



IASI OFFICIALS TRAINING

2. Stroke & Turn

April 25, 2023

Version 2.1



Agenda

- Introductions & Goals for this Class
- Safe Sport/MAAPP
- The role of the Stroke & Turn Official
- Definitions
- Technical Rules
- Certification Requirements
- Resources
- Questions



Introduction & Goals for this Class

- Instructor
- Goals
 - Introduce the role of the Stroke & Turn Official
 - Provide definitions of terms used for races and strokes
 - Explain jurisdiction and judging placement
 - Provide examples of documents used by judges
 - Review the technical rules for each stroke
 - Provide resources for development as an official
 - Answer Questions



Safe Sport / Minor Athlete Abuse Prevention Policy (MAAPP)

- Safe Sport applies to any relationship of unequal power.
- Federal Safe Sport Authorization Act of 2017 requires any suspected abuse to be reported to appropriate authorities within 24 hours.
- MAAPP applies to all adults in contact with minor (non-related) athletes.
 - All one-on-one interactions must be observable and interruptible.
 - Cannot friend non-related minor athletes on social media.
 - Full MAAPP policy available on USA Swimming website.
- For officials, specific things to think about when working a meet:
 - Avoid locker room unless no other bathroom facilities are available. Never be alone in locker room with a swimmer.
 - Avoid any physical contact with swimmers.
 - No photography behind the blocks at any time.
 - Be careful interacting with your own children on deck. Audience will see you only as an official and a swimmer.

USA Swimming National Officials Committee



The Role of the Stroke & Turn Official

- The Stroke & Turn Official is the primary official observing swimmers in the water for compliance with the rules and regulations
- This requires the official is knowledgeable of:
 - Where to be looking
 - How to observe
 - What to look for
 - How to report



