

# SSA Officials Training

**Updated 2022**

# Steps

The rest of this meeting will focus on summarizing what you saw, or previewing what you'll see, in those videos and covering differences between those videos and SSA rules.

There are two steps to SSA Officials Training and they can be done in any order...

- Review these slides which summarize the USA Swimming videos and identify key differences
- View USA Swimming [Officials Training Videos](https://www.youtube.com/playlist?list=PLJUznzZdj8Urx4pxOW9gYFCzrWMbojgx) on YouTube.

<https://www.youtube.com/playlist?list=PLJUznzZdj8Urx4pxOW9gYFCzrWMbojgx>

# General Overview

Why do we need officials? Officials are needed to ensure a fair competitive environment and to assist in the development of swimmers through the identification of stroke infractions.

SSA Officials generally only cover the stroke and turn positions, not starter or referee. Each host club will provide a starter and the referee position isn't typically used in dual. Officials play a larger role at championships when more are available.

Who is subject to evaluation by officials? All swimmers, regardless of age/ability, are subject to stroke and turn evaluation during SSA swim meets.

## Helpful Ideas

Ugly isn't illegal.

Almost illegal isn't an infraction.

The benefit of the doubt always goes to the swimmer.

Call what you see, see what you call.

# Freestyle

Start: Forward start.

Stroke/Kick: Any style may be used. Head up by 15m.

Turns/Finish: Some part of swimmer must touch the wall at completion of each length or required distance.

*Typical Disqualifications* – Missed the wall, walked on the bottom, pulled on lane line, or false start.

# Backstroke

Start: Back – feet can be above water; not above lip of gutter or curling of toes over gutter.

Stroke/Kick: Head up by 15m. After 15m, some part of the swimmer must break the surface throughout the race.

Turns: May be completely submerged during turn. Kick/glide is permitted before and after turning action - this is the HS rule, which the SSA follows, which does not require the continuous turn described in the video. No more than one single or double arm pull after rolling from back to breast.

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

*Typical Disqualifications* - Pulled on lane lines, rolled over at finish (or in the middle), touched bottom, or took too many freestyle strokes on turn.

# Butterfly

Start: Forward start.

Stroke/Kick: Head up by 15 m. Arms simultaneous (not necessarily symmetrical) in recovery and pull. Breaststroke, scissor, alternating kick not permitted. Body kept on breast from beginning of first arm stroke. Cannot re-submerge.

Turns/Finish: Simultaneous two-hand touch. Hands may be stacked, which is different from the video.

*Typical Disqualifications* - 1 Hand touch, flutter kicked, touched bottom, Arms not coming out of water (underwater recovery), or arms not simultaneous.

# Breaststroke

Start: Forward start.

Stroke/Kick: Arms in same horizontal plane. Elbows can be out at turn and finish. Head must break surface by widest part of 2nd stroke off start/turn. One single butterfly/dolphin kick permitted at start and each turn at any time prior to the first breaststroke kick. Movement of the legs shall be simultaneous vertically and horizontally. Feet turned out during propulsive part of kick. Alternating, scissors, butterfly kick, except as stated, not permitted.

Turns/Finish: Simultaneous two-hand touch. **Hands may be stacked which is different from the video.**

*Typical Disqualifications* – Scissor kick, 1 hand touch, hands past waist, touched bottom, did not breath every stroke, and too many pulls under water during pullout.



# Individual Medley

Start: Forward start.

Stroke Order: Butterfly, Backstroke, Breaststroke, Freestyle.

Turns: Finish rules apply at transition turns.

# Relays

Medley Relay Stroke Order: Backstroke, Breaststroke, Butterfly, Freestyle.

Stroke/Kick/Turns: Regular rules apply

Relay exchanges: Some part of the next swimmer must be touching the block/wall when the prior swimmer finishes their leg.

How to evaluate: Watch the swimmer leave the block/wall, look down to ensure the prior swimmer has touched the wall.

## DQ Slip Process

Throughout the course of the meet, as you see infractions, fill out the DQ slip with the appropriate information.

