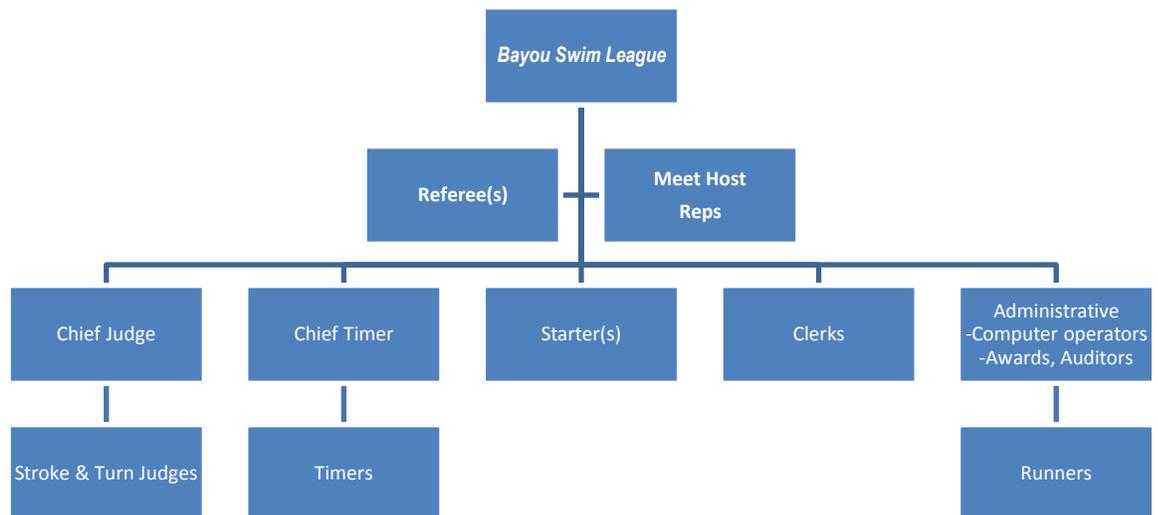


APPENDIX 1A

BSL Officials' Training Workshop

rev (02/2016)

- I. Being a BSL Official
 - a. Why do we have Officials?
 - b. What is involved with training?
 - i. This workshop (OTW)
 - ii. Home "study"
 - iii. Provisional officiating (i.e. "trainee;" "apprentice")
 - iv. Practice meets
 - 1. Team's TT meet
 - 2. 8&U meet
 - v. Home meets
 - vi. Championship meet
 - vii. Train others
 - c. Conduct and Values of a BSL Official
- II. Documents
 - a. BSL Technical Rules
 - b. Guide to Officiating Swimming
 - c. Ref/Starter Guidelines
 - d. DQ slip sample
 - e. BSL list of events
 - f. Timer sheet sample
 - g. Other resources
 - i. Training video & info links (examples below)
 - ii. Have current year USA-S Rulebook for demo
- III. BSL: Meet Organization
 - a. Meet organizational flow chart



- b. General meet duties
 - i. Major meet responsibilities are divided between the meet host team Reps and other volunteers, and the meet Referee(s). The Referee is responsible for the technical aspects of running the swimming competition, and is in charge of all officials.
 - ii. Officials/volunteers are divided into two categories—“wet deck” and “dry deck” having quality and motivated volunteers in both areas is vital to a successful meet!
 - 1. “Dry deck” officials & volunteers: involved with computer and administrative tasks
 - 2. “Wet deck” officials & volunteers: involved with swimmers, coaches, and competition (pool) area
- IV. Types of Officials and Duties
 - a. Referee
 - b. Chief (Head) Judge
 - c. Starter
 - d. Stroke and Turn Judges
 - i. Discuss positions
 - ii. Dual judging
 - e. Timers
 - i. Head Timer
 - ii. Discuss why timers fill one of the most important roles on the deck
 - f. Clerks/runners
 - g. Administrative personnel
- V. Discussion of Technical Rules
 - a. Starts & False Starts
 - b. Strokes, Turns and common faults
 - c. Relays
 - i. Particular attention to take-off judging and positions of Officials
 - d. Discuss main differences and similarities w/ USA-S rules
 - i. Backstroke turn; no 15m mark; false start DQs; Starter/Ref protocol
 - e. Competitions
 - i. Required meets
 - ii. Events
 - iii. Time standards
 - iv. Officials Briefing
 - v. Delays/cancellations
- VI. DQs
 - a. Why do we have them?
 - b. Protocol
- VII. Timing Rules & Protocol
- VIII. Identification of Officials and Volunteers
 - a. Lanyards and Badges: demo +/- distribute
 - b. Dress code
- IX. Live swimmer demo

Prior to Officials Training Workshop

1. Obtain information list of current active, provisional, and prospective officials
2. Disseminate copies of BSL Bylaws and Technical Rules, including Guide to Officiating Swimming
3. Disseminate Officials' and Timers' badge templates to team Reps
4. Determine venue(s), dates(s) and times
5. Obtain volunteers for live demo, if applicable
 - a. A live demo or viewing of videos can be scheduled separately
6. Disseminate important links and videos to attendees
 - a. *Essential for OTC members view these **before** the OTW.*
 - b. **All Officials except timers: please view all videos in the YouTube series (d).** They provide a succinct review of each stroke as well as legal and illegal form.
 - c. **REMIND TRAINEES** that this set of videos is used for USA-S judge training; BSL does not follow all details of all rules!! (i.e. backstroke turn, separated hands, etc.)
 - d. **Required: YouTube Officials Training Videos**
 - i. <https://www.youtube.com/playlist?list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMB0jgx>
 - ii. [This is the most up to date collection of videos.](#)
 - e. [Other optional and helpful videos:](#)
 - i. **"All Strokes – The Seven Competitive Turns" (GoSwim)**
 1. <https://youtu.be/xdFDsKJqe1w>
 2. This is an excellent visual aid for all the types of turns you will encounter when judging turns
 - ii. **Stroke and Turn Clinic Review video (four strokes)" (gokingfish)**
 1. <https://youtu.be/xwUMjFCvAxQ>
 2. Another helpful tutorial reviewing turns
 - iii. **Turns**
 1. Breaststroke pullout: <https://www.youtube.com/watch?v=NCZlg49k5d8>
 2. Fly to back turn (IM):
https://www.youtube.com/watch?v=KgEtL9n_3oM&list=UU5M9tBqrNmVG8Wjtg8JTcXw
 3. Back to breast crossover ("bucket") turn:
<https://www.youtube.com/watch?v=PGROwNmQXJU&list=UU5M9tBqrNmVG8Wjtg8JTcXw>
 - iv. **All IM turns:** fly-back, back-breast, breast-free. For the back-breast, the first swimmer does "bucket" turn, second swimmer does open turn.
<https://www.youtube.com/watch?v=4b9WNujw9SU>
 - v. **Strokes**
 1. Breaststroke: <https://www.youtube.com/watch?v=kpaHls6fyW8>
 2. Butterfly: <https://www.youtube.com/watch?v=YdJl19MKugk>
 3. Backstroke: <https://www.youtube.com/watch?v=rWxlhalxlb0>
 - vi. **"USA Swim Stroke & Turn Videos" (Robert Kane)**
 1. <https://www.youtube.com/playlist?list=PLqeVqsXqv39hW9UhrsA3nCm3r55bLLcxk>

A 7-video playlist; the older version of the above.