

VPSU Stroke & Turn Judge Training

Helpful Information

- Link to USA Swimming Rulebook –
- www.usaswimming.org
 - Officials
 - Education and Training
 - Education Training and Resources
 - Rules and Regulations
 - Click on Learn More
- www.virginiaswimming.org
 - Officials
- vpsu.swim-league.us

Stroke & Turn Judge Certification Clinic

- Philosophy of Officiating
- The Rules
 - Video
 - Common Infractions
- Assignment and Jurisdiction of Officials
- Stroke & Turn Judge Officials

Philosophy of Officiating

“All competitive swimming events held under USA Swimming rules shall be conducted in accordance with the following rules which are designed to provide fair, safe, and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.”

Preamble to the USA-S Technical Rules

Fair and Equitable

- Judging should be consistent among different officials at a meet
- Judging should be consistent at different meets
- All of the rules are enforced, we do not individually choose to enforce some rules and ignore others
- The rules are enforced across all age groups and levels of ability
- Officials should be neutral in their enforcement of the rules; don't favor one team over another, don't favor one swimmer over another

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)

Rules of Thumb

- The benefit of the doubt *ALWAYS* goes to the swimmer
 - No loss of yardage, foul shots, penalty box
- Are the Rules Black and White?
 - No –
 - Black is Illegal
 - Gray is legal
 - White is legal
- Ugly ain't (necessarily) illegal
- Know and understand the rules; review the rules before meets
- Don't be afraid to ask questions – even during a meet

Officiating Swimming Video

- Clear and consistent knowledge of the rules
- Clarify proper interpretation of the rules as they pertain to the most common disqualification calls
- Following slides give representative, but not comprehensive, examples of rules violations

BUTTERFLY

<https://www.youtube.com/watch?v=4ajQQQnSKQ0>

Butterfly Infractions

- Not at or past vertical towards the breast after the start and after each turn
- *Head not up at 15 meters*
- More than 1 underwater pull
- Non-simultaneous pull or arm recovery
 - Need not be symmetrical
- Arms not recovered over the surface of the water
 - The arm is anything from the wrist and to the shoulder
 - Looking for the entire arm to break the water surface

Butterfly Infractions Continued

- Legs or feet alternate in relationship to each other
 - Legs and feet do not have to be on the same level
- A scissors or breaststroke kicking movement
- Not on the breast during swim
- One hand or non-simultaneous two hand touch at turns or finish

BACKSTROKE

<https://www.youtube.com/watch?v=v5IjKFBIY18>

Backstroke VPSU Rules

<https://www.youtube.com/watch?v=BdvuPpZ-sWw>

Backstroke Infractions

- Not on the back throughout race
- Head not up at 15 meters
- Failing to touch the wall with some part of the body at the turn
- Shoulders not at or past vertical toward the back upon leaving the wall
- Toes curling over the gutter after the starting signal (before the starting signal is the Starter's responsibility)

Backstroke Infractions Continued

Judging an underwater finish:

- If the swimmer completely submerges prior to the Turn Judge having to shift their attention to the touch at the wall, this would be a DQ.

BREASTSTROKE

<https://www.youtube.com/watch?v=6ZXUEfP-Agc>

Breaststroke Infractions

- Cycle stroke - must start with a pull, starting with a kick is illegal
- Hands brought beyond the hip line, except for the first stroke after the start and after each turn
- Head not breaking the surface during each complete or incomplete cycle
- Arms not pulling in the horizontal plane, including the first pull following each turn
- Non-simultaneous pull
- Elbows not remaining in contact with the water during the recovery (forward) portion of the stroke except for the last stroke before the turns and finish (does not apply to the backwards pull)

Breaststroke Infractions Continued

- One hand or non-simultaneous touch at turns or finish
- Not past vertical towards the breast from the beginning of the first arm pull after the start and after each turn
- Feet not turned outward during the propulsive phase of the kick
- Non-simultaneous kick
- A scissors, flutter, or butterfly kick

FREESTYLE

<https://www.youtube.com/watch?v=baQJzcnG3oQ>

Freestyle Infractions

- *Head not up at 15 meters*
- Walking on or pushing off the bottom
- Using the lane line or gutter for propulsion – in any stroke
- Failing to touch the wall at the turn

INDIVIDUAL MEDLEY

https://www.youtube.com/watch?v=6w452d_ZcAA

Individual Medley Infractions

- Strokes not swum in proper order
 - Proper Order of Strokes
 - Butterfly, Backstroke, Breaststroke, Freestyle
- Violation of stroke and turn rules for each stroke
- The last $\frac{1}{4}$ of the race must be swum as something other than butterfly, backstroke, or breaststroke
 - From the FINA Rules: SW 9.2: In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

