



Part 2 - Stroke and Turn Judge



On-Deck

Initial Stroke and Turn Certification:

- ❑ **Apprentice a minimum of six (6) sessions at a minimum of two (2) USA-S/NCS sanctioned/approved swim meets with a mentor(s) assigned by the Meet Referee(s).**
- ❑ **Items that will be discussed:**
 - Correct position on the deck
 - Your jurisdiction
 - How to observe a swimmer (as an observer NOT an inspector)
 - “Benefit of doubt”
- ❑ **The first (5) apprentice sessions, you will not be making calls. Your role will be to observe, ask questions, and get a good feel for the position.**
- ❑ **The last session, the mentor will step back and let you apply all your training skills and help you build greater confidence in your ability to become a certified Stroke & Turn Judge.**
- ❑ **Each pool and each meet type will have differences – the Meet Referee will provide details**
- ❑ **You can do as many sessions as you would like until you’re comfortable...you are not limited to 6**

North Carolina Swimming Requirements for Apprentice Officials

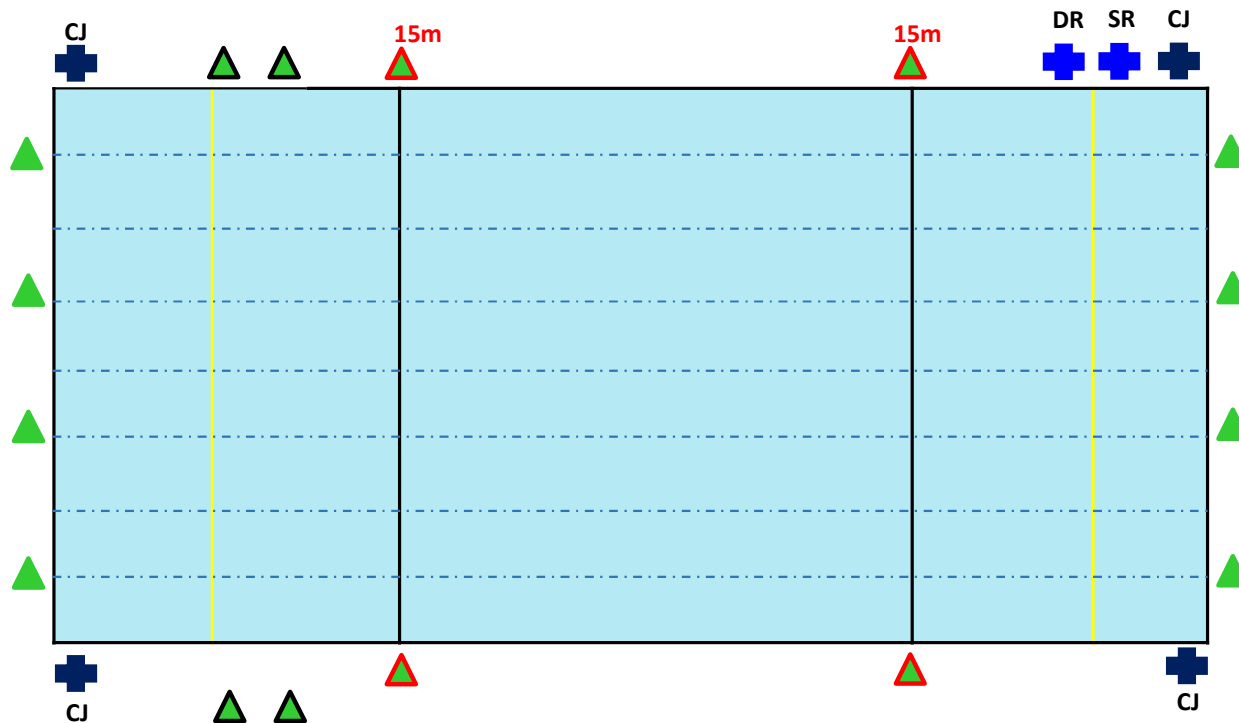
Testing the 'water'

- There are some costs for becoming an official **BUT**
 - You can start on deck without paying the fees
 - You have 60 days to pay the fees

- Specifically, per the NCS Policy, "In the first 60-days after clinic attendance date, up to 2 sessions are allowed prior to completion of prerequisites." (Prerequisites = Payment items plus APT and CPT)

General Positions/Jurisdictions

At the Officials briefing, the Meet Referee will assign positions and provide details for the meet




Note:

