

Strokes & Turns Training

Updated for the 2016 Season



Agenda

- GRAL Handbook
 - Strokes & Turns Judge Description
 - Training and Recertification
 - Trainee Requirements
- General Guidelines
- Paperwork
- USA Swimming Video
- Discussion



GRAL HANDBOOK



Section XIII of GRAL Handbook – Strokes & Turns Judge

- Strokes & Turns Judge (Certified): See USS Handbook for duties.
 - The Strokes & Turns Judge evaluates each swimmer to insure that the designated strokes and turns for the event are being performed in accordance with USS rules.
 - Strokes & Turns Judges are required to sign in at the Referee meeting prior to the meet start in order to get credit on the cover sheet for working.
 - It is the person who is working or walking's responsibility to make sure s/he is listed on the cover sheet for credit.
 - For a new judge, it is his or her responsibility to make sure the Referee signs his or her card (walking record).



Section XIII of the Handbook – Training

- **Training** – The Strokes and Turns Judges must complete the GRAL training courses and pass the written test during the first year of service, then every other year thereafter.
- Walks must consist of the first half of an even meet, the second half of any meet, and another half meet, for a total of three halves. All strokes (IM, Free, Back, Breast, Fly, Relays) must be walked .
- The third walk for the S&T Judge will be a live walk. Experience S&T judge will observe the trainee, who will be making the calls. ***This is new for 2016***
 - Experienced S&T judge is defined as a Referee, a US Swimming Certified S&T Judge or a S&T Judge with at least 8 halves worked.
 - GRAL will maintain the list of “experienced” S&T Judges on the website.
- Note: Trainee’s must take and pass the test prior to their walks
- **Recertification**
- Work a minimum of 2 halves during the previous year either as a Strokes and Turns Judge or a Referee
- Complete GRAL training course every other year
- Pass GRAL written test every other year



When Walking a Position . . .

Model

Watch the experienced worker in the position. Ask questions when you can.

Practice

In your mind, go over the calls that you would make.

Feedback

Ask lots of questions and feel free to discuss calls with the experienced worker.

Only the working Strokes and Turns judge can make calls and sign the cards.



GENERAL GUIDELINES



The Professional Judge

- **Required Uniform**

- White shirt and dark shorts, pants or skirt, preferable dark blue. No team identifying logos or labels.
- Uniform is not required for walks 1 and 2, but required for walk 3.

- **Enforce the rules**

- By judging swimmers, you are helping the coaches teach them the correct way to swim.
- Apply the rules the same across all ages and skill levels.
- You are not doing anyone any favors if you do not disqualify a swimmer who has made a clear infraction. You are also affecting the swimmers who did the stroke correctly.



The Professional Judge

- **Working with coaches**

- Coaches are not to discussing calls with Strokes and Turns Judges; instead they should go to the Referee
- A coach is allowed to ask two questions:
 - What lane?
 - What was the infraction?
- You are also not required to answer parent questions or challenges. Refer them to their Parent Rep or Coach.



The Professional Judge

- **Working with the Referee**
- Strokes and Turns Meeting (pre-meet).
 - All judges (first and second half) must attend
 - If you cannot attend, make sure you check in with the Referee when you arrive
- During this meeting:
 - Referee will assign jurisdictions
 - Identify specific practices and judging of swimmers with special needs, if any.
 - The Referee may discuss specific stroke and turn rules and will specify how relay take-off judging will be handled.
- Verify your name is on the meet cover sheet.
- If you have any questions, you should ask them during this meeting so that all judges will benefit from the question and the answer.



The Professional Judge

- **Judge's Jurisdiction**
- During the pre-meet meeting judges are assigned jurisdictions
- Typically 4 zones are established with viewing positions.
- Position yourself in a manner to judge each swimmer in your assigned jurisdiction equally.
- You may make calls only when observing swimmers while in your jurisdiction
- Typically, judges rotate positions during the meet, the Referee will communicate rotations during the meeting.
- Judge each lane equally, even if you do not have a swimmer.