Individual Medley Infractions Cont'd

- Violation of finish rules at the transition between strokes
 - Butterfly to backstroke flip turn is illegal only if you see the hands **not** touch
 - Backstroke to breaststroke cross-over turn is illegal only if their lead hand does not contact the wall before their shoulders go past vertical towards the breast as they make the turn

Freestyle Relay Infractions

- Violation of freestyle stroke and turn rules
- *Early take-off*
 - When judging look from block down

Medley Relay Infractions

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 - From the FINA Rules: SW 9.2: In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.
- *Early take-off*
 - When judging – Look from block down

Individual Medley and Medley Relay Rules Interpretation

- The Rules and Regulations Committee adopted the following FINA Technical Committee interpretation regarding the freestyle leg of these events:
 - According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Ind. Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence.

All Strokes

- The Rules and Regulations Committee adopted the following parameters regarding touching the bottom during a turn:
 - Once a legal touch has been made, the swimmer may turn in any manner desired. Therefore, standing on the bottom after a legal touch has been made and prior to pushing off the wall should be considered part of the turn and no DQ should be called.

Additional Rules

- A swimmer must start and finish in the same lane.
- Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.

Additional Rules Continued

- Any swimmer not entered in a race who enters the pool during ongoing competition shall be barred from their next individual event (excludes dipping goggles/splashing).
- Grasping lane dividers to assist forward motion is not permitted – in any stroke.
- Missing a heat or an event by a swimmer is NOT a DQ. Do not write it up. It is simply a missed heat or event. Referees should check why the heat or event was missed if questioned.

Chief Judge

- Use allows Stroke & Turn Judges to stay in place
- Will instruct and place Stroke & Turn Judges as directed by the Referee
- Will make recommendation to Referee whether to uphold call

Placement and Rotation of Officials

- Determined by Referee
- Dependent upon pool configuration
- Dependent upon the number of officials available
- Generally rotate clockwise after a defined number of events

Jurisdiction of Officials

- When combined Stroke & Turn Judges only are used:
 - End wall to mid-pool (mid-pool may only be effectively as far as you can see)

Notice the position of this Official's feet!



Mechanics of Officiating

Be in a position centered in your area of jurisdiction

No need to dance the “S&T Shuffle” to get over top of every lane

Be at the edge of the pool – you can not make a call from a foot behind the wall

Disqualifications

- Raise a hand overhead on observing a violation of the rules that occurs within your jurisdiction
- Keep your hand up long enough for the Referee/Chief Judge to see it
- If you think your hand has been up too long – it probably has.
- If you raise your hand, you **don't** have to make a call; if you don't raise your hand, you **can't** make a call

Disqualifications Continued

- If you're hesitant in raising your hand, the call was probably too close to make
- The benefit of the doubt goes to the swimmer
- After signaling a DQ, continue to observe all the swimmers in your jurisdiction

Disqualification Slips

Event #, Heat #, Event name

- Violation
 - Note: Most, but not all, violations are listed on the DQ slips
- Your **printed** name
- Referee's signature
- Be prepared to answer three questions:
 - What was your jurisdiction?
 - What did you see?
 - Use proper terminology
 - Which rule was violated?
- The Referee **must** approve the DQ

How to Fill Out the DQ Slip

USA SWIMMING

DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____

BREASTSTROKE
DURING: START _____ SWIM _____ TURN _____ FINISH _____
10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____
11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____
NOT IN SAME HORIZONTAL PLANE _____
12 ELBOWS RECOVERED OVER WATER _____
14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____
15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
16 NOT TOWARD THE BREAST OFF WALL _____
17 OTHER _____

BUTTERFLY
DURING: START _____ SWIM _____ TURN _____ FINISH _____
20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____
21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____
23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____
24 NOT TOWARD THE BREAST OFF WALL _____
25 HEAD DID NOT BREAK SURFACE BY 15M _____
26 OTHER _____

BACKSTROKE
DURING: START _____ SWIM _____ TURN _____ FINISH _____
30 TOES OVER LIP OF GUTTER AFTER START _____
31 HEAD DID NOT BREAK SURFACE BY 15M _____
32 NOT ON BACK OFF WALL _____
33 NO TOUCH AT TURN _____
34 PAST VERTICAL AT TURN:
NON-CONTINUOUS TURNING ACTION _____
INDEPENDENT KICKS _____ STROKES _____
35 SHOULDERS PAST VERTICAL _____
36 OTHER _____

