



Stroke & Turn Clinic

For new and re-certifying officials

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Agenda

- * Overview Of Officiating
- * Short Break
- * Detailed Stroke Rules
- * Q & A
- * Short Break
- * Certification Test

GSSA vs. USS, YMCA

- * Do you belong here?
 - * Depends on what kind of swimmer you have.
- * Only swims in summer rec league?
 - * Yes, GSSA is the best place to be.
 - * Certification every two years (\$20/\$10)
 - * One session apprenticeship.
- * Swims winter or year-round with a club?
 - * You may want to consider USS certification.
 - * Must be a registered US Swimming Non-Athlete (\$65/year)
 - * Background check every two years (\$39/\$19)
 - * Certification Clinic and on-line written test every two years.
 - * Four sessions apprenticeship.
 - * Four sessions in at least two different meets every year.
 - * YMCA Certification for Y-clubs.
 - * Recognized by USS with some limitations.
 - * GSSA recognizes both USS and YMCA certification.
 - * USS and YMCA **do not** recognize GSSA certification.

Role Of The Official

- * Ensure a fair and safe competition for all swimmers.
- * Fair
 - * A good official has a thorough knowledge of the rules.
 - * Fairly apply those rules to all competitors.
- * Safe
 - * Feet first entry at warm-ups
 - * No running or horseplay on deck.
- * Always keep in mind that swimmers have worked hard to get to this competition.
- * Help make the meet fun for all involved – swimmers, spectators, volunteers.

The Officials on the Deck

- * Stroke & Turn
 - * Judges the swimmers' strokes and turns.
 - * Ensures that all swimmers compete fairly.
- * Starter
 - * Starts each heat of the meet.
 - * Ensures each swimmer gets a fair start.
- * Referee
 - * Head official at the meet.
 - * Makes assignments and rotations.
 - * Deals with administration of the meet.
 - * Controls the flow of the meet.
- * Chief Judge
 - * Not common at regular season meets; typically only at champs.
 - * Verifies DQs with stroke & turn officials.
 - * Writes up DQ slips.
- * All work together as a team.

Dress Code & Gear

- * Determined by the referee and/or meet director.
 - * White Shirt
 - * No team or large manufacturer's logo.
 - * Navy Blue Pants
 - * Shorts are okay.
 - * Shoes
 - * Comfortable when wet. They will get wet often.
- * Hat and sun protection
 - * You could be standing in the sun for hours.
- * Credentials
- * Clipboard w/ Stroke Briefing, pen, note card(s)

Pre-Meet

- * Pack all gear you need ahead of time.
 - * Credentials, pens, clipboard, sunscreen, sunglasses, hat
- * Review the stroke rules before arriving at meet.
 - * Even the most experienced officials do this.
- * Arrive at least 30 minutes before the meet.
- * Check in with referee when arriving.
 - * May need to sign in.
 - * Find out when and where the officials briefing is held.
- * Attend the Officials Briefing
 - * Review the stroke & turn rules.
 - * Receive your assignment/jurisdiction.
 - * Understand the break/rotation protocol for the meet.
 - * If no Chief Judge, get a supply of DQ slips and a heat sheet.
- * Be in position at least 5 minutes before meet starts.

Jurisdiction

- * The area in which you judge swimmers and may DQ.
- * Multiple Lanes
 - * You may have to watch any number of lanes.
 - * Position yourself as close to center of your lane(s) as possible.
- * Stroke& Turn
 - * Jurisdiction typically from wall to middle of pool.
- * Empty Lanes
 - * Spend as much time looking at empty lanes as lanes with swimmers.
 - * Make it obvious when looking at empty lanes.
 - * Coaches are watching you for fairness.

Deck Protocol

- * Determined by the referee and type of meet.
 - * There is no “*standard*” deck protocol.
- * Good Practices (in the absence of a specific protocol)
 - * Behind blocks at start.
 - * Give the starter and referee a good view of all swimmers.
 - * At start signal, step to edge of pool.
 - * Remind timers to stand behind blocks at start if they don’t.
 - * One step back from edge of pool when no swimmers are in your jurisdiction, step up to edge when they enter jurisdiction.
 - * Keep your attention on the pool when swimmers are in the water.
 - * Keep your heat sheet down.
 - * Don’t hold conversations while swimmers in jurisdiction.
 - * No cell phones on deck.
 - * Leave deck if you need to take or make a call.

