

IASI RECOMMENDED STROKE & TURN PROTOCOLS (LCM)

Event/Stroke	Start End Officials	Turn/ Finish End Officials	Stroke Officials
FREESTYLE 50M	None	None	Start: One or two judges at the start end 15m mark. Stand at the long whistle, sit once all swimmers have surfaced.
FREESTYLE 100M	None	Turns: One or two at corner(s). Stand before the first swimmer enters jurisdiction and sit after all turns are observed	Start: One or two judges at 15m mark(s) primary is the start 15m mark and secondary is the return 15m mark. Start 15m will stand at the long whistle, sit once all swimmers have surfaced. For the return 15m, stand once the first swimmer touches the turn end and sit once all swimmers have surfaced.
FREESTYLE 200M & All Freestyle Relays	Turns: One or two at corner(s). Remain seated for start. Stand before the first swimmer enters jurisdiction and sit after all turns are observed. Remain seated for the finish.	Turns: One or two at corner(s). Remain seated for start. Stand before the first swimmer enters jurisdiction and sit after all turns are observed. Remain seated for the finish.	Start: One or two judges at 15m mark(s) primary is the start 15m mark and secondary is the return 15m mark. Start 15m will stand at the long whistle, sit once all swimmers have surfaced. For the return 15m, stand once the first swimmer touches the turn end and sit once all swimmers have surfaced. After first 100m is completed remain seated. . (Judges may exit the pool towards the turn end if there is time between races).
FREESTYLE 400/ 800/ 1500M	Turns: One or two at corner(s). Remain seated for the start, stand before the first swimmer enters jurisdiction and sit after all turns are observed for the first turn. Remain seated and observe for all subsequent turns. Remain seated for the finish.	Turns: One or two at corner(s). Stand before the first swimmer enters jurisdiction and sit after all turns are observed for the first turn. Remain seated and observe for all subsequent turns.	Start: One or two judges at 15m mark(s) primary is the start 15m mark and secondary is the return 15m mark. Start 15m will stand at the long whistle, sit once all swimmers have surfaced. For the return 15m, stand once the first swimmer touches the turn end and sit once all swimmers have surfaced. After first 100m is completed either sit or move off deck as instructed and be back prior to the finish of the race.
BACKSTROKE 50M	Start: Stand at the short whistles. Move to position at 1 st long whistle. at the 2 nd long whistle, look down to observe toes/ledge/pad contact. When the feet have proper placement, look forward.	Finish: Stand and be in position before first swimmers enter jurisdiction and sit after last swimmers leave jurisdiction	Start: Two judges at 15m mark. (Two sets) Stand at the long whistle, once all swimmers have surfaced or passed the 15m mark follow lead swimmer to the flags for the finish. Return to 15m mark.
BACKSTROKE 100/ 200M	Start: Stand at the short whistles. Move to position at 1 st long whistle. at the 2 nd long whistle, look down to observe toes/ledge/pad contact. When the feet have proper placement, look forward. Turns & Finish: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction.	Turns: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Start: Two judges (lead) at the 15m mark, and lag starts at the turn end flags. Lead walks to start end flags once all swimmers have surfaced or passed the 15m mark, and lag leads the lead swimmer to the turn end 15m.. Turns & Finish. Observe the turn and finishes from the flags..
BREASTSTROKE 50M	Start: Stand at the short whistles. Move to a position just behind the blocks and behind the swimmers' peripheral vision at 1 st long whistle. Advance to edge of the pool at the start.	Finish: Stand and be in position before first swimmers enter jurisdiction and sit after last swimmers	Start: Two judges about 5m off the start-end backstroke flags. (Two sets) Stand at the long whistle, once all swimmers have surfaced or passed the 15m mark follow last swimmer to finish. Return to 5m off start end flags.
BREASTSTROKE 100/ 200M	Start: Stand at the short whistles. Move to a position just behind the blocks and behind the swimmers' peripheral vision at 1 st long whistle. Advance to edge of the pool at the start. Turns & Finish: Stand and be in position before the first swimmers enter jurisdiction, sit or step back after last swimmers leave jurisdiction.	Turns: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Start: Two judges (lead) at the start about 5m off the start backstroke flags and two judges (lag) start at the mid-point of the pool. All stand at the long whistle, lead begin walking once all swimmers have surfaced or passed the 15m mark and lag begins following lead swimmer once they pass mid-point. Lead stops at mid-point. Turns & Finish: From start, lag stays close to lead swimmer staying between backstroke flags and mid-point. Lead stops at mid-point and waits for lead swimmer to follow. If swimmers are spread out stand at the flags of respective