INDIVIDUAL MEDLEY
41 STROKES INFRACTION # _____
42 OUT OF SEQUENCE _____

FREESTYLE
50 NO TOUCH TURN # _____
51 HEAD DID NOT BREAK SURFACE BY 15M _____

RELAYS
70 STROKE INFRACTION # _____ SWIMMER # _____
71 EARLY TAKE OFF SWIMMER # _____
72 CHANGED ORDER: SWIMMER _____ STROKE _____

OTHER
60 FALSE START _____
61 DELAY OF MEET _____
62 DID NOT FINISH _____
63 OTHER _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (05/02)

DESK/REFEREE



DISQUALIFICATION REPORT

EVENT # 3 HEAT 4 LANE 4
SWIMMER T Hunt MHS

BREASTSTROKE

DURING: START SWIM TURN FINISH
10 KICK: ALTERNATING BUTTERFLY SCISSORS
11 ARMS: NON-SIMULTANEOUS TWO STROKES UNDER
NOT IN SAME HORIZONTAL PLANE
12 ELBOWS RECOVERED OVER WATER
14 CYCLE: HEAD NOT UP DOUBLE PULLS/KICKS
15 TOUCH: ONE HAND NON-SIMULTANEOUS
16 NOT TOWARD THE BREAST OFF WALL
17 OTHER

BUTTERFLY

DURING: START SWIM TURN FINISH
20 KICK: ALTERNATING BREAST SCISSORS
21 ARMS: NON-SIMULTANEOUS UNDERWATER RECOV.
23 TOUCH: ONE HAND NON-SIMULTANEOUS
24 NOT TOWARD THE BREAST OFF WALL
25 HEAD DID NOT BREAK SURFACE BY 15M
26 OTHER

BACKSTROKE

DURING: START SWIM TURN FINISH
30 TOES OVER LIP OF GUTTER AFTER START
31 HEAD DID NOT BREAK SURFACE BY 15M
32 NOT ON BACK OFF WALL
33 NO TOUCH AT TURN
34 PAST VERTICAL AT TURN:
NON-CONTINUOUS TURNING ACTION
INDEPENDENT KICKS STROKES
35 SHOULDERS PAST VERTICAL
36 OTHER

INDIVIDUAL MEDLEY

41 STROKES INFRACTION #
42 OUT OF SEQUENCE

FREESTYLE

50 NO TOUCH TURN #
51 HEAD DID NOT BREAK SURFACE BY 15M

RELAYS

70 STROKE INFRACTION # SWIMMER #
71 EARLY TAKE OFF SWIMMER #
72 CHANGED ORDER: SWIMMER STROKE

OTHER

60 FALSE START
61 DELAY OF MEET
62 DID NOT FINISH
63 OTHER

JUDGE: J. Frye (print name clearly)
REFEREE: W Hunt (print name clearly)

NOTIFIED: SWIMMER COACH

Relay Takeoff Judging

- Dual confirmation is always used
- Referee or Chief Judge will assign positions
- When the feet of the outgoing swimmer leave the blocks, look down to see if the incoming swimmer has touched
- If you observe an early takeoff, mark accordingly the swimmer and lane number, do not raise your hand

Relay Takeoff Judging Cont'd

USA Swimming

Relay Take Off Judge

EVENT# _____ HEAT# _____

(Circle one: SIDE or LANE)

Swimmer Number

Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4
Lane 9	2	3	4
Lane 10	2	3	4

**ALWAYS MARK ALL
RELAY TAKE-OFFS**

X = Early Take-Off

O = Legal Take-Off

Signature

Officials Attire

- The VPSU Officials Uniform consists of:
- White Collared Shirt (tucked in)
- Navy Blue Pants, Shorts, or Skirt
- White Socks
- White Shoes



Judging Swimmers with Physical Disabilities – Section 105

- Judge, in accordance with USA Swimming rules, any part of the body that is used
- Do not judge a part of the body that cannot be used
- Base your judgment on the actual rule, not the swimmer's technique

Talking with the Swimmer

In VPSU, we have moved away from talking with the swimmers for DQ notification in all meets.

Notification of the swimmer shall be done by the Coach.

Disputes Over Calls By Coaches / Parents

- Parents with questions should contact their Coach, who in turn may contact the Meet Referee.
- Coaches with questions should contact a Referee.

Remember!

- The swimmer always receives the benefit of the doubt.
- Call what you see, not what you don't see.
- QUESTIONS

Thank you!