

Tri-County Officials Training

Spring 2023

Note: This handout is a briefing on many of the basic technical rules that apply in the Tri-County Swim League. Officials should frequently re-read this handout to become familiar with these rules. This document and others are available at <http://www.tricountyswimming.net>. Select “Documents” and “Tri-County Officials handbook.”

Officials should download and become familiar with the Officials Handbook. This handbook includes a lot of helpful information about officiating in the Tri-County Swim League. Updates are currently being made to this document, so please pay attention to the revision dates.

The Tri-County Swim League Official, meet and stroke rules are based on USA Swimming rules. The full USA Swimming rule book can be downloaded at <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1636&Alias=Rainbow&Lang=en> and look for 2022 USA Swimming Rule Book.

Tri-County Officials Instructions

General

- Watch your jurisdiction only, except for starts.
- Always give swimmer the benefit of the doubt.
- Look professional Uniform: White shirt, navy blue shorts, white shoes. (Sandals may be worn at dual meets but not at conference.)
- Act neutral
- You are a meet official. No cheering.
- Give all lanes equal observation. Don't over officiate if you only have one swimmer, or one swimmer left in water, etc.
- Match perspective with official on opposite side of pool. If the referee cannot walk down the side of the pool, then the stroke judge by starter shouldn't walk either.
- Tip: Referee and stroke & finish judge at starting end of pool should watch swimmers for good sense of anyone moving forward at start.

Referee

- Make sure pool is clear. **Blow whistle long and loud.**
- Jurisdiction is entire pool
- Watch for raised hand of timer in case there is a problem

Making a call after viewing an infraction

1. Raise hand 1st (Even if not dual confirmed yet or you are not sure.)
2. Key radio
3. Say your name
4. Say Lane #
5. Say Infraction description and DQ code
6. ~~If the swimmer has already been disqualified by another official there is no need to disqualify them again.~~
7. Pick cards should show finish order by lane number. If a swimmer is disqualified, write a "DQ" and code after the lane number of the swimmer. Circle lane numbers that are DQ'd.

The Administrative Referee (if available) shall attempt to communicate the disqualification with the appropriate coach. Excellent job for shadows to better understand disqualification and getting to know coaches throughout the league.

No false starts

Any forward movement of the swimmer after coming down and before strobe/buzzer is considered as an advantage to the swimmer and is a False Start. Must be dual confirmed by the two officials. Only then the swimmer will be disqualified. DQ "False Start" (70)

Tri-County Officials Instructions (continued)

Dual confirmations

- Starts and early take offs on relays require two officials on opposite side of the pool to agree and confirm. Delay raising hand until after last swimmer has entered water on relays.
- Procedure: Official spotting forward movement keys radio "Name, did you see anything?" other official should answer with "No" or "Swimmer number n is lane n left early." Initiating official "Confirmed, swimmer n in lane n left early." Or "No dual confirmation." Then each official makes the proper recording on the pick card.

Starting Procedures

- Referee blows long, LOUD whistle which is the "Step Up/In" **command**.
- **All officials should raise their hands to assist in quieting spectators and to signify to Referee and Starter that they are ready for the next heat.** The whistle notifies the following
 - The pool is clear to begin the next race
 - The next heat can step up (or in)
 - Spectators should be quiet
 - Timers should make sure their watches are reset
 - Control is turned over to the starter
- The starter should announce each event with its first heat, e.g. "Event 30, Boys 9-10, 50 meter butterfly, heat 1....."
- Starter will say "Take your mark" and press the starter button. (Subsequent heats of the same age group and event, "50 meter butterfly, heat 2, 3, and so on.)
- **A swimmer with a false start infraction prior to the start of the heat will be allowed to swim the event, but will be disqualified in the standings.**
- Fly over starts may be used if both teams (Team president, coaches) agree to this format of start.

Picking Finishes

- Use printed pads – mark the event number and the heat number. Other information is helpful and optional. Check with the head meet official. There is currently no standard for how many heats can go on a card. Ask the head meet official what they prefer (1 heat per card or 1 full event per card... or other)
- Starters and Referees on the starting end of the pool and the corner Stroke & Turn officials for 25 meter events. Only 2 final pick cards from each end need to be turned in to the runner
- Pick cards should show finish order by lane number. If a swimmer is disqualified, write a "DQ" and code after the lane number of the swimmer. Circle lane numbers that are DQ'd.
- If you don't get clean picks on the finish do NOT guess what you thought you saw. Only write down the finishes you know you saw.
- Referee or Starter should inform stroke and turn officials to prepare to call finishes for 8 and under events prior to the start of those events.

