

APPENDIX A
CHSSL Stroke and Turn Judging Criteria
June, 2006

All stroke and turn officials are recommended to attend a S&T clinic held prior to the start of the season.

All new officials and returning officials that have not worked the previous season must attend the clinic. After attending the S&T clinic, it is expected that new officials apprentice with an experienced S&T official for one meet prior to officiating independently.

1. Freestyle

- a. Start - The forward start shall be used.
- b. Stroke - In an event designated freestyle the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
- c. Turns - Upon completion of each length the swimmer must touch the wall.
- d. Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after completing the prescribed distance.

2. Backstroke

- a. Start - The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Toes may be above the water line but standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start.
- b. Stroke - The swimmer shall push off on his/her back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
- c. Turns - Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may turn past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- d. Finish - Upon the finish of the race, the swimmer must touch the wall while on the back.

3. Breaststroke

- a. Start - The forward start shall be used.
- b. Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The swimmer is not permitted to roll onto the back at any time. Throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before

the hands turn inward at the widest part of the second stroke.

- c. Kick - After the start and after each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- d. Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The 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 any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in (b) above must be attained from the beginning of the first arm stroke.
- e. Finish - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface. The 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 any part of the last complete or incomplete stroke cycle preceding the touch.

4. **Butterfly**

- a. Start - The forward start shall be used.
- b. Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him/her to the surface. It shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- c. Kick - All up and down movement of the legs and feet must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kick movement is not permitted.
- d. Turns - At each turn, the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- e. Finish - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, over, or below the water surface.

5. **Individual Medley** – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- a. Start – The forward start shall be used.
- b. Stroke – The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- c. Turns – Intermediate turns within each stroke shall conform to the turn rules for that stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - i. *Butterfly to backstroke* – the swimmer must touch as prescribed above. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - ii. *Backstroke to breaststroke* – the swimmer must touch the wall while on the back.

- Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed armstroke form must be attained prior to the first arm pull.
- iii. *Breaststroke to freestyle* – the swimmer must touch as described above. Once a legal touch has been made, the swimmer may turn in any manner.
 - d. Finish – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

False Starts

- A. After the command "Take your mark" and before the starting sound, the starter may release the swimmers from the starting position with the command "Stand up". This allows each swimmer in the forward start to move away from the front edge of the starting platform and, if desired, to step off the platform. In the backstroke start, each swimmer is also released from the starting position but must remain in the start area.
- B. After the command "Take your mark", all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position, shall be charged with a false start. All other swimmers must be released immediately from the starting position by the starter.
- C. Swimmers entering the water or otherwise leaving their marks, in reaction to the command "Stand up", subject to the discretion of the referee and/or starter, shall not be charged with a false start.
- D. When the starting sound has been given and an unfair advantage has been obtained by one or more swimmers, all swimmers shall be recalled at once with a pistol shot and/or electronic sound device by the starter, recall starter or referee. The starter, recall starter and/or referee then shall indicate the swimmer(s), if any, to be charged with a false start. Swimmers not obtaining an unfair advantage, even though they have entered the water, shall not be charged with a false start.
- E. In championship meets, dual confirmation is required to confirm a false start. A swimmer may be charged with a false start only if the violation is observed and confirmed by at least two of the following officials: starter, recall starter, referee. Dual confirmation of false starts is recommended for non-championship meets whenever there are an adequate number of officials.
- F. In the Chapel Hill Summer Swim League the first false start will be charged to field. Any subsequent false start shall be charged to the swimmer or swimmers who, in the judgment of the starter, committed the false start and this shall result in immediate disqualification.

Relays

- 1. Freestyle relay – Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- 2. Medley relay- Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third butterfly; and fourth freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- c) Other rules pertaining to relays
 - a. No swimmer shall swim more than one leg in any relay event. Additionally, no swimmer may participate in more than *one free* and *one medley* relay during each meet.
 - b. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.

Relay takeoffs

Each succeeding swimmer (i.e. swimmer 2, swimmer 3 and swimmer 4) shall take off using a forward dive from a starting position having at least one foot in contact with the front edge of the starting platform. All momentum for the start must be generated after the swimmer steps onto the platform. The swimmer may be in motion when the preceding swimmer finishes; however, if the swimmer leaves the starting mark before the previous swimmer on his or her relay team finishes a leg of the race, that relay team shall be disqualified.

Relay Takeoffs (100 yd relays)

Swimmers starting from the shallow end of the pool (depth less than 4 feet) shall start in the water. A diving start will not be allowed. The swimmer must start with one hand on the wall. If the swimmer leaves the starting mark before the previous swimmer on his/her relay team finishes a leg of the race, that relay team shall be disqualified.

The above rules are the normal USS swimming stroke and turn regulations. This Board has chosen to modify these rules with regard to specific age group requirements. The modifications are listed below. Coaches are asked to teach swimmers of all age groups to compete using the normal rules. The following guidelines are to be distributed to each team for use by the officials during meets.

Common infractions that apply to ALL age groups:

1. relay takeoff infractions
2. wrong stroke
3. failure to finish race independently.
4. push off on bottom of pool or pulling on lane rope to advantage
5. failure to touch wall on a turn

Remember: Disqualification for false starts on individual events and at the start of relay events is the responsibility of the starter – not the stroke judge. The starter is responsible for the judging of the relay takeoffs from the start end of the pool.

Swimmer ages 6 and under

1. The 6 and under can turn to their breast during the backstroke to check wall location but must return to their back and complete the race on their back.
2. During all 6 and under events, the swimmer can hang on lane rope for rest or adjusting goggles. However, they cannot pull on the lane rope to advance themselves.

Swimmer ages 10 & under

Do not DQ for poor/illegal flip turns on 50 Back for this age group unless more than one freestyle stroke is taken after turning over onto the breast. We do not want to penalize these swimmers for trying to do this difficult turn.

Swimmer 11 and up

No exceptions to the stroke and turn rules.

Reminder: Judges must see an infraction to disqualify a swimmer. Other observers may not “report” illegal swims for disqualification. If you do not see an infraction or you are not completely confident that an infraction has occurred – do not disqualify the swimmer.

These modifications to the normal Stroke and Turn rules were discussed and approved by the coaches of the CHSSL for the 2010 swim season. The coaches and the CHSSL Board ask that these standards be enforced at each swim meet so that we can assure each child an equal opportunity to succeed at every meet. With the exception of flexibility on backstroke flip turns, we ask that the standard Stroke and Turn rules be enforced

for swimmers age 6 and older.

Additional USS Rule Clarifications:

1. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for relay take-off judges when dual confirmation relay take-off judging is used, the Referee, stroke, turn, or relay take-off judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification.
2. A swimmer must start and finish in the same lane.
3. Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
4. Dipping goggles in the water or splashing water on the competitors face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
5. No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the Referee.
6. Grasping lane dividers to assist forward motion is not permitted.