

Austin Hills Swim League

Stroke Judge Training

May 2018

Introduction

- One goal—to ensure compliance with the rules of swimming and ensure fairness to all!
- Working toward consistency in making calls, working with your lead stroke judge for your team, ensuring fairness throughout the season
- AHSL & USA Swimming training
 - Jessica Evans, USA Swimming Meet Referee (JessicaEvans@utexas.edu, 512-771-0439)
 - After two training sessions, every other year re-certification
- Calling Only What You See
- Rules covering the four strokes
 - Across all strokes—video presentation
 - Butterfly
 - Backstroke
 - Breaststroke
 - Freestyle
- Rules covering IMs and relays
- Key points to remember
- Questions and answers

Calling Only What You See

- Only call what you are **POSITIVE** you saw, not what you think you may have seen or what you did not see
 - For example, on breaststroke or butterfly turns, it is not that you did not see two hands touching, it is that you saw one hand not touch or you saw that the hands did not touch simultaneously
 - Think in terms of “what rule did they break?”
- The benefit of the doubt goes to the swimmer
- Different, but legal versions of the stroke
- Illegal versus ugly – especially with very inventive kids
- Fairness and consistency
 - If not, the ones working hard and doing it right get punished
- Learning to do it right
 - $1+1 = 2$, regardless of age
 - If someone ALMOST makes a shot you wouldn't give them the 2 points
- REMEMBER -- SWIMMERS DISQUALIFY THEMSELVES. YOU ARE ONLY RECORDING IT.
 - Relate to other sports: a golfer putting a shot in the sand trap, a tennis player double faulting, a baseball player striking out, etc.

Rules Covering the Four Strokes (All Strokes)

- You CANNOT stand on the bottom or stop and hold onto the lane line
 - Exception -- you can in the freestyle, as long as other rules are not broken -- you can stand on the bottom or hold onto the lane line, however, swimmer cannot push off bottom or lane line
- Definition of vertical – look at the shoulders relative to each other and relative to the water surface
- Definition of arms, hands, head
- Water movement versus body movement
- Measure with your eyes, not with a microscope

BUTTERFLY

- Start
 - Forward (dive)
- Stroke
 - Body on breast
 - After start and each turn, swimmer's shoulders must be at or past vertical toward the breast
 - Swimmer permitted one or more leg kicks, but only one arm pull under water
 - After the start and after each turn, swimmer can be submerged for up to 15 meters ("heads up"); swimmer must be on the surface for remainder of race
 - From beginning of first arm pull, swimmer's shoulders must be in line with water surface
 - Some part of entire arm (from wrist to shoulder) must break water surface each arm stroke
 - Arm stroke must be simultaneous
- Kick
 - All up and down leg and foot movements must be simultaneous
 - Relative position of legs cannot change (but you must *see* the change) -- alternating, scissors, and breaststroke kicks are not permitted
 - Propulsion must come from top of feet
- Turns
 - Body shall be on breast at turns
 - Touch shall be made with both hands simultaneously and separately (not overlapping)
 - After hand touch is made, swimmer may turn in any manner desired but cannot violate stroke
- Finish
 - On the breast
 - Touch shall be made with both hands simultaneously and separately (not overlapping)

BACKSTROKE

- Start
 - Backward
 - Toes can be under or over the water, but toes cannot be over the lip of the wall or curled over the top of the wall
- Stroke
 - After start and each turn, swimmer's shoulders must be at or past vertical toward the back
 - After the start and after each turn, swimmer can be submerged for up to 15 meters ("heads up"); swimmer must be on the surface for remainder of race *including the finish*

- Kick
 - Any kick is legal
- Turns
 - Upon completion of each length, some part of the swimmer must touch the wall
 - Turning motion must be continuous
 - During the turn, the shoulders MAY BE turned past the vertical toward the breast after which ONE continuous single or double arm pull may be used to execute the turn
 - It is ONE PULL NOT A CERTAIN DISTANCE
 - Once body has left position on the back and initiated the turn, there shall be no kick or arm pull that is independent of the continuous turning action
 - Shoulders must be at or past vertical toward back when leaving the wall
- Finish
 - Toward the back
 - Swimmer cannot be fully submerged prior to this finish