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			end. Lead will follow swimmers to flags for finish.
BUTTERFLY 50M	Start: Stand at the short whistles. Move to a position just behind the blocks and behind the swimmers' peripheral vision at 1 st long whistle. Advance to edge of the pool at the start.	Finish: Stand and be in position before first swimmers enter jurisdiction and sit after last swimmers leave jurisdiction	Start: Two judges at 15m mark. (Two sets) Stand at the long whistle, once all swimmers have surfaced or passed the 15m mark follow lead swimmer to finish. Return to the 15m mark.
BUTTERFLY 100/ 200M	Start: Stand at the short whistles. Move to a position just behind the blocks and behind the swimmers' peripheral vision at 1 st long whistle. Advance to edge of the pool at the start. Turns & Finish: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Turns: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Start: Two judges (lead) at the start 15m mark and two judges (lag) start at the mid-point of the pool. All stand at the long whistle, lead begin walking once all swimmers have surfaced or passed the 15m mark and lag begins following lead swimmer once they pass mid-point. Lead stops at mid-point. Turns & Finish: From start, lag stays close to lead swimmer staying between backstroke flags and mid-point. Lead stops at mid-point and waits for lead swimmer to follow. If swimmers are spread out stand at the flags of respective end. Lead will follow swimmers to flags for finish.
INDIVIDUAL MEDLEY 200/ 400M	Start: Stand at the short whistles. Move to a position just behind the blocks and behind the swimmers' peripheral vision at 1 st long whistle. Advance to position at the start. Turns & Finish: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction. No requirement to observe the finish of the freestyle.	Turns: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Start: Begin at the start 15m mark. Stand at the long whistle, begin walking once all swimmers have surfaced or passed the 15m mark for the start of the race. Lead the swimmers for the backstroke leg. Turns & Finish: Follow close to lag swimmer staying between backstroke flags. If swimmers are spread out stand at midpoint and follow swimmers into flags for finish.
MEDLEY RELAY 200/ 400M	Start: Stand at the short whistles. Move to position at 1 st long whistle. at the 2 nd long whistle, look down to observe toes/ledge/pad contact. When the feet have proper placement, look forward. Turns & Finish: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction, No requirement to observe the finish of the freestyle.	Turns: Stand and be in position before first swimmers enter jurisdiction and sit or step back after last swimmers leave jurisdiction	Start: Begin at the start 15m mark. Stand at the long whistle, begin walking once all swimmers have surfaced or passed the 15m mark for the start of the race. Lead the swimmers for the backstroke leg. Turns & Finish: Follow close to lag swimmer staying between backstroke flags. If swimmers are spread out stand at midpoint and follow swimmers into flags for finish.

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Deck Protocol

- Eight or more Stroke and Turn (ST) officials per session are necessary to implement these protocols. Two officials on the start and two on the turn end along with four officials walking stroke. It is recommended, at minimum, four stroke officials (2 walking each side) for Backstroke, Breaststroke, Butterfly and IM events.
- Upon observing a possible disqualification, raise your hand above your head. When you receive eye contact or other acknowledgement from a chief judge or the deck referee, lower your hand.
- Deck Referee/Meet Referee will determine the ST protocols for any events not listed above or if there are not enough officials to implement these ST protocols.
- When observing swims for start and turn end officials; stand with one foot forward at edge of pool, hands behind your back or at your side.
- Don't talk to the swimmers before the race or use your cell phone while in position.
- When seated, feet on the deck. Please, no crossed legs or slouching and don't forget to smile and enjoy yourself.
- It is preferred that heat sheets are only observed while sitting. However, if there are multiple DQ's annotating on a heat sheet is allowed for accuracy.
- Wear only the meet credentials and at the end of each session, wait to be dismissed by a Chief Judge (CJ) or Deck Referee (DR).
- Don't discuss DQ's on deck, in hospitality or in public and look out for each other. We're a Team!

Jurisdiction

- Stroke Officials – To be determined by Deck Referee/Meet Referee. Default is typically wall to wall jurisdiction.
- Start & Turn Officials – To be determined by Deck Referee/Meet Referee. Default is typically flags in to heads up or flags out whichever is later.