Minnesota Swimming Stroke and Turn Judge Clinic 101



Clinic Overview

- Introduction
- Philosophy of Officiating
- Expectations and Professional Conduct
- Technical Rules
- Officiating at Meet
- Pursuing Certification
- Questions



Philosophy of Officiating

- Everything is grounded in the <u>rules</u>. The rules determine what is allowed and what is not.
 - "Ugly but legal" is okay
- Observation should be consistent for all rules and all swimmers
- Swimmer ALWAYS gets the benefit of the doubt
- Observers, not inspectors
- Call what you see, See what you call



<u>Teamwork</u>

- Each official plays an equally important role on deck
 - **Stroke & Turn –** observe the swim
 - Starter ensures a fair start "take your marks" person
 - Chief Judges ensures calls are appropriate; manages the deck
 - Admin ensures times are accurate; acts as "cruise director"
 - Referee final decision maker "blow the whistle" person
- Cooperation and Respect are key
- Mentoring never stops Learning is continuous



Uniform & Self-Presentation

- Uniform Requirements
 - Black pants or knee-length shorts or skirt
 - White polo shirt, tucked in preferred
 - Belt
 - Primarily black tennis shoes
 - Socks
 - Credential and/or nametag
- Look professional at all times!



Conduct Expectations

- Maintain positive attitude
- No cell phone usage on deck
- Do not cheer for or coach swimmers
- Control emotions on deck
- Do not discuss calls with anyone other than Referees or Chief Judges
- o Smile!



Technical Rules

- Four Main Strokes
 - Freestyle
 - Backstroke
 - Butterfly
 - Breaststroke
- Other Events
 - Individual Medley
 - Relays
- Please see the appendix for definitions, technical rules and common disqualifications for each stroke.





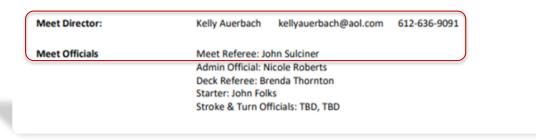
What You're Looking At

Stroke	Start	Body	Head	Arms	Legs	Turn	Finish
Freestyle	Forward	Any	Break the surface by 15M	Any	Any	May turn in any manner Must touch at turn	· Must touch at finish
Backstroke	Backward	On the back	Break the surface by 15M	Any	Any	 May turn in any manner Must touch at turn No delay in arm pull/initiation of turn Must be on back when feet leave the wall 	· Must touch while on the back at finish
Butterfly	Forward	On the breast	Break the surface by 15M	First pull brings to surfaceArms over the water simultaneously	 Simultaneous up and down No alternating, scissors or breaststroke kick 	Two hands simultaneous touch at, above or below the water surface	 Must touch while on the breast at finish Two hands simultaneous touch at, above or below the water surface
Breaststroke	Forward	On the breast	Break the surface by first breaststroke pull	 Cycle stroke Simultaneous Elbows under water except at turn May take one pull past hips at start/turn before first breaststroke pull 	 Breaststroke kick (propulsion with feet turned out) May take a single butterfly kick at start/turn before breaststroke cycle begins 	Two hands simultaneous touch at, above or below the water surface	 Must touch while on the breast at finish Two hands simultaneous touch at, above or below the water surface



Officiating a Meet

 Contact Meet Referee in advance. Contact the Meet Director if Meet Referee is not listed.



Sign-in and show USA Swimming app

- Non-Athlete Check-In
- Sign In Sheet for Session Entry in Officials Tracking System (OTS)



Stroke Briefing

- Be on time Check with Meet Ref on timing
- Refresher for stroke rules and assignments plus a little social time

Observation Techniques

 Observe all lanes in your jurisdiction equally even if lane is empty – watch the water!

Reporting Disqualifications

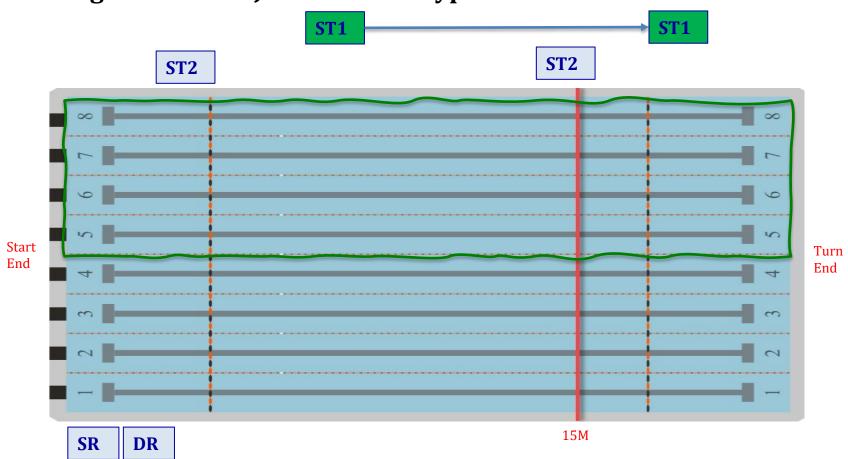
- Raising hand confidently but not enthusiastically
- Complete DQ slip or report to CJ

