

USA SWIMMING

RECOMMENDED STROKE AND TURN JURISDICTIONS

BACKSTROKE	Turn Judge	<ul style="list-style-type: none">- Turning action must be continuous- Full jurisdiction inside the backstroke flags- On back until touch at finish and at end of backstroke leg in IM & Medley Relay- May be assigned to watch feet after start
	Stroke Judge	<ul style="list-style-type: none">- Between the flags, the swimmer remains on back- No Pulling on lane lines- Head must break surface by 15m mark- Judge walks between 15m marks
BREASTSTROKE	Turn Judge	<ul style="list-style-type: none">- At start/leaving on turns<ul style="list-style-type: none">• Stroke/kick through first "head up" including widest arc of the 2nd arm pull- On entering a turn/finish<ul style="list-style-type: none">• Last stroke in – head breaking surface• Arms on same horizontal plane from beginning of the 1st arm pull• Elbows underwater, except last stroke at turn/finish• After last pull, arms need not be on same plane• Simultaneous hand touch• Proper arm stroke-kick cycle into turn/finish
	Stroke Judge	<ul style="list-style-type: none">- Kick & stroke after head breaks surface through next to last arm stroke into wall- Responsible for kick all the way into the wall- Elbows underwater during recovery phase
BUTTERFLY	Turn Judge	<ul style="list-style-type: none">- Kick through 1st arm pull- Body toward the breast when feet leave wall- Body on breast by 1st arm pull- last stroke in (underwater recovery)- Simultaneous hand touch
	Stroke Judge	<ul style="list-style-type: none">- Kick and stroke after 1st arm stroke Through next to last arm stroke into wall- Kick all the way into wall at turns/finish- 15 m heads up mark
FREESTYLE	Turn Judge	<ul style="list-style-type: none">- Full jurisdiction, observe turns/touchesAnd 15m head up mark
	Stroke Judge	<ul style="list-style-type: none">- May be assigned recall rope and 15 m heads up mark