Disqualification (DQ) Procedure with no Chief Judge

- * Immediately Raise Right Hand Palm Facing Outward
 - * Be crisp - don't be tentative.
 - * Keep it up until referee (or Chief Judge) acknowledges you.
 - * Down after about 15 seconds if no Chief Judge.
 - * You can always “take back” a DQ if you have second thoughts.
- * Circle swimmer on your heat sheet with a brief note of infraction.
 - * Helps avoid confusion when you get multiple DQs
 - * Helps you remember infraction details if asked later.
- * When no swimmers in jurisdiction, fill out DQ slip
 - * Details later in slideshow.
- * Get DQ slip to referee in timely manner.
 - * Ask a “runner” to deliver it if you can't get there yourself.

Disqualification (Continued)

- * You must be able to answer the following questions.
 - * **Where** were you?
 - * What was your jurisdiction and position.
 - * **What** did you see?
 - * Describe what you saw.
 - * **Which** rule was broken?
 - * State the infraction.
- * May be asked by Referee or CJ
 - * Don't be offended by questioning.
 - * Referee has to answer coach questions/protests.

Disqualification (continued)

- * If you see it, you must call it.
- * Apply the rules consistently to all swimmers including young swimmers.
- * DQ's are essential for learning.
 - * Coaches and athletes are informed about stroke issues.
 - * They are a teaching moment.
- * DQ's are essential in preparation for Champs
 - * Swimmer may not be aware of stroke issues until DQ'ed at Champs.
- * Refer any questions to the referee.

The Stroke Rules

- * USS Rulebook

- * http://www.usaswimming.org/_Rainbow/Documents/01b28cab-25a6-4dbf-a5df-4b89d9488a14/2016%20Rulebook.pdf

- * Review before every meet.

- * “Shall” or “must” means something is required.

- * “May” means something is allowed, but optional.

- * Article 102 – Conduct and Officiating of Swim Meets

- * Interesting; worth a read.

