

A large, light gray watermark of the USA Swimming logo is centered in the background. The logo features the word "USA" in a large, bold, sans-serif font at the top, and "SWIMMING" in a smaller, bold, sans-serif font below it. The letters are filled with a light blue color and have a white outline. The background of the logo is white with a blue border. At the bottom of the logo, there are four vertical stripes of red, white, and blue, and a white star in the center. A registered trademark symbol (®) is located at the bottom right of the logo.

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 rules. 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



Teamwork

- Each official plays an equally important role on deck
 - **Stroke & Turn** – observe the swim
 - **Starter** – ensures a fair start – “take your mark” 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
- Contributions in all roles at all levels of meets are appreciated.



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
- 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	<ul style="list-style-type: none"> • May turn in any manner • Must touch at turn 	<ul style="list-style-type: none"> • Must touch at finish
Backstroke	Backward	On the back	Break the surface by 15M	Any	Any	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Must touch while on the back at finish
Butterfly	Forward	On the breast	Break the surface by 15M	<ul style="list-style-type: none"> • First pull brings to surface • Arms over the water simultaneously 	<ul style="list-style-type: none"> • Simultaneous up and down • No alternating, scissors or breaststroke kick 	<ul style="list-style-type: none"> • Two hands simultaneous touch at, above or below the water surface 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Cycle stroke • Simultaneous and same horizontal plane • Elbows under water except at turn • May take one pull past hips at start/turn before first breaststroke pull 	<ul style="list-style-type: none"> • Breaststroke kick (propulsion with feet turned out) • May take a single butterfly kick at start/turn before breaststroke cycle begins 	<ul style="list-style-type: none"> • Two hands simultaneous touch at, above or below the water surface 	<ul style="list-style-type: none"> • 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.

Meet Director: Kelly Auerbach kellyauerbach@aol.com 612-636-9091

Meet Officials

Meet Referee: John Sulciner

Admin Official: Nicole Roberts

Deck Referee: Brenda Thornton

Starter: John Folks

Stroke & Turn Officials: TBD, TBD

- **Sign-in and show USA Swimming app**
 - Non-Athlete Check-In
 - Sign In Sheet for Session Entry in Officials Tracking System (OTS)



Officiating a Meet (cont.)

○ 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

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 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 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) _____