A runner should be swinging by every 4-8 events to pick up the DQ slips and taking them to the computer table to be processed.

At the end of the night, a teams' DQ slips should be separated out and distributed to the coaches along with the ribbons.

It helps to be noticeable - either wear a white shirt or a bright/loud shirt.

**S.S.A. OFFICIALS DQ REPORT- CHECK BOX**

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_ TEAM: \_\_\_\_\_

OFFICIAL: \_\_\_\_\_

**FREESTYLE**

NO TOUCH AT TURN

**BACKSTROKE**

NO TOUCH AT TURN

PAST VERTICAL

**BREASTSTROKE**

KICK:  ALTERNATE  FLY  SCISSORS

ARMS:  NON-SIMULTANEOUS  TWO STROKES UNDER

NOT HORIZONTAL PLANE  PAST HIP

TOUCH:  ONE HAND TOUCH  NON-SIMULTANEOUS

NO TOUCH AT WALL

**BUTTERFLY**

KICK:  ALTERNATE  BREAST  SCISSORS

ARMS:  NON-SIMULTANEOUS  UNDERWATER RECOVERY

TOUCH:  ONE HAND TOUCH  NON-SIMULTANEOUS

**RELAYS OR IM (CIRCLE)**

STROKE INFRACTION on SWIMMER      1 2 3 4

EARLY TAKE OFF on SWIMMER      1 2 3 4

**OTHER**

PULL ON LANE LINE

TOUCH BOTTOM

FALSE START

INTERFERENCE

DNF

DQ slips will be provided to the officials at every meet. Pens/pencils should also be available.

# Lane Coverage and Jurisdiction

For dual meets, the most officials you can expect to have is four.

In a six lane pool, the coverage is lanes 1-3 and 4-6.

In an eight lane pool, the coverage changes to lanes 1-4 and 5-8.

Remember, divide your attention evenly among the lanes, even those without swimmers, to ensure fair coverage across all events/heats.

# Coverage with 4 Officials

	Start End				Turn End
	Acceptable standing positions for Official #1	Starter			Acceptable standing positions for Official #3
Lane 1		Jurisdiction of Official #1	Jurisdiction of Official #3		
Lane 2					
Lane 3					
Lane 4	Acceptable standing positions for Official #2	Jurisdiction of Official #2	Jurisdiction of Official #4	Acceptable standing positions for Official #4	
Lane 5					
Lane 6					

Official #1 Jurisdiction - False starts, start end lanes 1-3, the start through halfway, halfway through the finish

Official #2 Jurisdiction - False starts, start end lanes 4-6, the start through halfway, halfway through the finish

Official #3 Jurisdiction - Turn end lanes 1-3, halfway through the turn, the turn through halfway

Official #4 Jurisdiction - Turn end lanes 4-6, halfway through the turn, the turn through halfway

# Coverage with 3 Officials

	Start End				Turn End
		Starter			
Lane 1		Jurisdiction of Official #1	Jurisdiction of Official #2		Acceptable standing positions for Official #2
Lane 2	Acceptable standing positions for Official #1				
Lane 3					
Lane 4			Jurisdiction of Official #3		Acceptable standing positions for Official #3
Lane 5					
Lane 6					
Official #1 Jurisdiction - False starts, start end lanes 1-6, the start through halfway, halfway through the finish					
Official #2 Jurisdiction - Turn end lanes 1-3, halfway through the turn, the turn through halfway					
Official #3 Jurisdiction - Turn end lanes 4-6, halfway through the turn, the turn through halfway					

# Coverage with 2 Officials

	Start End					Turn End	
		Starter					
Lane 1		Jurisdiction of Official #1	Jurisdiction of Official #2				
Lane 2	Acceptable standing positions for Official #1			Acceptable standing positions for Official #2			
Lane 3							
Lane 4							
Lane 5							
Lane 6							
Official #1 Jurisdiction - False starts, start end lanes 1-6, the start through halfway, halfway through the finish							
Official #2 Jurisdiction - Turn end lanes 1-6, halfway through the turn, the turn through halfway							