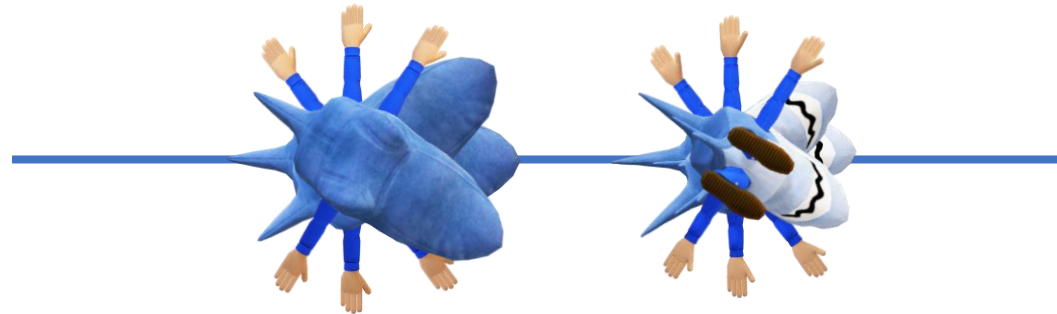
Definitions

- 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





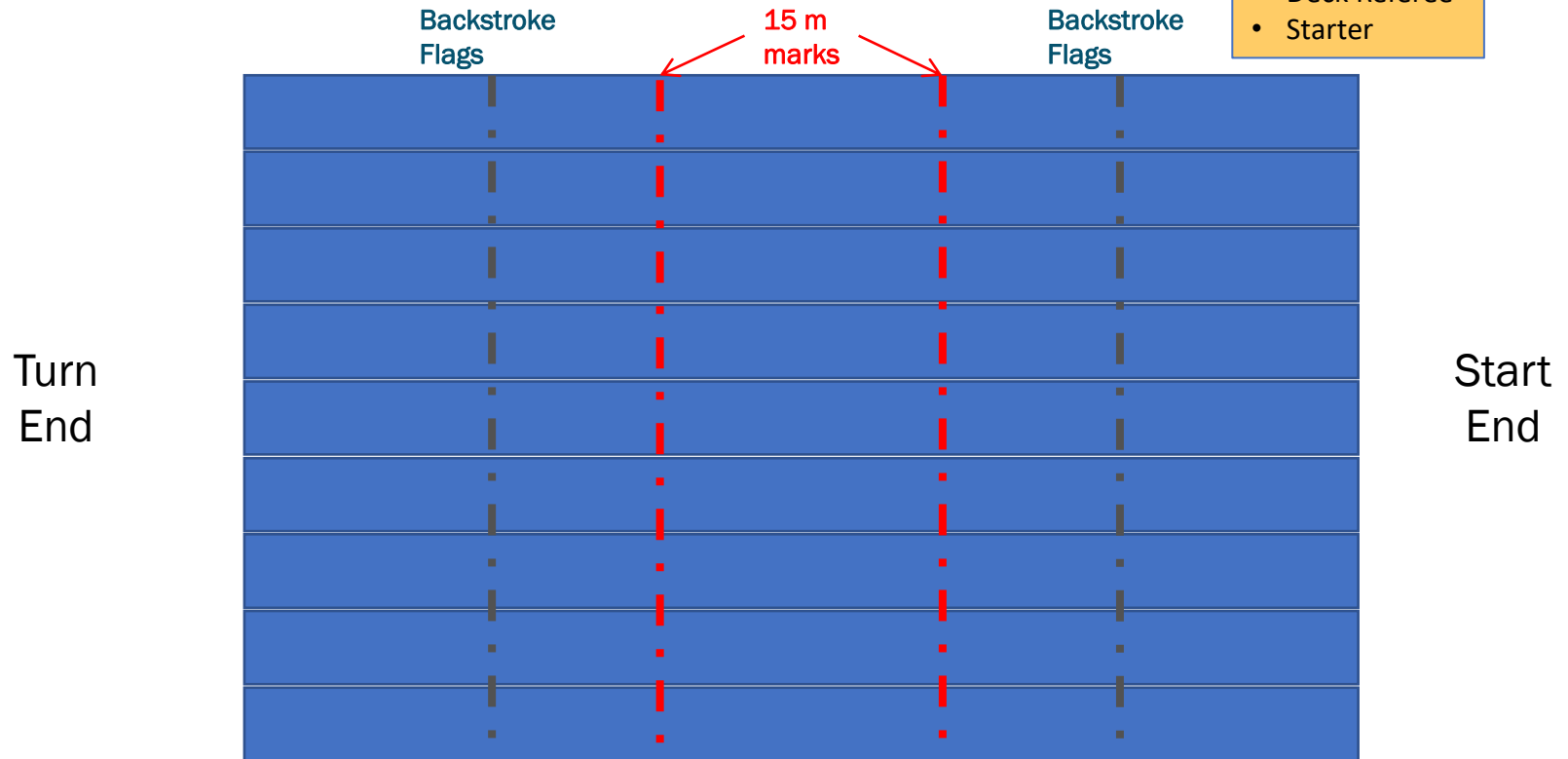
Definitions

- Simultaneously—Occurring at the same time
- Touch—Contact with the end of the pool
- 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

Jurisdiction



The assigned area of responsibility within the pool



LCM – Long Course Meters (50M)

SCM – Short Course Meters (25M)

SCY – Short Course Yards (25Y)

5M – LCM, SCM
5Y - SCY

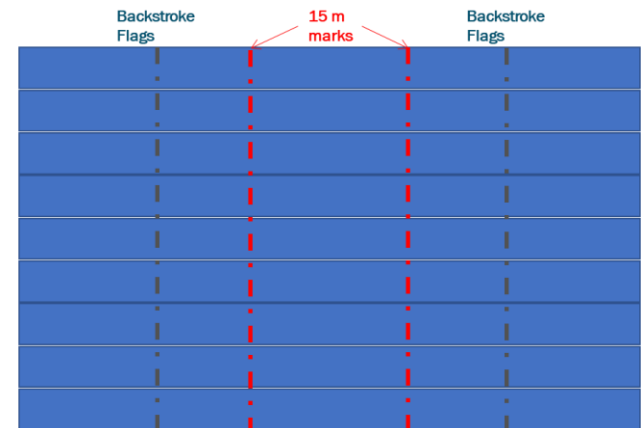


Stroke Judge Scanning

•Stroke (Side of Pool)

- Walk slightly behind the slowest swimmer
- Scan lanes for stroke, spending equal time per lane (even if there is no swimmer in that lane)
 - It is better to watch a “cycle” or two of each swimmer rather than scan quickly between lanes – observe what’s going on
- Understand where to start and stop for each lap
- Lead/Lag if there are two stroke judges per side