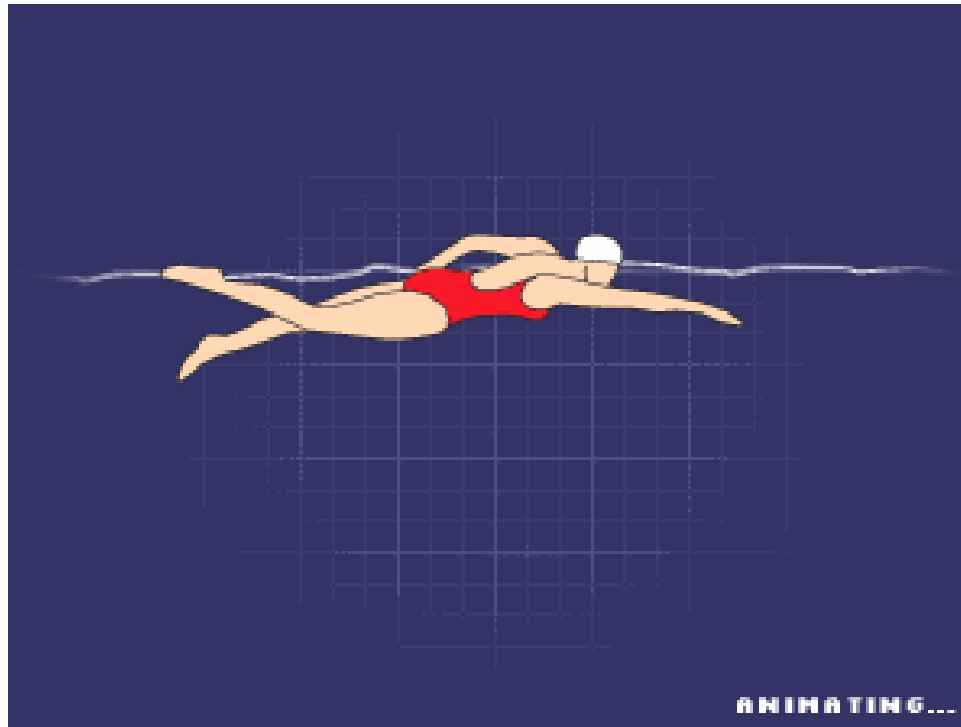
- * Each Stroke

- * Start

- * Stroke / Kick

- * Turn/Finish

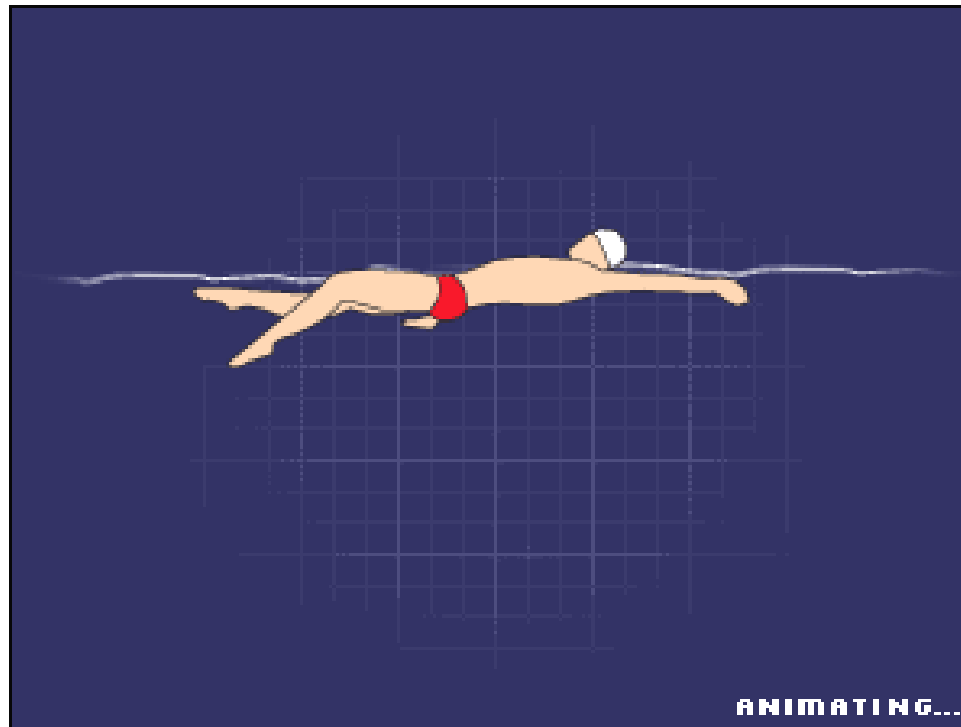
Freestyle



Freestyle

- * Forward Start
- * Stroke
 - * **Any** style
 - * Crawl is most common, but not required.
 - * After start & turn, head must break water by 15m
 - * Once head breaks surface, some part of swimmer must remain on surface.
 - * Swimmer may stand on bottom of pool, but not push off.
 - * Only stroke where swimmer may stand on bottom.
- * Turn
 - * Some part of swimmer must touch wall at each length.
 - * May return to wall if miss on turn.
- * Finish
 - * Any part of body touches wall after prescribed length.

Backstroke



Backstroke

* Start

- * In Water, facing wall, both hands on gutter or block.
- * Toes cannot be above or on gutter.
- * If allowed to start with illegal toes, no DQ.
- * If **after** start, toes go above gutter, DQ.

* Stroke

- * Swimmer must remain on back after start and each turn.
 - * Shoulders at or past vertical towards the back.
- * Any style.
- * After start & turn, head must break water by 15m
 - * Once head breaks surface, some part of swimmer must remain on surface.

Backstroke

- * Turn

- * Some part of swimmer must touch wall at each length.

- * Flip Turn

- * May turn past vertical towards the breast during turn.
 - * Allowed one continuous single or double arm pull to initiate turn.
 - * Must be a continuous turning movement.
 - * No swimming on the breast.
 - * Delay initiating arm pull.
 - * Unicorn.
 - * Delay initiating turn.
 - * Once arm pull is complete, must be initiating the turn.
 - * Watch for head moving into turn.
 - * Arm pull is optional.
 - * Flip and touch wall.