BREASTSTROKE

- Start
 - Forward (dive)
- Stroke
 - Body on breast
 - Arms move simultaneously
 - Hands push forward from breast
 - Hands brought back on or under the water
 - Hands cannot go beyond the hipline, EXCEPT during the first stroke after the start and after each turn (pullout)
 - Some part of the head must break water surface at least once during each complete arm pull/leg kick cycle
 - EXCEPT after the start and after each turn swimmer may take one arm stroke completely back to the legs (past hips) and one butterfly kick while wholly submerged
 - This pull and the butterfly kick are optional
 - Head must break water surface before hands turn inward at widest part of second stroke
- Kick
 - All vertical and lateral leg movements must be simultaneous
 - Feet must be turned outward during propulsive part of kick movement
 - Scissors, alternating, and butterfly kicks are not permitted during the swim portion of the race
 - However, after the start, and after each turn, swimmer MAY take a single downward butterfly kick followed by a breaststroke kick (only while the body is wholly submerged); this kick can occur prior to or during the arm pull
 - The single dolphin kick may occur when the swimmer is in a streamline or at any point during the pullout
- Turns
 - Body shall be on the breast at turns
 - Touch shall be made with both hands simultaneously and separately (not overlapping)
 - After touch is made, swimmer may turn in any manner desired but cannot break stroke
 - Shoulders must be at or past vertical toward the breast when leaving the wall
 - After the start and after each turn, and while wholly submerged, the swimmer MAY take one

- arm stroke completely back to the legs and one butterfly kick
- Head must break water surface before hands turn inward at widest part of second stroke
- Finish
 - On the breast
 - Touch shall be made with both hands simultaneously and separately (not overlapping)

FREESTYLE

- Start
 - Forward (dive)
- Stroke
 - In any event designated “freestyle,” swimmer may swim any style
 - EXCEPT in a medley relay or individual medley event; then freestyle means any style other than butterfly, breaststroke, and backstroke
 - After the start and after each turn, swimmer can be submerged for up to 15 meters (“heads up”); swimmer must be on the surface for remainder of race
- Kick
 - Any kick is legal
- Turns
 - Upon completion of each length the swimmer must touch the wall
 - Swimmer can turn in any fashion
- Finish
 - Race is completed when any part of the swimmer touches the wall

Rules Covering IMs and Relays

- Individual Medley—the “IM”
 - Stroke order is butterfly, backstroke, breaststroke, freestyle
 - Rules governing each particular stroke are applied to that part of the race
 - The key is that it is *four finishes, not four turns*
- Relays
 - Order for medley relay is backstroke, breaststroke, butterfly, freestyle
 - Rules governing each particular stroke are applied to that part of the race
- Relay Take-Offs
 - The team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified
 - In other words, watch the next swimmer’s feet leave the deck
 - Once you see the feet leave the deck, look down and make sure a touch has been made
- During relay events, you will be watching for stroke violations and early take offs. Do your best!

Logistics

- False starts are only called by the starter
- Uniform: white polo shirt, blue shorts, and AHSL stroke judge badge
- Remember that you represent the league, and not a team—act professionally and unbiased
- No cell phones, deck conversations—your focus should always be on the swimmers

- Before the meet
 - Know where your initial position is
 - Understand how judges will rotate
 - Designate a senior official to act as a meet referee to handle any issues with officiating
- During the meet, use your heat sheet to know which event and heat are swimming
 - Write DQs on the league's DQ form—be sure you have the correct event/heat/lane and infraction; write the swimmer's name if you can; and sign your name on the DQ slip in case there are questions
 - Runners will pick up your DQ slips
 - Make sure you give your DQ slips to the computer operator after rotating or going on break
 - Stroke judges do not notify swimmers or coaches of DQs or indicate DQs (such as raising their hand)
 - Stroke judges should not discuss calls with parents or coaches—let the senior official take care of this

