

# SVSL STROKE AND TURN JUDGE

Revised April 30, 2011

## ROLE

Stroke and turn judges observe the swimmers to verify their conformity with league rules regarding the execution of the different strokes, starts and turns. They are responsible for calling a disqualification when warranted. They ensure a fair and equitable competition for all.

## POSITION

Usually, strokes are best observed from the side of the pool as the judge walks abreast of, or slightly behind, the swimmers. Turns and finishes are best judged from the end of the pool whenever possible.

## PROCEDURES

Remember the intent of stroke and turn judging is to ensure fairness. Swimmers are entitled to the benefit of the doubt. **If a judge is not sure that a rule has been broken, the swimmer is not disqualified.**

Stroke and turn judges should use the same procedures for all swimmers. Equal attention should be given to all participants, and each should be judged from the same relative position.

When a disqualification is observed, the judge should signal it by raising his/her hand. While continuing to observe the race, the judge should record the heat, lane, event and circle the appropriate violation on the stroke and turn sticker. At the conclusion of the heat, the disqualification slip should be given to the recorder in the

swimmer's lane, and a brief explanation should be given to the **swimmer**.

All protests or questions are to be directed to the meet director. The stroke and turn judge should not be afraid to override the initial decision.

## **STROKE GUIDELINES**

### **FREESTYLE:**

- Any stroke or combination of strokes may be used.
- If a stroke other than "free" is used, it does not need to conform to the rules for that stroke.
- Any part of the swimmer's body must touch the end of the pool at turns and the finish.

### **BACKSTROKE:**

- The event must be swum on the back.
- During the turn, the swimmer may turn over the vertical to his/her front one arm stroke from the wall but must return to the back on leaving the wall.
- Some part of the body must touch the wall on the turn.
- The swimmer must remain on the back from the final turn until the finish.

### **BUTTERFLY:**

- At the start, the swimmer may remain under water using a dolphin kick for 15 meters, (approximately half a lap); one

arm stroke is permitted while under water.

- The arm pull must be simultaneous, with a non-alternating stroke, and the body must remain on the breast with the shoulders horizontal.
- All up and down movement of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other.
- At the turn and finish, the hands must touch the wall simultaneously, but they may be at different levels.

#### **BREASTSTROKE:**

- During the first cycle after the start and each turn, the swimmer may take one arm pull completely back to the legs and one leg kick while under water. During the out sweep of the arm pull, one dolphin kick is permitted.
- The swimmer's body must be kept on the breast with the shoulders horizontal to the water. The arms must move simultaneously. Some part of the head must break the water surface during each cycle of the stroke, except for the initial cycle after the start and each turn.
- The swimmer's legs must move simultaneously, and the toes must point out as the legs move backward.
- At the turn and finish, the hands must touch the wall simultaneously, at, above or below the water surface,

although they may be at different levels.

#### **INDIVIDUAL MEDLEY:**

- The event must be swum in the following order – butterfly, backstroke, breaststroke, freestyle.
- Each segment must conform to the rules for that stroke except the backstroke to breaststroke turn. For this turn the swimmer is not required to finish on the back. Swimmers are permitted to turn onto the breast, take one arm stroke and execute a forward flip turn to transition to breaststroke.
- The freestyle segment may not be a previously swum stroke.

#### **MEDLEY RELAY:**

- The event must be swum in the following order – backstroke, breaststroke, butterfly, freestyle.
- Each segment must conform to the rules for that stroke.
- The freestyle segment may not be a previously swum stroke.

#### **LEAGUE ADAPTATIONS**

6 & under age group swimmers are never disqualified, but they can be warned.

7-8 age group swimmers are only disqualified for one-hand touches on the butterfly and breaststroke.

Coaches are encouraged to alert the stroke and turn judge if they have a swimmer with special circumstances in the pool and accommodations to the usual rules are appropriate.