SWIMMING DISQUALIFICATION REPORT
EVENT#HEATLANE
SWIMMERTEAM
START
BACKSTROKE START SWIM TURN FINISH NO TOUCH AT TURN (2A) # PAST VERTICAL AT TURN:
DELAY INITIATING 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 OPF WALL (2H) SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) OTHER (2T):
BREASTSTROKE START SWIM TURN FINISH KICK: ALTERNATING (3A) BUTTERFLY (3B) SCISSORS (3C) NON-SIMULTANEOUS (3E) TWO STROKES UNDER (3F) NOT IN SAME HORIZONTAL PLANE (3G) ELBOWS RECOVERED OVER WATER (3H) TOUCH: ONE HAND (3J) NOT SEPARATED (3K) NON-SIMULTANEOUS (3L) NOT TOWARD THE BREAST OFF WALL (3N)



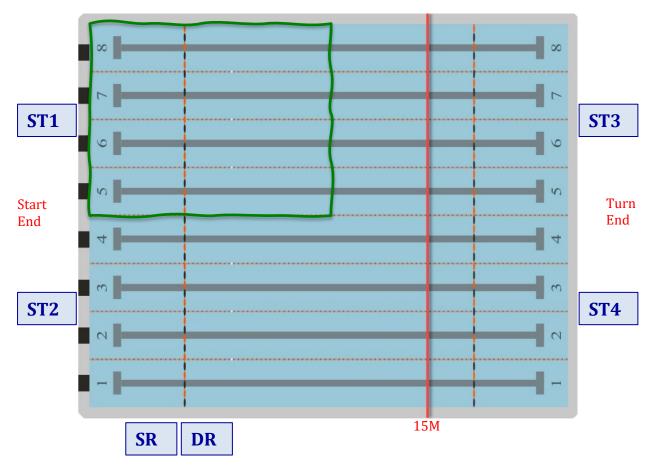


Assignments and Jurisdiction - Typical





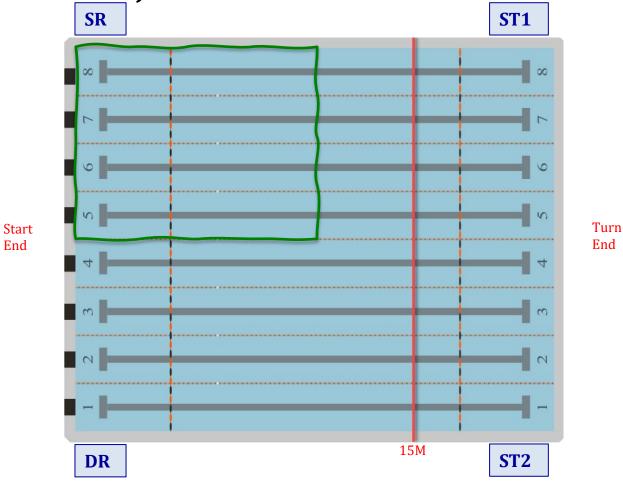
Assignments and Jurisdiction - Typical







Assignments and Jurisdiction - Covid





The Officiating Journey

- Your officiating journey is your own!
 - Most officials volunteer during sessions when they have a swimmer in the water, or when their club is hosting a meet.
 - There are opportunities to advance to new positions, certification levels, and meet levels if you are interested.
 - Many officials, however, choose to remain as stroke and turn officials, or volunteer in other positions.
 - Whatever your certification or experience level, your participation is valued and necessary for a fair competition. We all work as a team!



The Officiating Journey

- Stroke and Turn
 - Intro level position where most officials begin
 - 4 shadow sessions, open book exam, clinic for certification
 - Junior Officials 16 and 17 year olds
- Starter
 - At least 3 months AND 4 stroke and turn sessions AND 2 different meets before shadowing as a starter
- Deck Referee
- Meet Referee
- Admin Referee/Admin Official
 - Can start here rather than stroke and turn



The Officiating Journey

- Local LSC meets
 - LSC = Local Swim Committee
 - Minnesota Swimming is one of 59 LSCs in USA Swimming
 - Meets vary in format and level from novice to state championships
- Regional meets
 - Zones (age group), Sectionals (seniors), Futures (seniors)
- National meets
 - Jr Nationals, Pro Series, Nationals, US Open, Olympic Trials
- Open water meets
 - LSC, Zone, and National level meets in lake/ocean rather than pool



Pursuing Certification

On-Deck Training

- Link to the S&T apprentice form <u>HERE</u> from MNSI Officials website
- Link to the Junior S&T apprentice form <u>HERE</u> from MNSI Officials website
- Track your 4 shadow sessions and progress to becoming an official!

Online Testing

 Once registered with USA Swimming, log in to access the online testing from the USA Swimming University - https://university.usaswimming.org/landing
 Note: After taking your exam, please send a screenshot showing completion to <u>mnswimofficialschair@gmail.com</u>

Output USA Swimming Non-Athlete Membership

Ask your club if they take care of this for you!
 Note: If you previously had a USA Swimming membership prior to 2023, you must create a new membership. Email your club registrar for you club-specific registration link.

Background Check

• Complete a background check <u>HERE</u>. This may take a few days and there is a cost. Check to see if your club will cover it for you.

Athlete Protection Training

• Link to training <u>HERE</u>. This takes time to complete and follow the instructions to finish it and receive credit!

Concussion Protocol Training

- Complete NFHS (<u>Here</u>) or CDC (<u>Here</u>) course.
- Email completion certificate to MNSI office (bvonderharr@mnswim.org) NOT the Officials chair.



Record Your Attendance

Please visit the following link to record your attendance at this clinic:

https://forms.gle/iJKF2rMsHSnXbsJN9
(This link is in the PDF posted on the MNSI website.)

-or-

Email: mnsitraining@gmail.com

QUESTIONS?

Jack Swanson = MNSwimOfficialsChair@gmail.com
Kelly Robole= MNSItraining@gmail.com