

N.E.W. League Officials Training 2016

THANK YOU!!!!!!

**YOUR WILLINGNESS TO OFFICIATE WILL HELP
OUR TEAMS, COACHES, SWIMMERS AND PARENTS
HAVE A FUN AND SAFE SEASON!**

Backstroke or Back Crawl Stroke

arms come out of the water and reach backward one at a time



BACKSTROKE

- Swimmer must stay on back except during flip turn
- Swimmer may not fully submerge after breaking the surface of the water at the start or following the turn.
- No feet in gutters—toes only (MAY NOT CURL TOES OVER)
- One freestyle pull (single or double arm) allowed during transition from back to front for turn
- Swimmer will not be disqualified for head catch at the wall

Breaststroke

glide position

arms extend forward,
hands are pulled to the side

legs are drawn up for frog kick

face is placed in water
as the kick is started

arms are straightened
as kick ends

return to glide

toes are pointed
outward from body

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BREASTSTROKE

- 2-hand touch on TURN and FINISH
- Neutral pull—must not pull past waist
- Legal pullout (pull down, dolphin kick, pull down, break surface)
- Legal kick inside the stroke. Will not be disqualified if flutter kick is used to break the surface of the water
- Legal kick = simultaneous somewhat circular motion similar to the action of a frog. Toes pointed outward during propulsive part of kick. No scissors, flutter, or downward dolphin kicks permitted.
- Requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water