TWO STROKES UNDER (3F) _____ NOT IN SAME HORIZONTAL PLANE (3G) _____

ELBOWS RECOVERED OVER WATER (3H) _____

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

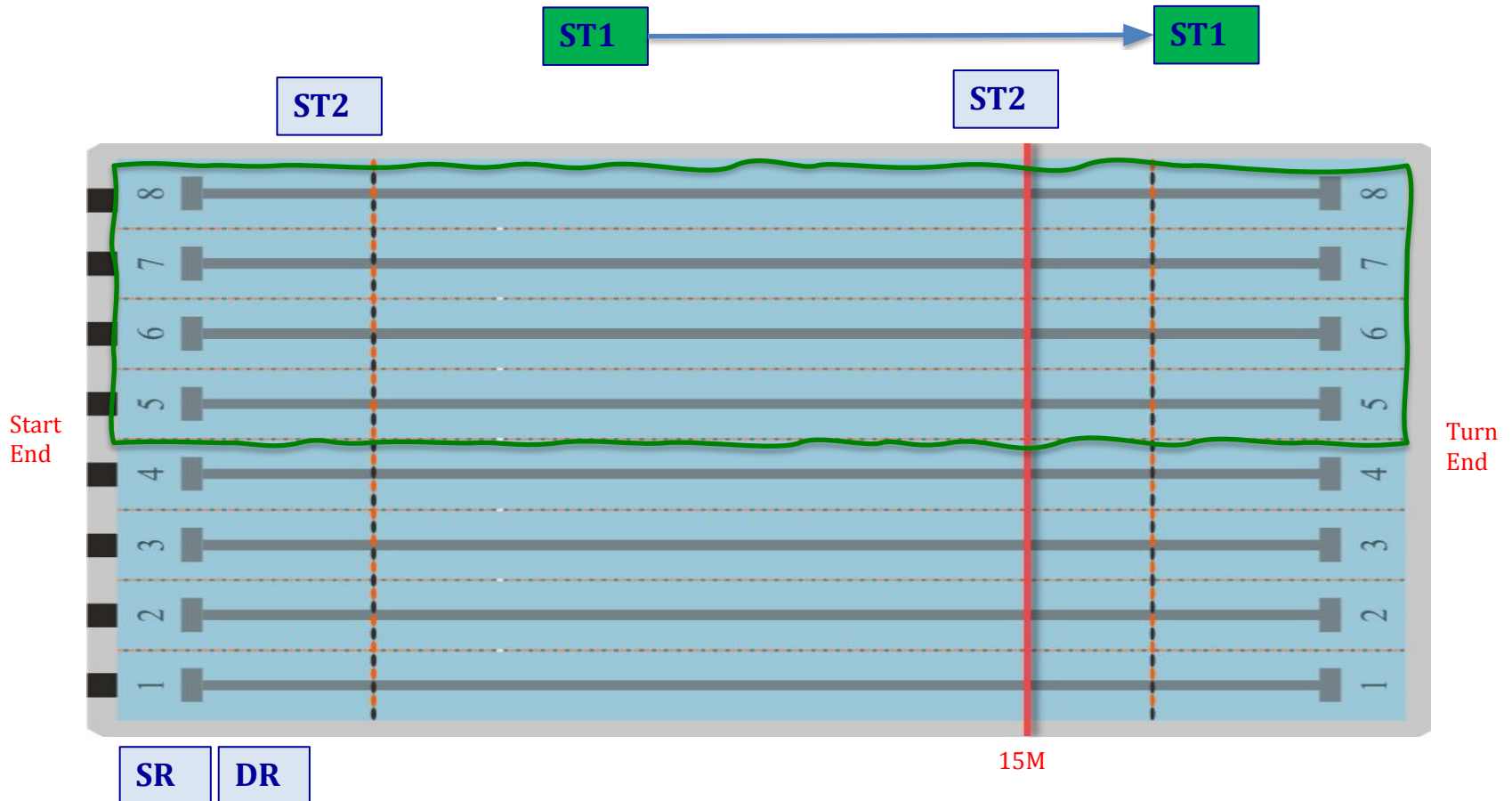
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3M) _____

NOT TOWARD THE BREAST OFF WALL (3N) _____



Officiating a Meet (cont.)

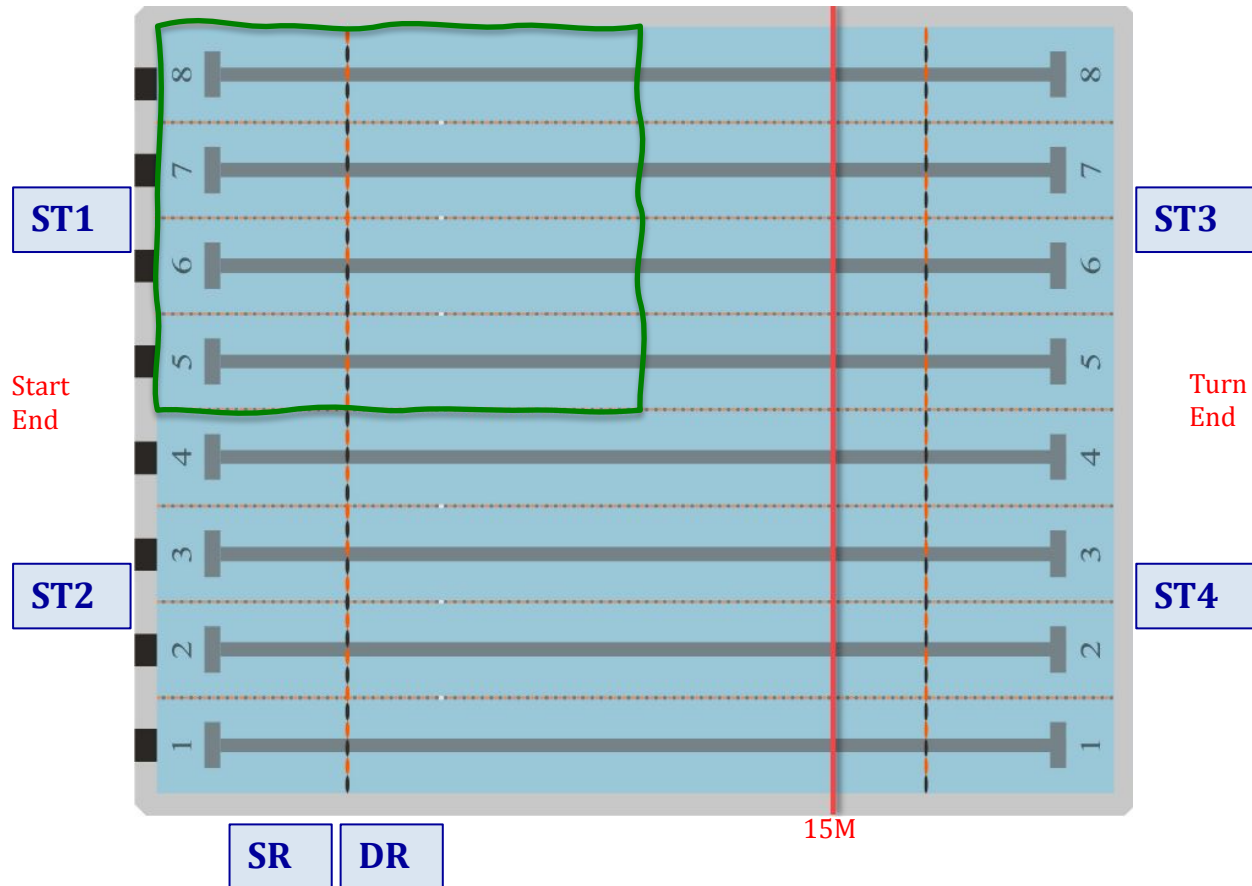
- Assignments and Jurisdiction - Typical