Tri-County Stroke Overview

Back stroke

- At start toes cannot be curled over the lip
- Head must break the surface before or at the 15 meter mark
- Must be on back the entire race except for the turn. The swimmer may turn onto stomach and turn in any manner as long as it is a continuous turning motion. Watch the arm motion throughout the turn. The feet can be kicking and arms moving slowly and it is a continuous turn. No kick may be made independent of the turning action. The swimmer does not have to do a flip turn
- Must be past vertical toward back when feet leave the wall off the turn and at the finish.
- At the finish, the swimmer may be submerged at the touch after their last stroke

Breast stroke

- At the start of the race, swimmer can take one underwater pull with a downward butterfly kick (only at the start and after each turn) followed by one breast stroke kick. If butterfly kick is taken a breast stroke kick must immediately follow it
- Must be at or past vertical toward the breast
- Must have alternating arm, leg sequence and proper breast stroke kick (toes pointed out, legs move simultaneously throughout kick)
- Hands may not go below hip line except for the first pull at the start and turns
- 2-hand touch required at finish and turn
- Hands must push forward from the breast.

Fly

- Must be at or past vertical toward the breast
- Use dolphin kick throughout the swim
- Head must break surface by the 15 meter mark
- 2-hand touch required at finish and turn
- Some skin (elbows) must break the surface of the water. (USA Rulebook says "Both arms must be brought forward over the water and pulled back simultaneously.")
- Arms must be simultaneous
- Kick must be simultaneous but can be on different planes
- Body may be submerged at the touch
- No underwater arm recovery is permitted

Free

- Head must break surface by the 15 meter mark
- No pulling on the lane line
- No pushing forward off the bottom of the pool. This includes during flip turns
- Must touch the wall at each turn and the finish

IM – Fly, Back, Breast, Free

- Each leg of the race shall be judged by the rules pertaining to that stroke and each transition from one stroke to the other will conform to the finish rules of that stroke

Relays

- When the feet of the swimmer on the block leave the platform, look down to see if the incoming swimmer has touched the wall. If so the exchange is good
- Must have dual confirmation on starts and exchanges
- Use "O's" if the exchange was good and "X's" if the exchange was bad. This will help you remember which exchange you saw and enable you to confirm with the other official.
- Do not raise your hand immediately for an early take-off. In this case, you raise your hand during the last leg of the race, do a dual confirmation and if it is confirmed, call in the violation

- If you see a stroke infraction you may raise your hand and make the call at the time of observing it
- ~~8 & U — hand to hand exchanges: swimmers 2 & 4 must have a hand on the wall until the current swimmer touches the wall~~

Tri-County Stroke Reminders

8 & under Relay Exchanges

- Swimmers 2 and 4 in relays start in water. ~~Watch hand to hand exchanges.~~

Backstroke

- Flip turns must be continuous arm motions. (2J)
- Toes may be out of water but not curled over edge at any time at or after start. (2P)

Breast stroke

- One pull and one kick is a complete stroke. (3Q)
- Watch finish for underwater quick pull without kick. (3Q) This is not a DQ if they finish the race, once the race is over it is over they do not have to complete the cycle.

Butterfly

- Any skin must be above water on each arm. (1F)
- Arms must enter water simultaneously. (1E)

IM

- Fly, Back, Breast, Free (5P)
- Backstroker must finish stroke on back. (2L)

Relays

- Watch for feet to leave then look down to see if swimmer has touched yet. (66,67,68)
- Must dual confirm early take-offs.

Timers Meeting Instructions

- 3 timers per lane for dual meets, 3 for conference meet.
- Have 2 backup timers in the event of a missed start or watch malfunction
- Check names of the next swimmer after the start of the previous heat to minimize confusion.
- Review the starting cadence.
- When the starting official announces the next heat, timers should make sure their watches are clear and get in position to see the flash of the starter.
- Start watch at the instant of the starter system flash. Timers can be anywhere for start except between blocks or interfering with Referee's and Starter's line of sight to the swimmers.
- Check the watch after start of the heat to make sure it is running.
- If you missed the start or the watch malfunctions, raise your hand with watch in it to signal a Backup Timer to time your swimmer.
- Stand directly over the assigned lane at the finish; Look down to watch for underwater touches. Do not anticipate the touch
- Stop watch **and plunger** immediately when ANY part of the swimmer's body touches the wall. Make sure to note if swimmer misses the pad or if there is a late pad touch
- After stopping watch **and plunger**, put button down and step back. Once the last swimmer has completed the race, encourage swimmer to get out of water quickly, so next heat can get started
- Record watch times on the Timer sheets in same order. This will help identify any malfunctioning watches
- Do **not** record scoreboard times
- Pay attention to changes in race distances so that swimmers always get times
- Clear watches when the Referee signals by blowing his whistle (long whistle) for the next race to step up
- 8-Under-Meets: For 25 yard events, you will need to go to other end of pool
- No cheering on deck. As a timer you are an official of the meet
- No photography behind the blocks.
- Do not help swimmers out of the pool unless you are a certified life guard.
- Any problems that should prevent the start of the next heat, raise your hand.
- Any questions?