Backstroke

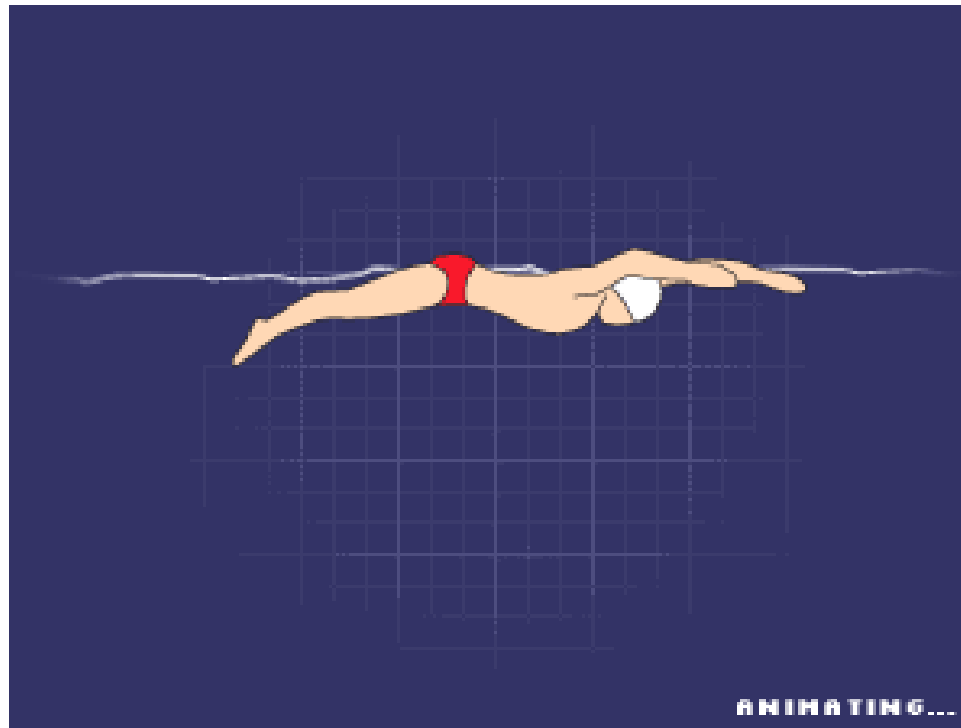
- * Turn (continued)

- * Must be at or past vertical towards the back by the time swimmer leaves wall.
 - * Watch feet leave wall, then look at shoulders.
- * If miss touch, cannot “skull” back.
 - * Non-continuous turning motion.

- * Finish

- * At finish, swimmer must stay at or past vertical towards back.
- * At finish, swimmer **must be on surface (new in 2013)**.
 - * Moving focus from body to shoulders/hand.
 - * Early submerge.