Turn
End



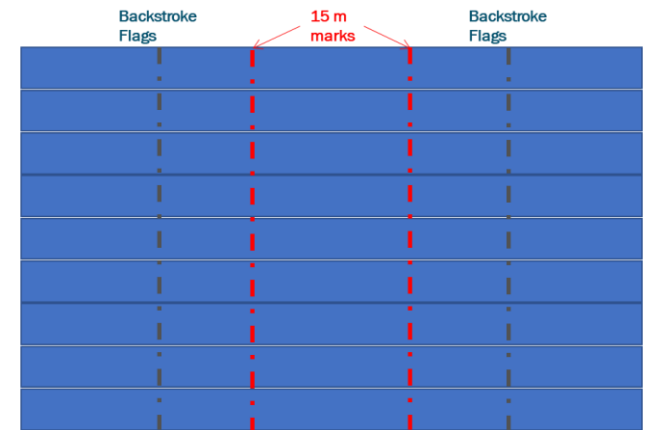
Start
End



Turn Judge (1)

- Turn Judge (End of Pool)
 - Understand jurisdiction (e.g. last stroke in, head breaking surface of the water)
 - Look at each turn as best as possible (call what you see, not what you don't)
 - Stand at edge of pool in center of jurisdiction when swimmers are approaching your jurisdiction until they leave

Turn
End

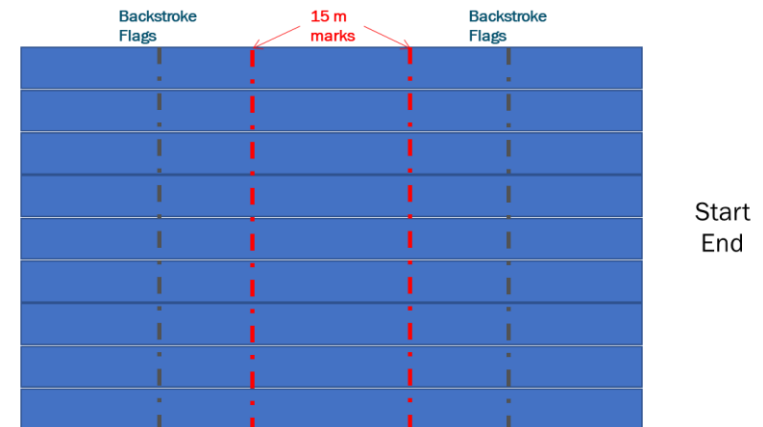


Start
End



Turn Judge (2)

- Stroke & Turn (End of Pool)
 - Understand jurisdiction
 - Scan lanes for stroke, spending equal time per lane (even if there is no swimmer in that lane)
 - It is better to watch a “cycle” or two of each swimmer rather than scan quickly between lanes – observe what’s going on
 - Look at each turn as best as possible (call what you see, not what you don’t)
 - Stand at edge of pool in center of jurisdiction when swimmers are approaching your jurisdiction until they leave





Disqualifications

- Raise a hand overhead upon observing an infraction in your jurisdiction (2 exceptions)
- Keep your hand raised long enough for the Referee/Chief Judge to see it
- If you raise your hand, you don't have to make a call. If you don't raise your hand, you can't make a call
- If you're hesitant in raising your hand, the call is probably too close to make
 - THE BENEFIT OF THE DOUBT GOES TO THE SWIMMER
- Upon signaling a DQ, continue to observe your jurisdiction
- Be prepared to answer 5 questions:
 1. Lane Number
 2. Heat and Event Numbers
 3. Your jurisdiction
 4. What did you see (using the language of the rules without body gestures)
 5. Which rule was violated
- The Deck Referee must approve all disqualifications
- Review the slip and print your name for the Judge



Challenges

Situation	Basic Principle
Multiple swimmers to watch at the same time (Turn Judge)	The benefit of the doubt goes to the swimmer
Multiple swimmers spread over the length of the pool (Stroke Judge)	
Splashes	
Waves	
Reflection from water surface (depending on lighting condition)	
Not in a good position to observe	
Observe while walking along the slippery pool sides (Stroke Judges)	
Distraction from spectators / swimmers not in water	
Challenges from coaches	
Questions / overrule from Chief Judge / Referee	
Your child is in the water, even in your jurisdiction	Be fair to all swimmers Avoid vocal cheering Recuse yourself if possible so you could watch your child in the sideline



Technical Rules

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

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 HORIZONTAL (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) _____
CYCLE: KICK BEFORE PULL (3P) _____ HEAD NOT UP (3R) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NO TOUCH AT TURN (4A) # _____
HEAD DID NOT BREAK SURFACE BY 15M (4B) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) (5A) # _____
OUT OF SEQUENCE (5B) _____

RELAYS
STROKE INFRACTION (5A-D) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (6F-H) # _____
CHANGED ORDER (6L): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7A) _____ DECLARED FALSE START (7B) _____
DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____
OTHER (7T): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (03/14)



Technical Rules- Universal

- Swimmer must not leave the pool until completion of the distance.
- Swimmer must finish the race in the same lane they started in.
- Swimmer must not interfere with the progress of another swimmer.
- No pulling on the lane lines or walking on / springing from the bottom of the pool.