Coaches Meeting Instructions

1. Introduction of officials and coaches. Tip: write down names.
2. Review Starting procedure:
 - 1) The Whistle indicates that the pool is clear and swimmers should step up on starting block. (back-strokers get in the water. Kids may step to edge of pool if not using block.).
 - 2) Starter will announce event and heat.
 - 3) "Take Your Marks"
 - 4) Flash/Beep. **Have kids watch for the flash. Not other kids.**
3. No coaching from behind starting blocks
4. Review how swimmers should enter and exit from swim area. Walk behind officials and timers.
5. Swimmers should not ask timers for times. They will be posted.
6. 8 & under start in water ~~and hand to hand exchanges.~~
7. "Take your Marks" swimmer should come down without delay.
8. Have swimmers look for light or listen to beep. Starter may have swimmers "Stand Up."
9. Swimmers up next should stay behind and out of the view of officials and stroke judges. (And Timers on turn end of pool.)
10. If you are a certified lifeguard and your swimmers need help, we will look to you to provide the proper assistance for troubled swimmers according to your life guard training.
11. All changes, substitutions, etc. should be handled with Clerk of Course, not timers and not officials.
12. Any kids with physical challenges stroke judges should know about?
13. If you want clarification on any violations, He will have a radio and will be collecting the details of all violations and making sure they are coded so swimmers know what they did.
14. Parents should not approach officials. Parents will be directed to the team coaches with issues. Coaches please bring any issues to the head official, name.
15. Questions?

Rule Book change log:

2017: updated false start procedure to allow swimmer to compete though disqualified, in accordance with 2016 Conference Bylaw change. (Adrian Barta, Mount Horeb)

HY-TEK's MEET MANAGER 3.0 Disqualification Code Index

Butterfly

- 1A** Alternating Kick
- 1B** Kick breaststroke type
- 1C** Scissors kick
- 1E** Non-simultaneous arms
- 1F** Arms underwater recovery
- 1J** One hand touch
- 1K** No touch
- 1L** Non-simultaneous touch
- 1M** Shoulders not at or past vertical towards breast off the wall
- 1N** Head did not break the surface by 15 meters

Backstroke

- 2I** No touch at turn
- 2J** Non-continuous turning action
- 2K** Not on back off wall
- 2L** Shoulders past vertical toward breast
- 2N** Head did not break the surface by 15 meters
- 2P** Toes curled over gutter after the start
- 2Q** Did not finish on back
- 2R** Completely submerged prior to turn of finish
- 2S** Delay initiating arm pull at turn
- 2T** Delay initiating turn after past vertical
- 2U** Multiple strokes past vertical at turn

Breaststroke

- 3A** Alternating Kick
- 3B** Non-simultaneous kick
- 3C** Downward butterfly kick
- 3D** Scissors kick
- 3E** Hands brought beyond the hipline during stroke
- 3F** Non-simultaneous arms
- 3G** Arms two strokes underwater
- 3H** Arms not in same horizontal plane
- 3I** Elbows recovered over water
- 3J** One hand touch
- 3K** No touch
- 3L** Non-simultaneous touch
- 3M** Shoulders not at or past vertical towards breast off the wall
- 3P** Head under for 2 or more strokes
- 3Q** Incomplete stroke cycle other than one pull followed by one kick

Freestyle

- 4K** No touch on turn
- 4N** Head did not break the surface by 15 meters

IM

5P Strokes out of sequence

Relays - Medley & Free

- 61** Stroke Infraction swimmer #1
- 62** Stroke Infraction swimmer #2
- 63** Stroke Infraction swimmer #3
- 64** Stroke Infraction swimmer #4
(Dual Confirmation)
- 66** Early take-off swimmer #2
- 67** Early take-off swimmer #3
- 68** Early take-off swimmer #4
- 6P** Changed order of swimmers
- 6Q** Not enough swimmers

Miscellaneous

- 7O** False start (Dual Confirmed)
- 7P** Declared false start
- 7Q** Did not finish
- 7R** Delay of meet
- 7S** Entered water without permission
- 7T** Interfered with another swimmer
- 7U** Walking on or springing from bottom
- 7V** Standing on bottom
- 7W** Pulling on lane line
- 7X** Finish in wrong lane
- 7Y** Unsportsmanlike conduct
- 7Z** No show penalty event



