual is designated as level 1 upon completing the first clinic session or on-deck training session for the position
- Level 2 (Independent)
  - An individual is advanced to level 2 as soon as he/she is certified for that position
- Level 3 (Experienced)
  - Must held a level 2 position for a minimum of 1 year and worked a minimum of 6 sessions of sanctioned meets per year
  - Must receive recommendation for advancement from two different Head Referees on their officials performance evaluation report
- Level 4 (Zone Leadership)
  - Must held a level 3 position for a minimum of 1 year and worked a minimum of 6 sessions per year (with at least one LSC championship meet)
  - Must receive recommendation for advancement from three different Head Referees and approved by Zone Officials Chair
- Level 5 (Pacific Leadership)
  - Recommended by Zone Officials Chairs and approved by Pacific Officials Committee



# Reference Info

- USA Swimming
  - [www.usaswimming.org](http://www.usaswimming.org)
- Pacific Swimming LSC
  - [www.pacswim.org](http://www.pacswim.org)
- Officials Info - registering, name tags, training, forms
  - [www.pacswim.org/page/member\\_officials.shtml](http://www.pacswim.org/page/member_officials.shtml)
- USA Swimming Meet Officials Shirts
  - [www.usaswimofficials.com](http://www.usaswimofficials.com)
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Thank you for  
volunteering as a Pacific  
Swimming official!