Officiating a Meet (cont.)

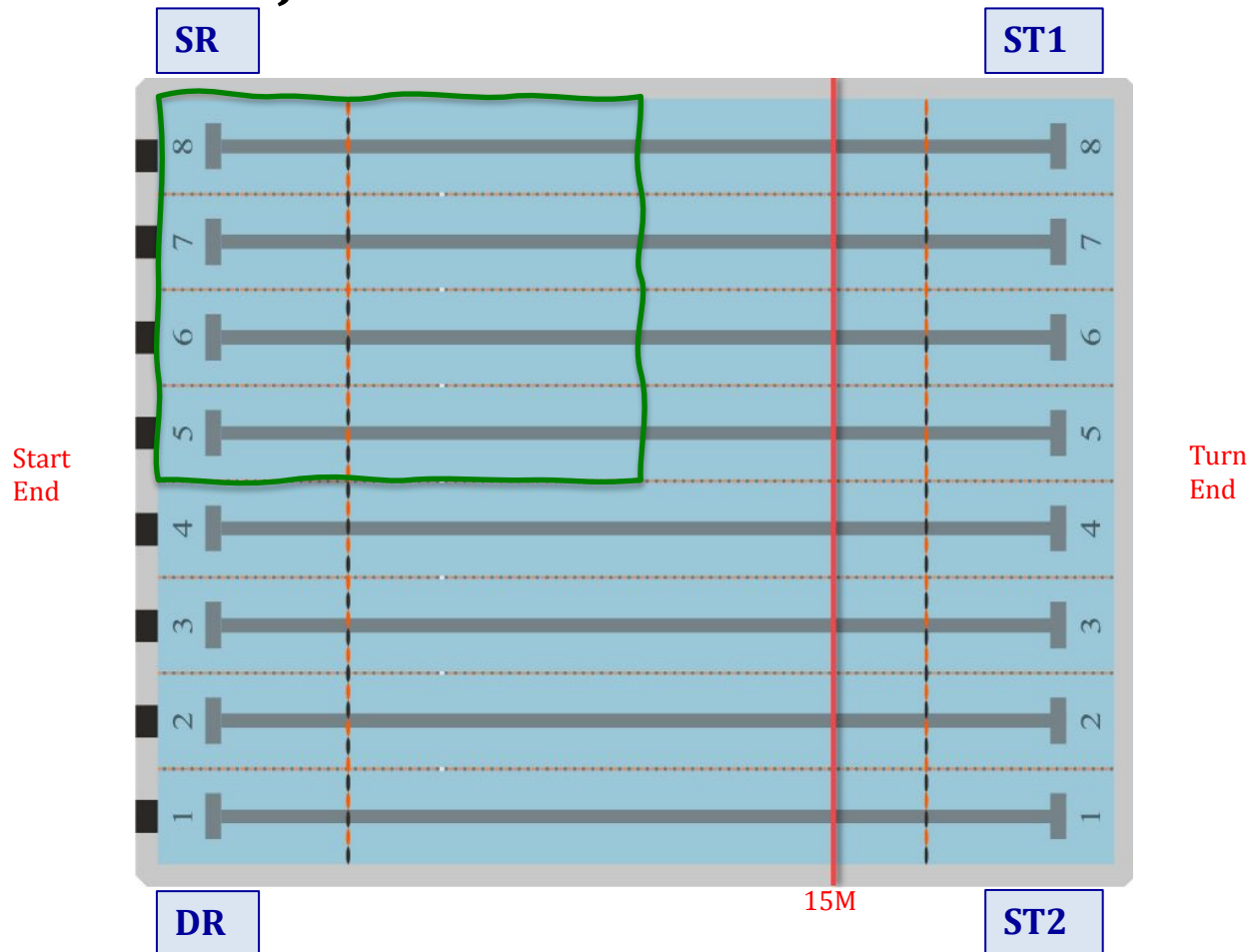
- Assignments and Jurisdiction - Typical





