

USA Swimming
and [Insert LSC Here]

Stroke and Turn Judge Clinic

Clinic Instructor: [Insert Name Here]

Presentation Prepared by USA
Swimming National Officials Committee [®]

Clinic Overview

- Introduction
- Philosophy of Officiating
- Expectations and Professional Conduct
- Technical Rules
- Working a 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”
 - Officials are NOT coaches
- Observers, not inspectors
- Observation should be consistent for all rules and all swimmers
- Do NOT infer or extrapolate
- Swimmer ALWAYS gets the benefit of the doubt

Teamwork

- Meet Referee is in charge, assisted by Deck Referees and Chief Judges
- Cooperate and respect all at all times
- Accept assignment without complaint
- Answer questions from Referees and Chief Judges honestly and with as much detail as possible
- Follow established relief protocols

Uniform and Self-Presentation

- Uniform Requirements
 - [Khaki or Navy] pants or knee-length shorts or skirt
 - White polo shirt, tucked in
 - Belt
 - Primarily white tennis shoes
 - White socks
 - Credential and/or nametag
- Look professional at all times!

Conduct Expectations

- Maintain positive attitude at all times
- 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 unless asked
- Smile!

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

Definitions

- 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

Definitions

- 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

Technical Rules

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Individual Medley
- Relays

Technical Rules- Freestyle

Start

- Forward start.

Stroke/Kick

- Any style may be used. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns/Finish

- Some part of swimmer must touch the wall at completion of each length or required distance.

Common Infractions- Freestyle

- Head did not break surface of water by 15 meter mark
- Walking on/springing from bottom
- No touch at turn

Technical Rules- Backstroke

Start

- In water facing start end with both hands on gutter or starting grips.
 - A) Guttered pool- Feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
 - B) Flat wall pads- Feet/toes may be placed above the water level.
 - C) When using backstroke ledges- The toes of both feet must be in contact with the wall

Stroke/Kick

- Any style as long as swimmer remains on the back. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Technical Rules- Backstroke

Turns

- During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
- Some part of the swimmer must touch the wall at the completion of each length.
- Shoulders at or past vertical toward back when feet leave wall.

Finish

- Some part of swimmer must touch the wall while on the back.

Common Infractions- Backstroke

- Toes above lip of gutter after start
- Head did not break surface of water by 15 meter mark
- Shoulders past vertical towards breast
- Delay initiating arm pull
- Delay initiating turn
- Re-submerged

Technical Rules- Butterfly

Start

- Forward start

Stroke

- Body kept on breast.
- Multiple kicks permitted but first arm pull must bring swimmer to the surface.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
- Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.

Technical Rules- Butterfly

Kick

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.

Turns/Finish

- Shoulders at or past vertical toward breast when the swimmer leaves the wall.
- Touch should be made with both hands separated and simultaneous at, above, or below the water surface.

Common Infractions- Butterfly

- Head did not break surface of water by 15 meter mark
- Alternating kick
- Breaststroke kick
- Scissors kick
- Non-simultaneous arms
- Underwater recovery
- One hand touch
- Non-simultaneous touch

Technical Rules- Breaststroke

Start

- Forward start.

Stroke

- Body kept on breast.
- Stroke cycle is one arm pull and one leg kick in that order.
- Simultaneous arm movement in same horizontal plane.
- After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull.
- Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Technical Rules- Breaststroke

Kick

- After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
- Movement of the legs shall be simultaneous vertically and horizontally.
- Feet turned out during propulsive part of kick.
- No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/Finish

- Shoulders at or past vertical toward breast when feet leave wall.
- Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.
- At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
- Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.

Common Infractions- Breaststroke

- Head did not break surface of water by widest part of second stroke
- Butterfly kick
- Scissors kick
- Alternating kick
- Arms past hipline
- Arms not in same horizontal plane
- One hand touch
- Non-simultaneous touch

Technical Rules- Individual Medley

Start

- Forward start

Stroke/Kick

- Rules for each stroke apply.
- Must swim $\frac{1}{4}$ of event distance as prescribed in stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.
- May not swim in the style of the other three strokes during the freestyle leg.

Turns/Finish

- Intermediate turns conform to the turn rules for the stroke.
- Transition turns conform to the finish rules for the stroke.

Common Infractions- Individual Medley

- Swimming more than $\frac{1}{4}$ of the race in the style of butterfly, backstroke, or breaststroke

Technical Rules- Relays

Freestyle Relay

- Freestyle rules apply.
- Each swimmer must swim $\frac{1}{4}$ of distance.

Medley Relay

- Rules pertaining to each stroke apply.
- Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Backstroke, Breaststroke, Butterfly, and Freestyle.
- May not swim in the style of the other three strokes during the freestyle leg.

Takeoffs

- Swimmer's feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

Common Infractions- Relays

- Early takeoff
- Swimming more than $\frac{1}{4}$ of the race in the style of butterfly, backstroke, or breaststroke (if a medley relay)

Working a Meet

- Contact Meet Referee in Advance
- Stroke Briefing
- Assignments and Jurisdiction
- Observation Techniques
- Reporting Disqualifications

Pursuing Certification

- On-Deck Training
- USA Swimming Non-Athlete Membership
- Background Check
- Athlete Protection Training
- Online Testing

A large, light gray watermark of the USA Swimming logo is centered on the page. The logo consists of a shield with a white star in the center, surrounded by red and white stripes. Above the shield, the word "USA" is written in large, red, sans-serif letters. Below the shield, the word "SWIMMING" is written in large, gray, sans-serif letters. A registered trademark symbol (®) is located to the right of the shield.

QUESTIONS?

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Committee