Key Points to Remember

- One set of rules applies to all swimmers, no matter the age or ability level
 - However, rules can be modified by the senior stroke judge for a swimmer with a permanent physical or cognitive disability that substantially limits one or more major life activities
- Individual clubs/pools may not change the rules for strokes or competition
- As stroke judges we do not judge style -- we only determine if a swimmer conforms to the rules
- Give equal time to all lanes, including empty lanes, so that no swimmer is watched more than others
- Always look and act professionally
- Be supportive, but don't cheer for one swimmer or one side
- Just as a football official does not commit pass interference, and a basketball official does not foul the shooter, swimmers disqualify themselves -- you are only recording it
- And, don't have discussions with coaches or parents -- let the senior stroke judge manage any issues
- Ask questions if you are not sure about something!

COMMON STUFF YOU’LL SEE IN SUMMER LEAGUE AND HOW TO HANDLE IT

Butterfly

Situation	DQ
Starts the race swimming freestyle	Non-simultaneous arms, alternating kick, or both
Arms are not simultaneous or are entering the water at different times	Non-simultaneous arms
Arms recover completely underwater	Underwater recovery
Starts a pull but then doesn’t complete it (during the swim or at the turn/finish)	Underwater recovery
Only one hand touches	One hand touch
Hands touch at different times or touch in an overlapping presentation (stacked)	Non-simultaneous touch
Swimmer rolls past vertical toward the back	Not on breast
Swimmer is completely underwater past the 15-meter mark	Other: re-submerged
Swims without moving arms (swims in streamline position with arms in front of swimmer, and only kicks)	NOT a DQ, unless another rule of stroke is broken
Swims moving arms in stroke correctly, but keeps legs/feet still (not kicking or infrequently kicking a fly kick)	NOT a DQ, unless another rule of stroke is broken
Kicks with alternating or breaststroke kick	Alternating kick, breaststroke kick
Feet change position during kick	Alternating kick
Does a flip turn	Not on breast, non-simultaneous touch
Legal touch at turn, but then does a flip turn	Not on breast
Completely stops	NOT a DQ, unless another rule of stroke is broken (look at arms, legs/feet, body position)
Stops to adjust goggles, pulls on lane line, or stands on bottom of pool	Non-simultaneous arms, not on breast

Breaststroke

Situation	DQ
Starts the race swimming freestyle	Non-simultaneous arms, alternating kick, or both
Arms are not simultaneous	Non-simultaneous arms
Pulls hands past hipline during swim	Hands past hips UNLESS this is part of the swimmer’s pullout at the start or turn AND no other rule of stroke is broken

Only one hand touches	One hand touch
Hands touch at different times or touch in an overlapping presentation (stacked)	Non-simultaneous touch
Swimmer rolls past vertical toward the back	Not on breast
Head not up during stroke (swimming underwater)	Head did not break surface during cycle
Not breathing every stroke	NOT a DQ, as long as some part of the head breaks the surface of the water. However, it is a DQ (for head did not break surface during cycle) if <i>no part of the head</i> breaks the water surface during each stroke cycle.
Two pulls underwater	Double pulls UNLESS this is part of the swimmer's pullout and no other rule of stroke is broken
Two breaststroke kicks underwater	Double kick
Pullout occurs when the swimmer's shoulders are not parallel to the water's surface	Arms not in same horizontal plane
Butterfly kick during swim	Butterfly kick
Alternating or scissors kick	Alternating or scissors kick
No pullout to the hips at the start or turn	NOT a DQ
No dolphin kick at the start or turn	NOT a DQ
Flip turn	Not on breast
Legal touch at turn, but then does a flip turn	Not on breast
Swimmer takes a stroke at the turn or finish and touches the wall, but without a corresponding kick	NOT a DQ, unless another rule of stroke is broken
Stops to adjust goggles, pulls on lane line, or stands on bottom of pool	Non-simultaneous arms, not on breast

