

Virginia Swimming

Stroke & Turn Clinic



Welcome to the Best Seat in the House

WHAT YOU SHOULD LEARN DURING YOUR TRAINING

Know the technical rules

Comfortable with the protocols and procedures

Understand how the entire deck works together

Develop relationships

THE GOLDEN RULE

The benefit of doubt always goes to the swimmer

Stroke and Turn Judge Virginia Swimming

- **Age- Must be 18**
- **Register as a USA Swimming Non-Athlete Member**
- **Complete Background Check**
- **Complete Athlete Protection Course**
- **Complete Concussion Training**
- **Stroke and Turn Clinic**
- **Score 80 or better on the online Stroke & Turn Judge test on the USA Swimming website**
- **Shadow 3 Deck Training Sessions**
- **Complete 3 sessions with an assigned mentor making calls**

Deck Position and Jurisdiction

DECK POSITION

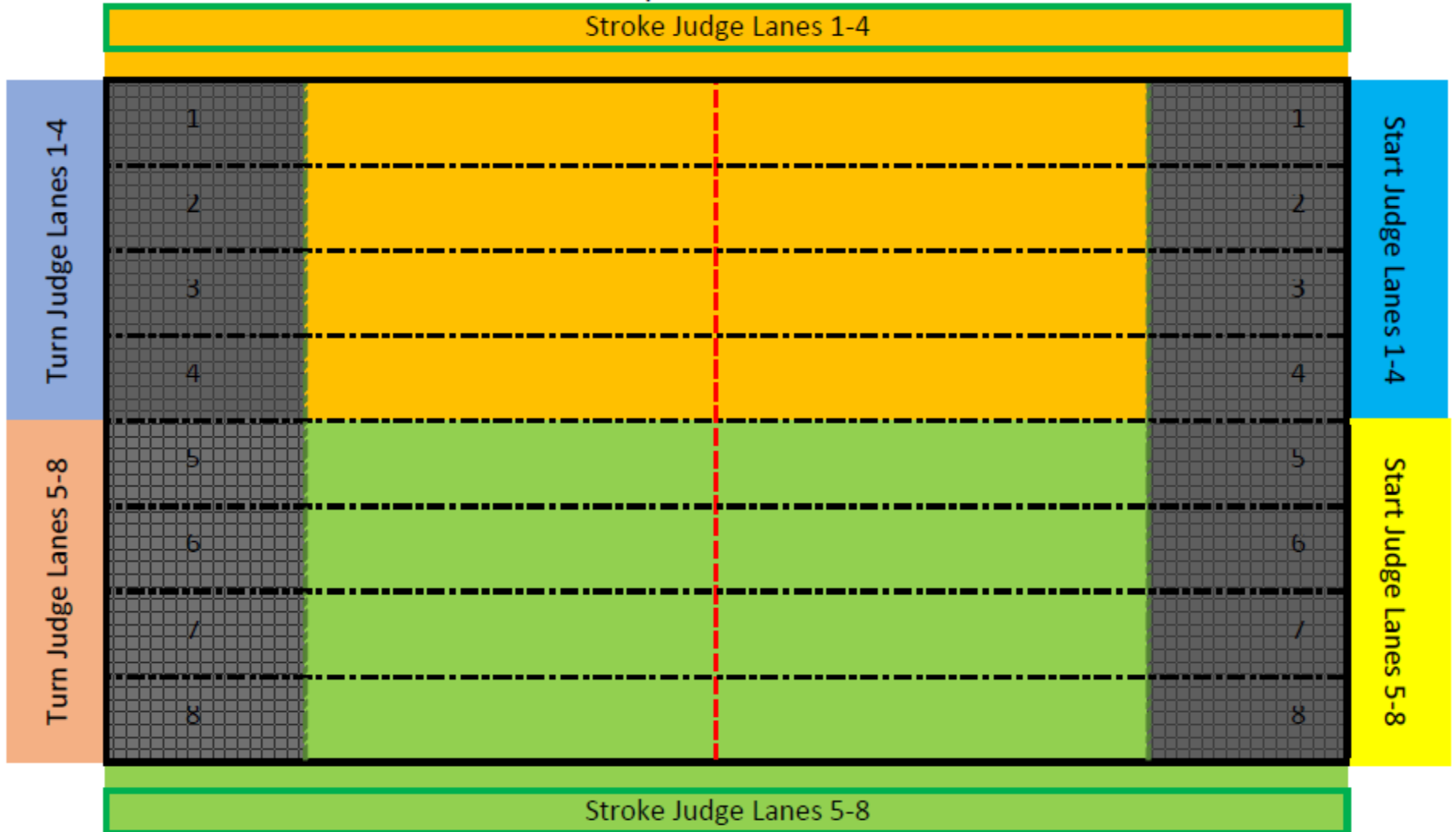
- * Observe, don't inspect
- * Stroke or Turn or Stroke & Turn
- * Always watching assigned lanes
- * When writing up a call- aware of other swimmers in your lanes
- * Never leave your position
- * Always be professional- You are in a fish-bowl

JURISDICTION

- * The area of the pool you're watching
 - * Lanes
 - * Heads-up, half-way, wall to wall
- * Cannot make calls outside your jurisdiction

Example of Jurisdiction

Sample Jurisdiction



Mental Traps

- * **Advantage vs. disadvantage**
- * **The “twice theory”**
- * **“We don’t disqualify 8 & unders”**
- * **“Don’t ask me to judge my child”**
- * **Don’t infer (Call what you see, not what you don’t see)**

Fair and Equitable

- * Judging should be consistent among different officials at a meet
- * Judging should be consistent at all meets
- * All of the rules are enforced, we don't individually choose to enforce some rules and ignore others
- * Calls should be crisp in nature – the penalty is severe; if you're not sure, don't make the call
- * Do not want to demonstrate the violations - speakers use their hands, we do not
- * Remember your professionalism; it is noticed by all

Rules of Thumb

- * **The benefit of the doubt *ALWAYS* goes to the swimmer (the golden rule of officiating)**
- * **No loss of yardage, foul shots, penalty box in swimming**
- * **Ugly isn't (necessarily) illegal**
- * **Know the rules; review the rules before meets**
- * **Experience, experience, experience**

Initial Mentoring Sessions

Must work three sessions with a certified official

- No more than 2 sessions per meet
- Please do not wear blues and whites, refrain from wearing team shirts
- Allowed two sessions at a Masters Meet

Majority of sessions should be with BB/B/C swimmers

- Age 14 & U best learning opportunity
- Learn from the good and not so good

Will be assigned a mentor at pre-session briefing

Best advice – ASK QUESTIONS

Learn the language of the rules



Final Sessions Making Calls

What must be completed before you work your final sessions?

HINT: 5 items

1. Registered as a non-athlete with USA Swimming
2. Pass your applicable test
3. Complete the Background check
4. Complete the Athlete Protection Training
5. Complete the Concussion Training

Mentor is looking for:

Promptness

Knowledge of rules and ability to explain them

Comfortable on deck

Dress – White Shirt, Blue shorts/slacks/skirt and white shoes

Work 3 sessions with positive ratings from your mentor

May not work finals or LSC Championship meets until certified



Stroke Videos

- * [Butterfly](#)
- * [Backstroke](#)
- * [Breaststroke](#)
- * [Freestyle](#)
- * [Individual Medley](#)
- * [Relays](#)

VIRGINIA
SWIMMING



THANK YOU