The Professional Judge

- When you see a violation in your jurisdiction, follow these six steps in this order:
 - Raise one hand above your head
 - Continue observing all swimmers in your jurisdiction
 - Make a quick note or symbol on your heat sheet.
 - Determine whether the violation is valid and if there is any doubt (remember the benefit of the doubt goes to the swimmer)
 - Fill out the DQ card and make it available to the runner
 - Be prepared to answer the Referee's questions



PAPERWORK



The Meet Program

- You will receive a meet program (heat sheet) to help you keep track of the event and heat
- You are encouraged to take notes on that program in case you are questioned by the Referee about a call.
- Note that you will not always be told about a change in the meet program (missing or moved swimmers).
- Be flexible and pay attention to the Starter's announcements (number of heats, etc.)



DQ Card

- New in 2016, cards will be issued that more closely resemble the USA DQ cards
- It is your team's choice to use the new cards or use your old stock to run them out in 2016
- In 2017, all teams will use the new cards.
- Judges should be familiar with both.



DQ Card

- At the top you will fill in the correct event, heat, and lane
 - Don't mix these up
 - Quick notes you make on your heat sheet can help make sure you remember these correctly as you write the cards
 - If you have any doubts regarding the correct event, heat, or lane, do not submit the card
 - If you have any questions about the rule, indicate on the card you would like to talk to the Referee
- The swimmer name is filled in by the Table Workers; you should leave that area blank
- Become familiar with the card so that you can easily find what you need when judging
- Remember to sign/initial the bottom or it will be returned to you to sign, or discarded



Relay Takeoffs and Dual Confirmation

- Dual Confirmation, while not required, may be instituted by the Referee
 - Second half judges may be asked help
- When using the dual confirmation method, two independent observations of an early take-off are required for disqualification
- An “X” is written for an infraction, and “O” if legal. Do NOT raise your hand if you see an infraction.
- The sheets should be returned to the Referee for final review, who will complete the DQ card if there is dual confirmation



Stroke Training



Butterfly

- Start: Forward start.
- Stroke: Body kept on breast.
 - Multiple kicks permitted but first arm pull must bring swimmer to the surface.
 - 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.
 - Gutted 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.
 - Flat wall pads - feet/toes may be placed above the water level.
 - When using backstroke ledges - the toes of both feet must be in contact with the wall
- Stroke: Any style as long as swimmer remains on back.
- Kick: 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



Breaststroke

- Start: Forward start.
- Stroke: Body kept on breast.
 - Stroke cycle is one arm pull and one leg kick in that order.
 - Simultaneous arm movement in 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.
- 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.



Breaststroke

- 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.



Freestyle

- Start: Forward start.
- Stroke: Any style may be used.
- Kick: 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/ Finish: Some part of swimmer must touch the wall at completion of each length or required 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.
- Kick: Rules for each stroke apply.
- Turns: Intermediate turns conform to turn rules for the stroke. Transition turns conform to finish rules for the stroke.
- Finish: Finish rules comply for the stroke being swum.



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



DISCUSSION



Reminders

- For in water starts, including relay starts, one hand must be in contact with the wall.
 - For a relay in-water start, if the swimmer's hand loses contact with the wall before the previous swimmer makes contact with the wall, it would be an early take-off unless the swimmer retouches the wall with his/her hand after the previous swimmer has touched the wall.
- In Butterfly, the arm is defined the wrist to the shoulder, and must break the surface of the water during the recovery.



Reminders

- Butterfly arm movements are not required to be on the same horizontal plane, but must be simultaneous.
- In a Backstroke turn, if the swimmer turns past vertical to the breast, and with continuous motion touches the wall prior to a flip, this is not a violation of the rules.
- Starters do not disqualify swimmers for improper toe placement, but notify the swimmer if he sees the infraction before the start; only Referees and Strokes & Turns judges can make disqualifications