Backstroke

Situation	DQ
Still on back, but arms are not simultaneous, or arms are not moving	NOT a DQ
Still on back, but butterfly or breaststroke kick	NOT a DQ
Swimmer rolls past vertical toward the breast	Not on back, UNLESS this is part of the swimmer's turn, and no other rule of stroke is broken
Swimmer is completely submerged prior to the 15-meter mark, but still on back	NOT a DQ
Swimmer passes 15-meter mark on the water surface, but then completely re-submerges prior to the turn or finish	Submerged prior to finish

Finishes first lap while on back, turns, and leaves the wall on back (ie, no flip turn)	NOT a DQ, as long as no other rule of stroke is broken
Swimmer misses the wall at the turn, or swims back to touch the wall after missing it	No touch at turn
Swimmer turns to breast and doesn't immediately start the pull	Delay initiating arm pull
Swimmer turns to breast, kicks, but doesn't start the arm pull	Delay initiating arm pull
Swimmer turns to breast, finishes arm pull, and doesn't immediately start turning action	Delay initiating turn
Swimmer turns to breast, kicks to make up distance while taking a slow arm pull, and immediately starts turning action once arm pull is completed	NOT a DQ, unless another rule of stroke is broken
Swimmer turns to breast and then swims to wall	Not on back during swim
Swimmer rolls to breast prior to the turn, and then touches and turns	Not on back at turn
Swimmer takes a double arm pull at the turn	NOT a DQ, unless another rule of stroke is broken
Swimmer takes two or more strokes at the turn	Multiple strokes at turn
Swimmer turns legally but shoulders are past vertical toward the breast when the feet leave the wall	Not on back out of turn
Swimmer does a legal turn but does not touch the wall	No touch at turn, even if they swim back and touch
Swimmer's shoulders are past vertical toward the breast prior to the finish (rolls over)	Not on back at finish
Swimmer finishes the race and touches with his/her head	NOT a DQ, unless another rule of stroke is broken
Completely stops, or stops to adjust goggles, but still on back	NOT a DQ, unless another rule of stroke is broken
Pulls on lane line	Other—pulled on lane line
Stands on bottom of pool	Not on back

Freestyle

Situation	DQ
Swims backstroke, butterfly, or breaststroke during the individual freestyle event	NOT a DQ, even if they violate stroke rules for backstroke, butterfly, or breaststroke
Swims backstroke, butterfly, or breaststroke during the freestyle leg of the medley relay	Relay stroke infraction—other—swam incorrect stroke
Misses wall at turn, then swims back to touch it before completing the race	NOT a DQ
Misses wall at turn	No touch at turn
Swims underwater past the 15-meter mark	Head did not break surface of before 15m

Passes 15-meter mark, then completely re-submerges prior to the turn or finish	Other: re-submerged during swim
Stands on bottom	NOT a DQ, unless springs back to swim
Stops and holds on lane line	NOT a DQ, unless uses lane line for propulsion

Individual Medley

Situation	DQ
Swims backstroke, butterfly, or breaststroke during the freestyle leg of the swim	Other—swam incorrect stroke
Swims strokes out of order	Strokes out of sequence
Swims a stroke twice	Strokes out of sequence
Stroke infraction for any of the four strokes	Mark DQ for the stroke
Does a flip turn from butterfly to backstroke	NOT a DQ, as long as there was a legal finish in the fly, a flip turn, and a legal start in the backstroke
Does a flip turn from backstroke to breaststroke	Backstroke DQ: Not on back at finish, UNLESS the swimmer touched the wall while still on the back, and then flipped to his or her breast, and started the breaststroke legally
Does a flip turn from breaststroke to freestyle	Breaststroke DQ, with regard to the touch at the finish, OR not on breast at finish