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.
- [Video](#)



Common Infractions- Freestyle

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

FREESTYLE

NO TOUCH AT TURN (4A) # _____

HEAD DID NOT BREAK SURFACE BY 15M (4B) _____ RE-SUBMERGED (4C) _____



Technical Rules- Backstroke

Start

- In water facing start end with both hands on the gutter or starting grips.
 - Guttered pool- Feet/toes may be above the water; but may not be in, on, above the lip, or bent over the gutter at any time before or after the start.
 - Flat wall pads- Feet/toes may be placed above the water level.
 - When using backstroke ledges- At least one toe of each foot must be in contact with the wall

Stroke/Kick

- Any style as long as the swimmer remains on the back. Must break the surface throughout the race except swimmer may be submerged after the start and each turn not more than 15 meters where the head must break surface except for the finish, where **the swimmer may be fully submerged after the head passes the backstroke flags into the finish.**



Technical Rules- Backstroke

Turns

- During the turn swimmer may go past vertical to the breast and may use 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 the swimmer must touch the wall while on the back.
- **NOTE: The swimmer may be fully submerged after the head passes the backstroke flags into the finish.**
- [Video](#)



Common Infractions- Backstroke

- Head did not break the surface of the water by the 15-meter mark
- Shoulders past vertical toward breast
- Delay initiating arm pull
- Delay initiating turn
- Re-submerged after the 15m mark (but not before the finish, where **the swimmer may be fully submerged after the head passes the backstroke flags into the finish.**

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): _____				



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 under water 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.

- [Video](#)



Common Infractions- Butterfly

- Head did not break surface of water by 15 meter mark
- Alternating kick
- Non-simultaneous arms
- Underwater recovery (including at finish)
- One hand touch
- Non-simultaneous touch
- Re-submerged

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): _____



Technical Rules- Breaststroke

Start

- Forward start.

Stroke

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



Technical Rules- Breaststroke

Kick

- After the start and each turn, the swimmer may take a single butterfly kick at any time before the first breaststroke kick.
- Movement of the legs shall be simultaneous.
- Feet turned out during the propulsive part of the kick.
- No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/Finish

- Shoulders at or past vertical toward breast when feet leave the 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 before the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.

- [Video](#)



Common Infractions- Breaststroke

- Head did not break the surface of the water by the widest part of the second stroke
 - Butterfly kick
 - Scissors kick
 - Arms past hipline
 - One-hand touch
 - Non-simultaneous touch
 - Double pulls/kicks (e.g. stopped to fix goggles)
- **NOTE: The requirement for strokes to be in the same horizontal plane and kicks to be in the same horizontal plane is no longer a rule.**

BREASTROKE	START _____	SWIM _____	TURN _____	FINISH _____
KICK: ALTERNATING (3A) _____	BUTTERFLY (3B) _____	SCISSORS (3C) _____		
ARMS: PAST HIPLINE (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) _____		NO TOUCH (3M) _____		
NOT TOWARD THE BREAST OFF WALL (3N) _____				
CYCLE: KICK BEFORE PULL (3P) _____		HEAD NOT UP (3R) _____		
DOUBLE PULLS/KICKS (3S) _____				
OTHER (3T): _____				



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.
 - After each freestyle turn, may be past vertical to back when feet leave wall so long as swimmer is past vertical to breast before taking a kick or arm pull

Turns/Finish

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

- [Video](#)



Common Infractions- Individual Medley

- Past vertical to breast prior to backstroke finish at backstroke to breaststroke transition.
- Swims more than $\frac{1}{4}$ the distance in the style of backstroke.

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5a) # _____

OUT OF SEQUENCE (5b) _____



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.
 - After each freestyle turn, may be past vertical to back when feet leave wall so long as swimmer is past vertical to breast before taking a kick or arm pull

Takeoffs

- Swimmer's feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad. Swimmer may not take off from the platform's adjustable back-plate. For in-water start, some part of swimmer must be in contact with lane wall after the incoming swimmer touches (may go back and touch).