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 (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2J) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2U) _____
TOES OVER LIP OF GUTTER AFTER THE START (2P) _____
HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____
NOT ON BACK OFF WALL (2X) _____
SHOULDERS PAST VERTICAL TOWARD THE BREAST (2L) _____
OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
ARMS: PAST HIPLINE (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
ELBOWS RECOVERED OVER WATER (3I) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD THE BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3O) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NO TOUCH AT TURN (4K) # _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE _____

RELAYS
STROKE INFRACTION(S) (61-64) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (66-68) # _____
CHANGED ORDER (6P): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7C) _____ DECLARED FALSE START (7P) _____
DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____
OTHER (7S-Z): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (7/19)

DESK/REFEREE



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 (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2J) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2U) _____
TOES OVER LIP OF GUTTER AFTER THE START (2P) _____
HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____
NOT ON BACK OFF WALL (2X) _____
SHOULDERS PAST VERTICAL TOWARD THE BREAST (2L) _____
OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
ARMS: PAST HIPLINE (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
ELBOWS RECOVERED OVER WATER (3I) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD THE BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3O) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NO TOUCH AT TURN (4K) # _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE _____

RELAYS
STROKE INFRACTION(S) (61-64) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (66-68) # _____
CHANGED ORDER (6P): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7C) _____ DECLARED FALSE START (7P) _____
DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____
OTHER (7S-Z): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (7/19)

SWIMMER/COACH

OFFICIALS' BRIEFING

- Assignments
- Deck Protocol

- Jurisdiction
- Special Information

BREASTSTROKE

Start: Forward start.

- Stroke:** Body kept on breast (shoulders at or past vertical towards the breast). Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in ~~the same horizontal plane~~. After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull. Recovery by the hands from the breast on, under, or over the water. Elbows under water except last stroke before turn or finish. During each complete cycle, some part of head shall break the surface of the water.
- Kick:** After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted. Movement of the legs shall be simultaneous vertically ~~and horizontally~~. Feet turned out during propulsive part of kick. No alternating, scissors, or butterfly kick, except as stated, is allowed.
- Turns/** Shoulders at or past vertical toward breast when feet leave wall.
- Finish:** 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 prior to the touch, provided it breaks the surface of the water at some point during last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY

Start: Forward start.

- Stroke:** Body kept on breast (shoulders at or past vertical towards the breast). Multiple kicks permitted but first arm pull must bring swimmer to the surface. Some part of the swimmer 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 simultaneously.
- Kick:** Simultaneous up and down movement. No alternating, scissors, or breaststroke kicking movements.
- Turns/** Shoulders at or past vertical toward breast when the swimmer leaves wall.
- Finish:** Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

- Start:** In water facing start end with both hands on gutter or starting grips.
- (a) guttered pool - feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
 - (b) flat wall pads - feet/toes may be placed above the water level.
 - (c) when using backstroke ledges – one toe from each foot must be in contact with the wall.
- Stroke/** Any style as long as swimmer remains on back (shoulders at or past vertical towards the back).
- Kick:** Some part of the swimmer 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:** During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn. Some part of swimmer must touch wall at completion of each length. Shoulders at or past vertical toward back when feet leave wall.
- Finish:** Some part of swimmer must touch the wall while on the back.



OFFICIALS' BRIEFING

FREESTYLE

Start: Forward start.

Stroke/ Any style may be used.

Kick: Some part of the swimmer 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/ Some part of swimmer must touch the wall at completion of each length or required

Finish: distance.

INDIVIDUAL MEDLEY

Start: Forward start.

Stroke: Rules for each stroke apply.

Must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.

May not swim in the style of the other three strokes during the freestyle leg. During freestyle leg, swimmer must be on the breast (shoulders at or past vertical towards the breast) except when executing a turn.

Kick: Rules for each stroke apply.

Turns/ Intermediate turns conform to turn rules for the stroke. During freestyle to freestyle turn, swimmer must return to breast (shoulders at or past vertical towards the breast) prior to any kick or stroke.

Finishes: Transition turns conform to finish rules for the stroke being finished and start rules for the stroke being started. During breaststroke to freestyle turn, swimmer must return to breast (shoulders at or past vertical towards the breast) prior to any kick or stroke. Some part of swimmer must touch the wall at completion of each length or required distance.

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. During freestyle leg, swimmer must be on the breast (shoulders at or past vertical towards the breast) except when executing a turn. Swimmer must return to breast (shoulders at or past vertical towards the breast) prior to any kick or stroke.

Takeoffs: Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

JURISDICTION

Stroke Judge: Wall to wall - start to finish.

Turn Judge: Start - From entry into water through completion of first arm stroke.

Turn - Last stroke and kick prior to touch and through first arm stroke after the turn.

Finish - Ensure completion conforms to finish rules.

OR: As assigned by the Referee who has full control and authority over all officials.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER

Call what you see and see what you call.