Relay Events

Situation	DQ
Swims backstroke, butterfly, or breaststroke during the freestyle leg of the medley relay	Other— Strokes out of sequence
Swims strokes out of order	Strokes out of sequence
Swims a stroke twice	Strokes out of sequence
Stroke infraction for any of the four strokes	Mark DQ for the stroke
Swims backstroke, butterfly, or breaststroke during the freestyle relay	NOT a DQ, even if they violate stroke rules for backstroke, butterfly, or breaststroke
One swimmer swims twice during relay	Other: Ineligible swimmer on team
Early take-off	Early take-off (mark swimmer #)
Swimmer on team doesn't exit pool or re-enters pool	Re-enter or stayed in pool

AHSL DQ FORM (REV. 3/2012)

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

Judge _____

Entered in computer

1. Individual Medley

- a. Stroke infraction (mark infraction below)
- b. Strokes out of sequence

2. Relays

- a. Stroke infraction: swimmer 1 2 3 4
(mark infraction below)
- b. Early take off: swimmer 2 3 4
- c. Re-entered or stayed in pool

3. Freestyle

- a. Head did not break surface before 15m
- b. No touch at turn
- c. Sprang from/walked on bottom or pulled lane line

4. Backstroke

- a. **Not on Back:** Start During swim
 Out of turn Finish
- b. **Flip Turn:** Delay initiating arm pull
 Delay initiating turn
 Multiple strokes at turn
- c. Toes curled over lip or gutter after start
- d. Head did not break surface before 15m
- e. No touch at turn
- f. Submerged prior to finish
- g. Other _____

5. Breaststroke

- Where:** Start Swim Turn Finish
- a. **Kick:** Scissors Butterfly Alternating
 Non-simultaneous Not in same plane
- b. **Arms:** Non-simultaneous Hands past hips
 Not in same horizontal plane
- c. **Cycle:** Double pull Double kick
 Head did not break surface during cycle
- d. **Touch:** One hand Non-simultaneous
- e. Not on breast
- f. Other _____

6. Butterfly

- Where:** Start Swim Turn Finish
- a. **Kick:** Scissors Alternating Breaststroke
- b. **Arms:** Underwater recovery Non-simultaneous
- c. **Touch:** One hand Non-simultaneous
- d. Head did not break surface before 15m
- e. Not on breast
- f. Other _____

AHSL DQ FORM (REV. 3/2012)

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

Judge _____

Entered in computer

1. Individual Medley

- a. Stroke infraction (mark infraction below)
- b. Strokes out of sequence

2. Relays

- a. Stroke infraction: swimmer 1 2 3 4
(mark infraction below)
- b. Early take off: swimmer 2 3 4
- c. Re-entered or stayed in pool

3. Freestyle

- a. Head did not break surface before 15m
- b. No touch at turn
- c. Sprang from/walked on bottom or pulled lane line

4. Backstroke

- a. **Not on Back:** Start During swim
 Out of turn Finish
- b. **Flip Turn:** Delay initiating arm pull
 Delay initiating turn
 Multiple strokes at turn
- c. Toes curled over lip or gutter after start
- d. Head did not break surface before 15m
- e. No touch at turn
- f. Submerged prior to finish
- g. Other _____

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- Where:** Start Swim Turn Finish
- a. **Kick:** Scissors Butterfly Alternating
 Non-simultaneous Not in same plane
- b. **Arms:** Non-simultaneous Hands past hips
 Not in same horizontal plane
- c. **Cycle:** Double pull Double kick
 Head did not break surface during cycle
- d. **Touch:** One hand Non-simultaneous
- e. Not on breast
- f. Other _____

6. Butterfly

- Where:** Start Swim Turn Finish
- a. **Kick:** Scissors Alternating Breaststroke
- b. **Arms:** Underwater recovery Non-simultaneous
- c. **Touch:** One hand Non-simultaneous
- d. Head did not break surface before 15m
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- f. Other _____