Butterfly



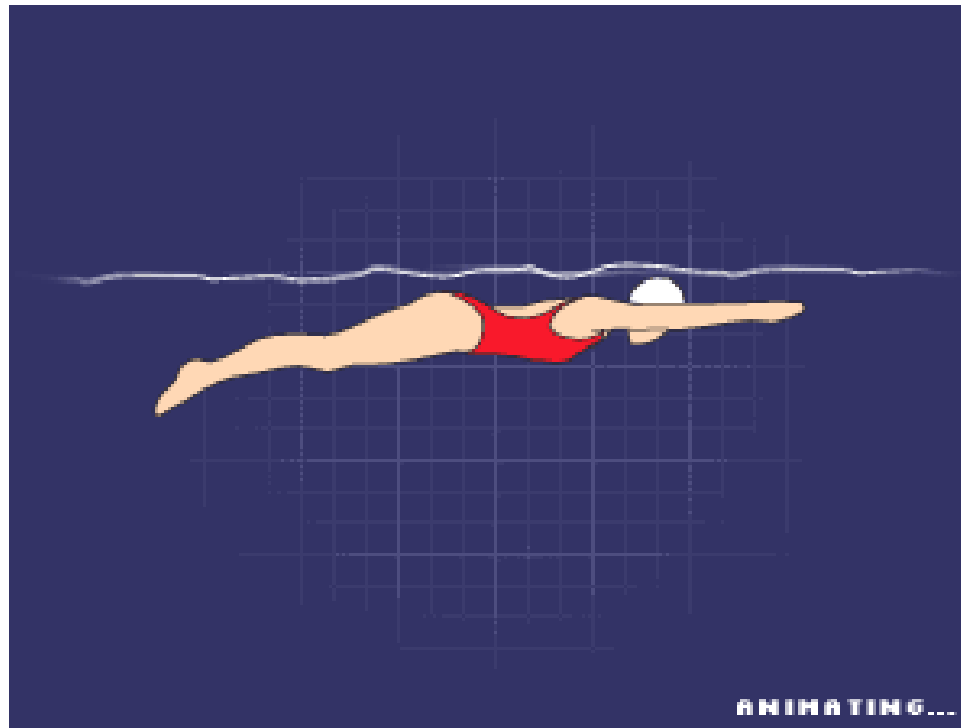
Butterfly

- * Forward start
- * Stroke
 - * After start and turns, swimmer must remain on breast.
 - * Shoulders at or past vertical towards the breast.
 - * Any number of kicks permitted while submerged.
 - * Only one arm pull which must bring swimmer to surface.
 - * No underwater recovery of the arms.
 - * Head must break surface by 15m after start and turns.
 - * Must remain on surface until next turn or finish.
 - * Arms must be brought forward over water simultaneously.
 - * Arm is wrist to shoulder.
 - * Entire arm must **break** the surface.
 - * Arms must be pulled back simultaneously.
 - * Hands leave and enter water simultaneously.

Butterfly

- * Kick
 - * All up and down movement must be simultaneous.
 - * Propulsion from top of feet.
 - * Cannot alternate.
 - * Must see the alternation.
 - * No scissor or breaststroke kick.
- * Turns & Finish
 - * Must remain on breast until touch.
 - * Touch with both hands (**not stacked**) and simultaneously.
 - * At, above, or below the surface of the water. 😊
 - * Watch for underwater recovery of arms.
 - * Watch for brush touch.
 - * After touch, may turn in any manner.
 - * Must be on the breast when swimmer leaves the wall.
 - * Watch feet, then check shoulders.

Breaststroke



Breaststroke

- * Forward start
- * Stroke
 - * After start and turn, body must be kept on breast.
 - * Shoulders at or past vertical towards the breast.
 - * Stroke Cycle
 - * One arm stroke and one leg kick in that order.
 - * During each complete cycle, head must break surface.
 - * All movements of arms are **simultaneous** and in the **same horizontal plane** without **alternating movement**.
 - * Horizontal plane is parallel to the surface of calm water.
 - * Hands pushed forward together from breast.
 - * Recovery must start with within limits of the shoulder.
 - * Elbows must stay underwater except at turn and finish.
 - * Level of “calm” water.

Breaststroke

- * Stroke (continued)
 - * Hands brought back on or below surface.
 - * Hands cannot be brought back past hipline.
 - * Hands must be turning in by hip line.
 - * Exception: at start and after each turn, the first arm stroke may go past hipline.
 - * At start and after turn, head must break surface before hands turn inward at widest part of **second** arm stroke.
 - * Watch hands, then look at head.
 - * NOTE: no 15m requirement in breaststroke.

Breaststroke

* Kick

- * At start and after each turn, at any time prior to the first breaststroke kick (new in 2015), a single butterfly kick may be taken.
 - * Must be followed by a breaststroke kick.
- * After butterfly kick, all movement of legs must be **simultaneous** and in the **same horizontal plane** without **alternating** movement.
 - * Watch for hips parallel to surface and toes turned outward.
 - * Propulsion from bottom of foot.
 - * Alternating Kick
 - * Feet change up and down position relative to each other.
 - * Scissor kick
 - * One foot turned inward, one outward.

Breaststroke

- * Turn & Finish
 - * Touch with both hands **separated (new in 2013)** and simultaneously at/above/below surface.
 - * Watch for brush-touch.
 - * Head may be submerged at touch.
 - * Must have broken surface during last complete cycle.
 - * Must be towards the breast when leaving the wall.
 - * Watch feet, then look at shoulders.

Breaststroke

- * Start/Turn Checklist
 - * Shoulders in horizontal plane.
 - * Hands may be pulled past hipline on first stroke only.
 - * **Optional** butterfly kick **prior to** first breaststroke kick.
 - * Mandatory breaststroke kick.
 - * Arm push forward from breast = second arm stroke.
 - * Hands turn inward before hipline on second stroke.
 - * Check head has broken surface of water.

