

Edge to the Swimmer:

Benefit of the doubt should always go to the swimmer. If a violation is not directly observed, it should not be called. REMEMBER, there are 6 swimmers in the water, and officials must be fair to all 6.

OFFICIALS are here to help our athletes improve their swimming ability. Our contribution is to identify if a violation to the rules has been observed and reinforce and support our coaches' instruction. The athlete will not improve if a violation is ignored, nor is it fair to the other swimmers. DQ early in the season builds opportunities to learn and make it to the Qualifications.

General:

When an infraction is identified, officials must raise their hand immediately and hold it up until the referee(s) acknowledge the hand.

Stroke and turn judge jurisdiction:

Each team will provide 2 judges minimum. If both teams are able, 3 judges can be used. Referee will assign areas of responsibility (jurisdiction) for each official. Recommend is that there is a stroke and turn official for each quadrant of the pool and that official is responsible for all stroke and turn violations in that quadrant. Officials should stand at the end of the pool to observe the swims, and, officials on the same team should not officiate the same lanes. After the break, the teams should exchange lanes of responsibility. Some referees / pools will dictate different jurisdictions. **Conduct calls have no jurisdiction.**

What to Wear:

Dress for officials is khaki pants, shorts, or skirts and a white shirt that does not have LSA team logo.

Parents and Coaches discussions:

Do not feel any call must be defended to any coach or parent. Send parents to their coaches, and coaches to the referee.

Relays:

When exchanges are made between swimmers in the relay events, takeoff judges should watch the feet of the swimmers getting ready to swim; when their feet leave the edge of the pool, look to the incoming swimmer. If the touch has not been made, then the relay team clearly should be disqualified for early takeoff. Relay takeoff judges should stand on the side of the pool where they can observe all exchanges.

Freestyle relays can be judged by the stroke and turn officials on each side of the pool, but each team should provide additional relay takeoff judges for medley relay events.

For Starters

If a swimmer does not report for an event and the heat is ready to start, look for the swimmer. If they can't be found, go ahead and start the event. A swimmer is DQ'd after 1 false start. A swimmer may be DQ'd for failure to approach the start at the long whistle, or for failure to remain stationary prior to the start. **Do not recall a heat unless there are issues impacting much of the field.**

Uniforms

The swimsuits for males shall not extend above the waist nor below the top of the kneecap; and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck. Caps shall be LSA team caps and no USA, KHSAA, or other team or organization caps are allowed. Caps with no team designation are legal.

Strokes

Backstroke

Back start – hands must be in contact with wall and toes should be below gutter.

Shoulders must be toward the back at all times except during the turns.

After start and each turn, the head must break surface of the water by 16.4 yards (15 meters).

Turns - may rotate toward the breast after head reaches the backstroke flags, and may execute 1 single, or 1 double simultaneous arm pull. May kick or glide to the wall.

When the feet leave the wall after the turn, shoulders must be toward the back.

At the finish, **cannot be completely submerged**, and must touch the wall towards the back.

8 and under – may use kickboard at finish.

6 and under – may rotate toward breast within the last 6 feet before finish.

Breaststroke

Forward start – Shoulders must be toward the breast at all times except during the turns.

It is a cycle stroke – arm pull followed by leg kick in that order.

After the start and after each turn:

Hands may be brought below hipline ONLY during 1st stroke. One dolphin kick (optional) is permitted prior to the 1st breaststroke kick.

Head must break the surface of the water by the time the hands reach at the widest point of the 2nd arm stroke.

Elbows must be under the water at all times except during a turn.

Arms, legs, & feet – must be simultaneous at all times, and in same horizontal plane.

Toes are the key to the breaststroke kick -- toes must be pointed out during propulsion.

At turn and finish, hands must touch simultaneously, and then any turn is OK.

Butterfly

Forward start – Shoulders must be vertical or toward the breast at all times except during the turns.

After the start and each turn, 1st arm pull must bring the head to the surface by 16.4 yds (15 m).

Arms (shoulder to wrist) must recover over the surface of the water.

Arms and feet – must be simultaneous at all times, not necessarily in the same horizontal plane.

At turn and finish, both hands must touch simultaneously, and then any turn is OK.

8 and under – arms must recover over the water for at least ½ length of pool.

Freestyle

Forward start – after start and each turn, head must break surface of water by 16.4 yard (15 meters).

If swimmer misses the wall, he/she may skull back.

Swimmers cannot push off the bottom to gain an advantage over other swimmers.

Swimmers may not use lane dividers to pull in forward motion.

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Order - Butterfly, back, breast, free.

At end of each leg, must touch according to finish rules of the stroke.

Freestyle leg may swim any stroke except one of the other 3 legal strokes (cannot be toward the back)

Special 8 and under butterfly rule does not apply

Relays

Outgoing swimmer must have at least one foot anchored at the edge prior to the takeoff. After feet of outgoing swimmer leaves the side, look down to see the position of the incoming swimmer. If the incoming swimmer has not touched, then an early takeoff should be called. Swimmers 2, 3, & 4 may not move feet at the touch of incoming swimmer.

Medley relay – Alphabetical order -- Back, Breast, Butterfly, Free.

Freestyle leg may swim any stroke except one of the other 3 legal strokes (cannot be toward the back).

Special 8 and under butterfly rule does not apply