- Each pool and meet type will be unique
- If you are not clear...ask for clarification after the meeting is finished

On-Deck

- Important ...bring your Judge On-Deck Apprentice Record to every session during your apprenticeship and present it to the Meet Referee before and after the session.**
 - Each session must be documented on the Apprentice Record and signed by both the mentor(s) and Meet Referee.**
 - All certifications must be completed within **12 months** of your clinic. (Avg. = 60-90 days)**
 - With the completion of all Off-Deck requirements and a satisfactory final evaluation; send / email your Apprentice Record to the NCS Training Coordinator for certification.**
trainingcoordinator@ncswim.org
- ❖ **The NCS Training Coordinator will mail you an NCS Official name badge**



The form is titled "North Carolina Swimming Stroke & Turn Apprentice Record". It includes fields for the apprentice's name, address, city, zip, email, and phone number. There are also fields for the clinic date and instructor signature. A "VERY IMPORTANT - PLEASE READ BELOW" section contains instructions for the apprentice and mentor. Below this is a table with columns for Session, Meet, Stroke, Turn, Stroke Points, Turn Points, and Comments. At the bottom, there are sections for "Off-Deck Requirements" and "Apprentice Evaluation" with checkboxes for various skills and a "Final Evaluation" section.

Officiating Strokes

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Individual Medley and Medley
- Relays

101.5 FREESTYLE

101.5.1 Start - The forward start shall be used.

101.5.2 Stroke - In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

101.5.3 Turns - Upon completion of each length the swimmer must touch the wall.

101.5.4 Finish - The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.4 BACKSTROKE

101.4.1 Start - The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of touchpad is prohibited.

101.4.2 Stroke - The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

101.4.3 BACKSTROKE

101.4.3 Turns - Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

101.4.4 Finish - Upon the finish of the race, the swimmer must touch the wall while on the back.

101.3 BUTTERFLY

101.3.1 Start - The forward start shall be used.

101.3.2 Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under the water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after the turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

101.3.3 BUTTERFLY

101.3.3 Kick - All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or or breaststroke kicking movement is not permitted.

101.3.4 Turns - At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past vertical toward the breast when the swimmer leaves the wall.

101.3.5 Finish - At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

101.2 BREASTSTROKE

101.2.1 Start -The forward shall be used.

101.2.2 Stroke - After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

101.2.2 BREASTSTROKE-Stroke (continued)

101.2.2 Stroke (continued)

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3 Kick - After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outward during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

101.2.4 BREASTSTROKE

101.2.4 Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

Separated Hands



“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

OK



Separated means:
No stacked hands



101.6 INDIVIDUAL MEDLEY

101.6 Individual Medley - The swimmer shall swim the prescribed distance in the following order, the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

101.6.1 Start - The forward start shall be used.

101.6.2 Stroke - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

101.6.3 Turns -

- A. Intermediate turns with each stroke shall conform to the turn rules for that stroke.**

101.6.3 INDIVIDUAL MEDLEY-Turns (continued)

101.6.3 Turns -

B. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) Butterfly to Backstroke- The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be past vertical toward the back when the swimmer leaves the wall.

(2) Backstroke to Breaststroke- The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) Breaststroke to Freestyle- The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may touch in any manner.

101.6.4 Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

101.7.1 Freestyle Relay- Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

101.7.2 Medley Relay- Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order; first, backstroke, second, breaststroke, third, butterfly, and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

101.7.3 Rules Pertaining to Relay Races

- A. No swimmer shall swim more than one leg in any relay event.
- B. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.

101.7 RELAYS- (continued)

101.7.3 Rules Pertaining to Relay Races

D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.

E. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

F. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

G. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

Additional Information

- Reporting a potential disqualification**
- The Disqualification Report**
- Judging Relay Take-offs**
- Judging for various abilities**
- Further Training**

Observing & Reporting Violations

Professional, Relaxed and Confident

- ❑ Upon observing a potential infraction:
 - Raise hand promptly for a potential Disqualification (DQ)
 - Continue to observe jurisdiction while reporting DQ
 - Note DQ on heat sheet
 - Accurately fill out DQ slip, “no call” or call over turned

- ❑ Be prepared to answer “3 Questions:”
 - What is your jurisdiction?
 - What did you observe?
 - What rule was violated?

THE DISQUALIFICATION REPORT

When or where does a call take place?