- [Video](#)



Relay Take Off Judging

- Dual Confirmation always used in Iowa
- Referee or Chief Judge will assign positions
- When the toes of the outgoing swimmer leave the blocks for the last time (or the last part of the swimmer leaves the wall for an in-water start), look to see if the incoming swimmer has touched the wall
- If you observe that the incoming swimmer has not yet touched the wall, independently mark the Early Takeoff Sheet with the swimmer number and lane number
 - DO NOT RAISE YOUR HAND
- After the heat, the slips for each pair of Take Off Judges will be compared – a team will be disqualified if both slips match for lane and swimmer number
 - It is important to clearly circle (for an okay takeoff) or cross (for an early takeoff) each swimmer in your jurisdiction – if there is any ambiguity in the marking, then the infraction should be overturned



Relay Take Off Slips

USA Swimming

Relay Take Off Judge

EVENT# 042 HEAT# 1

(Circle one: SIDE or LANE)

	Swimmer Number		
Lane 1	(2)	(3)	(4)
Lane 2	(2)	(3)	(4)
Lane 3	(2)	(3)	X
Lane 4	(2)	(3)	(4)
Lane 5	(2)	(3)	(4)
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

Rto 1

Signature

Good

USA Swimming

Relay Take Off Judge

EVENT# 042 HEAT# 1

(Circle one: SIDE or LANE)

	Swimmer Number		
Lane 1	(2)	(3)	(4)
Lane 2	(2)	(3)	(4)
Lane 3	(2)	(3)	X
Lane 4	(2)	(3)	(4)
Lane 5	(2)	(3)	(4)
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

Rto 2

Signature

Good

USA Swimming

Relay Take Off Judge

EVENT# _____ HEAT# _____

(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	3	4
Lane 5	2	X	4
Lane 6	2	(3)	(4)
Lane 7	(2)	(3)	X
Lane 8	(2)	(3)	4
Lane 9	(2)	(3)	(4)
Lane 10	(2)	3	(4)

Signature

Issues:

- No event/lane
- No side or lane
- Not signed
- Different colors
- Missing /Incorrect Lanes
- Overwritten swimmers



Common Infractions- Relays

- Early takeoff
- Swimming more than $\frac{1}{4}$ of the race in the style of backstroke (if a medley relay)
- Swimming in the wrong stroke order (if a medley relay)
- Admin DQs (swimmers' names did not match relay card, no relay card turned in, etc.)

RELAYS
STROKE INFRACTION (6A-D) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (6F-H) # _____
CHANGED ORDER (6L): SWIMMER _____ STROKE _____
OTHER (6T) _____



Swimmers with Disabilities

- If a part of the body is absent or can not be used ... It is not judged
- Touches are judged on the basis of the arm(s) and/or hand(s) that can be used
- Stroke or kick is judged based on rule for the body part used
- Swimmer may start in sitting position on block or deck, or in the water
- If a hand and/or foot cannot be used to contact the wall during a start ... Any body part can be used
- Swimmer may be assisted while on block or deck to maintain starting position



Swimmers with Disabilities

- For Breaststroke & butterfly, if the leg(s) can not be used to push off at start or turn ... one arm stroke is allowed to attain the breast position
- Swimmer who is blind or has significant vision loss may be tapped by a soft-tipped pole when approaching a turn or finish.
- For a swimmer with a hearing impairment, Starter will
 - Raise arm over head at long whistle signaling to enter water
 - Drop arm when swimmer is in the water
 - Raise arm at second long whistle signaling return to wall
 - Move arm to shoulder level signaling “take your mark”
 - Move arm to side signaling the start



Disputes over calls

- Parents with questions must contact the relevant coach – not the official making the call
- Coaches with questions must contact the Referee – not the official making the call
- Do not be perturbed if a Deck Referee or Chief Judge comes over to discuss your call



Certification Requirements

- Complete this clinic
- Pass the online Stroke & Turn/Timing Judge Test with at least 80% grade
- Complete 4 apprentice sessions – last with a Level 2 or 3 Stroke & Turn Official
- Complete registration requirements
- Submit completed apprentice form to the Iowa Swimming Officials Chair



Resources

Documents

- Iowa Stroke and Turn Apprentice Form
- Stroke & Turn Situations and Resolutions
- The DQ Slip
- Working Your First Apprentice Session
- Stroke Infraction Video Listing

Current Versions of Documents can be found on the Iowa Swimming Officials website and USA Swimming website



Questions

- Remember the resources available to you.
- The best way to learn is to practice – at meets!

Thank you for your participation!