Please use these general guidelines when serving as a stroke and turn judge. Keep in mind that it is summer swim and swimmers should not be DQ’d unless it is an apparent violation. Thank you!

**FREESTYLE**

* Most swimmers, if not all, will swim the freestyle stroke during this event, but anything the swimmer wants to swim is allowed.
* There is no stroke requirement and no kick requirement.
* Reasons to DQ
  + The swimmer pushes off the bottom of the pool or pulls on the lane line to get an advantage.

**BACKSTROKE**

* Swimmers must stay on their back during the entire swim.
* No stroke required or kick required.
* Swimmers can turn their body so long as their shoulder doesn’t go past vertical when they touch the wall.
* Swimmers can touch with one hand, two hands, head, elbow etc. so long as they are on their back.

**Backstroke Turns**

* Swimmers are allowed to do one single or double arm pull on stomach when heading into the turn.
* Swimmers must be on their back when they push off the wall after the turn.

**BUTTERFLY**

* Swimmers must be on their breast at all times
* Arm Stroke
  + Swimmers must use the approved arm stroke
    - Arm stroke must a be simultaneous under the water pull
    - Arm stroke recovery can be on or over the water but must be simultaneous.
    - They can push through the water on arm recovery, so long as at least hands are above
* Kick
  + Swimmers must simultaneously kick legs together in an up and down motion.
* Swimmers must touch the walls with 2 hands
  + Anywhere in the plane is ok
* Swimmers must surface by the 15 meter mark off a turn or start.
  + The host pool must have the 15 meter point clearly marked for this to be called
    - It is usually about 2/3s down the lane.
    - It will be called at the all-star meet.

**Breast Stroke**

* Swimmers must be on their breast at all times
* Arm Stroke
  + Swimmers should simultaneously pull back their arms no further than the hip line and then they whip their hands forward.
  + Hands cannot go past their hips, unless it is the start or turn stroke.
  + Arms can be under, on, or above (elbows touching the water) the water on recovery.
* Head must break the surface by 2nd arm pull.
* Kick
  + All movements must be simultaneous
    - Kick Motions – feet up, out (knees together), and kick
  + Can do 1 butterfly (dolphin) kick on start and turn
  + No sidekicks or flutter kicks allowed
* Swimmers must have 1:1 kick to arm pull throughout the entire swim
* Swimmers must have a 2 hand simultaneous touch at the finish
  + Swimmers can touch anywhere in the plane so long as both hands touch at the same time
* Swimmers head must break surface each stroke
* Swimmer cannot be vertical during swim.

**IM MEDLEY**

* Stroke Order
  1. Butterfly (with 2 hand touch)
  2. Back (must be on their back on the start and touch on back at the finish)
  3. Breast (on breast entire swim and 2 hand touch)
  4. Free (can swim anything except the prior 3 strokes)

**Medley Relay**

* Stroke Order
  1. Back
  2. Breast
  3. Butterfly
  4. Free
* Swimmer cannot lose contact with the block until the previous swimmer touches the wall on the breast, fly and free
* Kids can start on the block, on the pool deck, or in the pool, but they must be in contact with the end wall until other swimmer touches

**Miscellaneous Tips**

* It is the starter’s job to call a false start – each swimmer is allowed 1 per event
* It is the stroke and turn judges job to call an early start on 2nd, 3rd and 4th relay swimmers – THIS IS NOT A FALSE START but an EARLY START
* 1 DQ slip per Stroke and Turn duo – both have to sign the slip for it to be valid.
* In no level of swimming is video allowed to review calls
* Both stroke and turn judges have to agree on the DQ for if to be valid
* If you have to think about it then it should not be a DQ