USA SWIMMING Sequence of strokes in IM order
DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____
TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1I): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2) # _____
PAST VERTICAL AT TURN:
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2U) _____
TOES OVER LIP OF GUTTER AFTER THE START (2P) _____
HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____
NOT ON BACK OFF WALL (2K) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2I): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
ARMS: PAST HIPLINE (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
ELBOWS RECOVERED OVER WATER (3I) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD THE BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3O) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3I): _____

FREESTYLE
NO TOUCH AT TURN (4N) # _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE _____

RELAYS
STROKE INFRACTION: (61-64) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (66-68) # _____
CHANGED ORDER (6P): SWIMMER _____ STROKE _____
OTHER (6I): _____

MISCELLANEOUS
FALSE START (7O) _____ DECLARED FALSE START (7P) _____
DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____
OTHER (7S-Z): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (7/19)

The start is:

From the point the swimmers leaves the blocks until their head is up.

The swim is:

From the point the head is up until the swimmer initiates the turning motion.

The turn is:

From the initiation of the turn, last stroke in/continuous turning action, until the head is up.

The finish is:

The last stroke in/finish move at the finish.

USA SWIMMING DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____
TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1I): _____

The form incorporates the disqualification codes used in the most common administrative system called Meet Manager

THE RELAY TAKE-OFF FORM

- Pre-mark the EVENT and HEAT and PRINT your name
 - Mark the form to show your assigned lanes
 - Mark the form to show your position as SIDE or LANE judge
 - Complete the entire form for the lanes assigned
 - Circle or place an X over the swimmer number
 - X = Early Take-Off
 - O = Legal Take-Off
 - Do not converse prior to heat completion
 - Once last swimmer leaves the blocks each official shows their form to their partner if a take off violation is dual confirmed then one official raises their hand
- OR**
- Each official hands the forms to the Chief Judge who will radio announce the result

USA Swimming			
Relay Take Off Judge			
EVENT#	_____	HEAT#	_____
(Circle one: SIDE or LANE)			
	<u>Swimmer Number</u>		
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
<hr/>			
Signature _____			

Judging Swimmers with a Disability

Guidelines:

- ❑ The Rule Book grants the Referee the authority modify the rules for the swimmer with a disability
- ❑ Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities
- ❑ Judge any part of the body that is used
- ❑ Do not judge a part of the body that cannot be used or is missing
- ❑ Base your judgment on the rule...not the swimmer's technique

ARTICLE 105

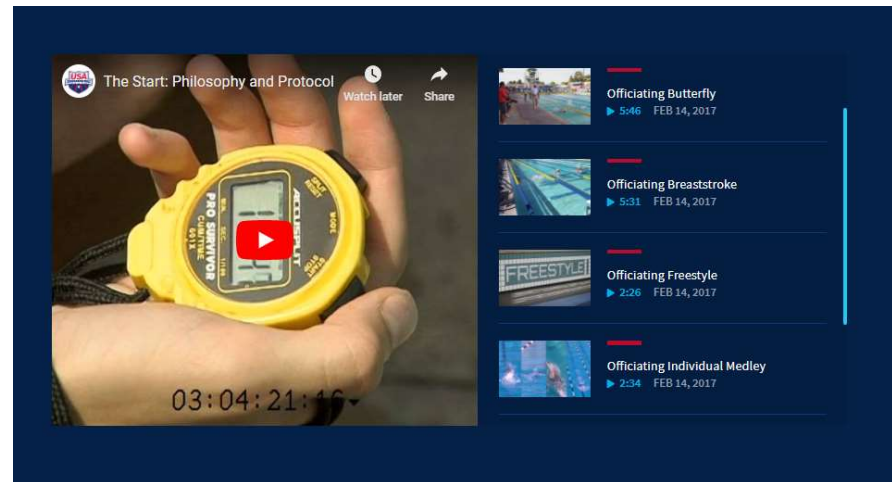
GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY IN USA SWIMMING MEETS

105.1 GENERAL

- .1 **Authority** — The USA Swimming Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications. Reference 701.24 for Open Water competitions.
- .2 **Responsibilities**
 - A **Swimmer** — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
 - B **Referee** — The Referee's responsibilities include:
 - (1) Determining if the requested modifications are appropriate and can be met.
 - (2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

Further Training Located on the USA Swimming Website Search...How to Become an Official

Video examples of officiating the various strokes



<https://www.usaswimming.org/officials/how-to-become-an-official>

HYPERLINK = [USA Swimming Videos for Stroke and Turn Officials](https://www.usaswimming.org/officials/how-to-become-an-official)