Medley Events

- * Individual: Butterfly, Backstroke, Breaststroke, Freestyle
- * Relay: Backstroke, Breaststroke, Butterfly, Freestyle
 - * Alphabetical order.
- * Must be swum in that order – DQ otherwise.
- * Intermediate turns follow the rules of the stroke.
- * Transitional turns follow finish rules of incoming stroke and turn rules of the outgoing stroke.
 - * Butterfly to Backstroke
 - * Backstroke to Breaststroke
 - * Watch for flip turn.
 - * Breaststroke to Freestyle
- * Freestyle may not use Butterfly, Backstroke, or Breaststroke.
 - * When is a stroke a stroke?
 - * Swimming on the back any time after leaving wall is a backstroke.
 - * Sufficient distance that official can certainly judge a stroke.

Relay Events

- * Four swimmers.
 - * No swimmer may swim more than one leg.
- * Relay Take Off
 - * Observe outbound feet leave platform or wall, then look down for touch.
 - * Relay take-off slip
 - * Circle each good take-off.
 - * 'X' each bad take-off.
- * Swimmer must immediately leave water at end of leg.
 - * What is immediate?
- * Medley Relay
 - * Medley stroke rules apply.
- * Freestyle relay.
 - * Freestyle rules apply: no restrictions on stroke.

Miscellaneous Rules

- * Swimmer must finish in the lane they started.
 - * Swimming across lanes okay as long as no interference and no stroke infractions.
- * They cannot pull themselves forward on lane lines.
 - * Okay to touch them, just not pull on them.
- * Cannot stand on bottom of pool except during freestyle.
 - * Can never push off the bottom.
- * A swimmer cannot enter the water in a heat they are not entered.
 - * Dipping goggles, splashing oneself, etc is okay.
- * A swimmer cannot interfere with any other swimmer.
- * A coach cannot touch a swimmer who is competing.



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 _____ PAST HIPLINE _____

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 _____

19 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 _____

29 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:

DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____

DELAY INITIATING TURN _____

35 SHOULDERS PAST VERTICAL _____

36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____

39 OTHER _____

INDIVIDUAL MEDLEY

41 STROKE INFRACTION(S) # _____

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 DECLARED FALSE START _____

69 OTHER _____

JUDGE: _____

(print name clearly)

REFEREE: _____

(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (02/10)

DESK/REFEREE

DQ Slip

- * Double-check Event, Heat, Lane, Name
- * Write team in upper right corner.
- * Check off violation under strokes.
- * For medley, write infraction number in medley area.
- * Add brief extra notes unless referee does not want them.
- * “Sign” legibly.
- * Referee must know who wrote it.

Swimmers With Disability

- * Article 105
 - * In general, stroke rules apply.
 - * Only judge parts of body that are present and usable.
 - * Referee should instruct officials on special accommodations or rule modifications.
 - * In-water or other special starting positions.
 - * Extra stroke after turns if can't kick off wall.
 - * Coach assistance from deck.
 - * Relay swimmers not able to leave water immediately.
 - * If you have disabled swimmers, review the rules.

Deck Presence

- * Observe, not scrutinize swimmers.
- * Judge the rules, not the beauty of the stroke.
 - * Some perfectly legal strokes can be very ugly.
- * Call only what you see.
 - * Assume nothing.
- * Return from breaks on time.
- * Keep your attention on the pool when swimmers are in the water.
- * Be pleasant, polite, helpful.
 - * It is okay to interact with others between heats.
 - * Help timers make sure the correct swimmer is starting.
- * Share space with timers. Explain your position limitations.
- * It's all about the swimmers; not you.

Mantra

***“Fairness to all competitors, giving the benefit of the doubt, in every instance, to the swimmer.”**

Finally...

- * Please make sure I have all your **certification information**.
- * Please make sure I have your **certification fee**.

Thank You

- * Questions or Comments
 - * E-mail me at mikeaberger@gmail.com
 - * I can provide a PDF of this presentation.
- * US Swimming Officials Resources
 - * www.usaswimming.org
- * GSSA Website
 - * www.gssaswim.com