Officiating a Meet (cont.)

- Assignments and Jurisdiction - Covid





The Officiating Journey

Your officiating journey is your own!

- Most officials volunteer mostly sessions when they have a swimmer in the water or when their club is hosting a meet, especially when starting out.
- There are opportunities to advance to new positions, certification levels, and meet levels if you are interested.
 - Many officials remain as stroke and turn officials; others volunteer in other positions.
- Whatever your certification or experience level, your participation on deck is valued and crucial to providing a fair and fun competition for athletes – we work as a team and are always learning!

Stroke and Turn

- Intro level position – where most officials begin.
- 5 shadow sessions, open book exam, and clinic for certification.

Starter

- 5 shadow sessions, open book exam, and clinic for certification.
- Should have 10 sessions as a stroke and turn official before beginning starter shadowing.

Deck Referee

- 5 shadow sessions, 3 evaluation sessions, open book exam, and clinic for certification.
- At least 10 sessions and about 1 year as a starter to begin shadowing.

Meet Referee

- Two complete meets as an apprentice Meet Referee for certification.
- Experience as a Deck Referee and/or Admin Referee at meets hosted by a variety of teams and at championship meets to begin shadowing.

Admin Referee/Admin Official

- Admin Official is a possible into level position – great for people who like puzzles and numbers!
- At least 8 shadow sessions, open book exam, and clinic for certification.

Local LSC Meets

- LSC – Local Swim Committee
- MN is one of 59 LSCs nationwide
- Meets vary in format and ability levels of athletes from novice to state championships

Regional Meets

- Zones (age group)/Sectionals (seniors)/Futures (seniors)

National Meets

- Jr Nationals, Pro Series, National, US Open and Olympic Trials

Open Water Meets

- LSC, Zone, National level meets in lake/ocean rather than in a pool



Pursuing Certification

- **On-Deck Training**
 - Link to the S&T apprentice form [HERE](#) from MNSI – Officials website
 - Track your 5 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 mnswimofficialschair@gmail.com
- **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, you must create a new membership for 2023. Email your club registrar for you club-specific registration link.
- **Background Check**
 - Complete a background check [HERE](#). 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 [HERE](#). This takes time to complete and follow the instructions to finish it and receive credit!
- **Concussion Protocol Training**
 - Complete NFHS ([Here](#)) or CDC ([Here](#)) course.
 - Email completion certificate to MNSI office (bvonderharr@mns swim.org) NOT the Officials chair.

The background features a large, light gray watermark of the USA Swimming logo. The logo consists of a shield with a white star in the center, surrounded by red and white stripes. The word "USA" is written in large, red, sans-serif letters across the top of the shield, and the word "SWIMMING" is written in large, gray, sans-serif letters across the middle. A registered trademark symbol (®) is located at the bottom right of the shield.

QUESTIONS?

Jack Swanson = MNSwimOfficialsChair@gmail.com

Kelly Robole= MNSltraining@gmail.com