Butterfly

hands enter the water
shoulder width apart

arms move outward
and downward

head breaks water
as arms push back



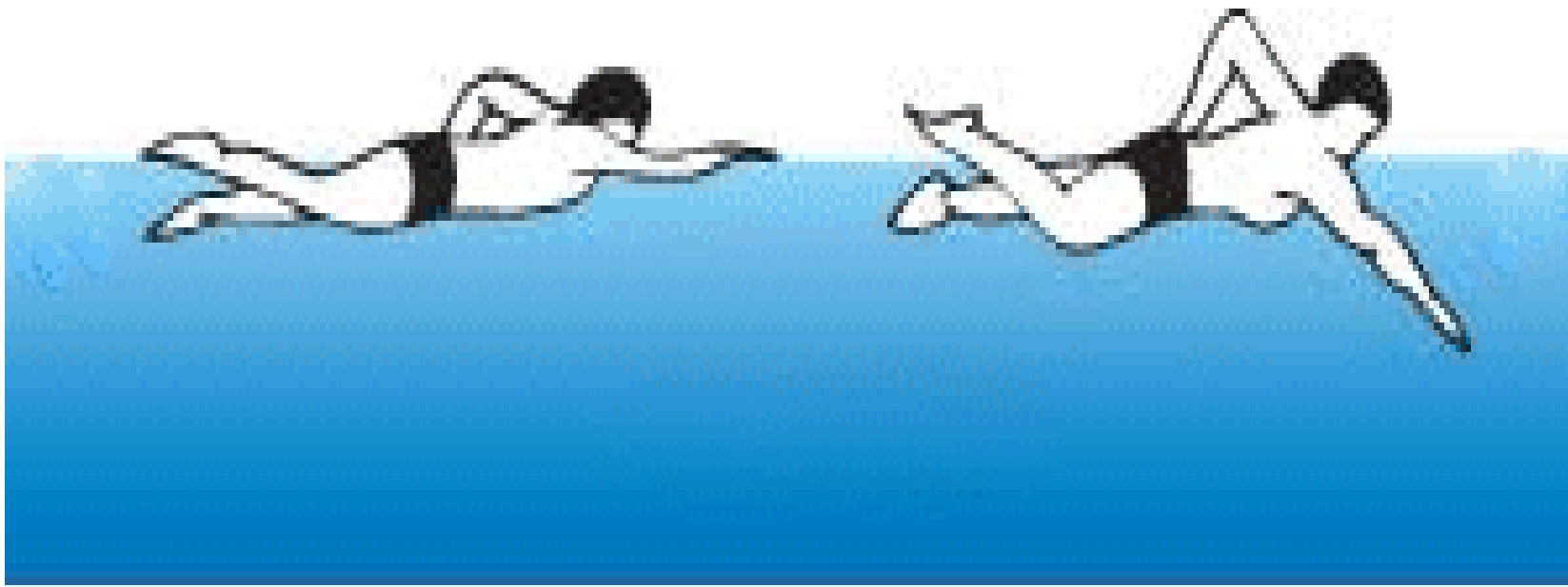
legs move in a fishtail or dolphin kick

shoulders rotate bringing
arms around



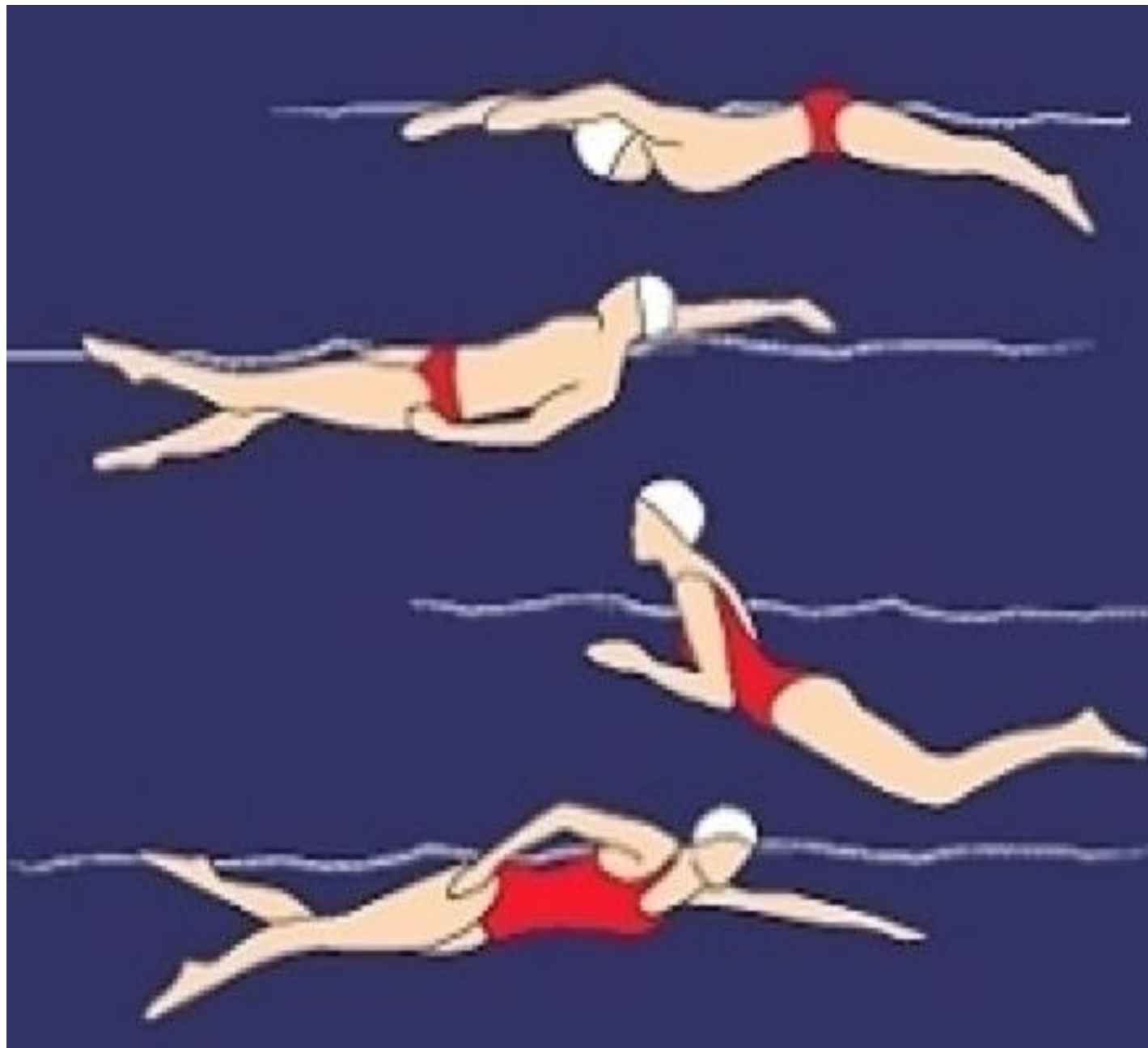
BUTTERFLY

- 2-hand touch on TURN and FINISH
- Simultaneous recovery of the arms over the water combined with an undulating dolphin kick (6 and under swimmers will not be disqualified if attempting the correct motion but not breaking the surface of the water)
- Undulating dolphin kick
= swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick



FREESTYLE

- Whatever stroke is started, it must be continued throughout the race.
- MUST be a forward start!



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- Swimmers will be permitted to flip from back to breast. Hand must touch the wall before the flip
- All Stroke rules apply

Strokes

Breaststroke

Arms move forward from breast at the surface of the water, then pull backward under the water for propulsion. Simultaneous thrust of the legs is called the frog kick. The swimmer must touch the wall with both hands

Turns
Quick turns are key to good race. the swimmer must touch the wall on each turn.



Crawl stroke

The legs perform a kicking action while the arms are alternately brought over head and into the water.

Turns
Swimmers in crawl stroke and backstroke races may somersault when reaching the wall, touching it only with feet.



Backstroke

The swimmer stays on his or her back and uses an overhand arm motion and a flutter kick. The swimmer may stay under the water for 15 meters after starting and turning.

Turns



Butterfly

It is the most demanding stroke – a simultaneous overhand arm motion combined with a dolphin kick. The swimmer must touch the walls with both hands.

Turns
Swimmer makes an open turn after touching the wall with both hands and pushes off with feet.



Stroke and Turn Officials

Key things to remember:

- Officials are here to ensure that the meet is safe and fun
- Officials will make an effort to alert the coach(es) anytime there is a DQ
- Officials will mark the timing sheet at the timing end of the pool for any DQ, briefly noting the reason.
- Typical officials dress for USA-S, YMCA, OHSAA, NCAA is a white shirt over blue shorts, skirts or pants for the purposes of NEW, officials will be asked to at least wear a white shirt to allow them to be seen.
- In the event of a DQ an official will raise their hand until they have been acknowledged by the identified head official for the meet
- If you are not sure what you saw, or cannot describe what you saw, it is NO LONGER A DQ.
- At least 1 official will check starting blocks for security as well as ensure that backstroke flags are in place. If starting blocks are loose or the official is not comfortable using them, they will notify the home team coach. If backstroke flags are not in place, it is preferable to replace them or likely not allow the backstroke to occur for the safety of the swimmer.
- Each team should attempt to have at least 2 officials or more on the pool deck during each meet

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THANK YOU!!!!!!

Questions:

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OR

Call OR Text

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