



Stroke & Turn CLINIC -- Part 2

North Carolina Swimming





Welcome...

- Introductions
 - Name
 - Club
 - Why are you stepping up to become an official?
- Keys to maximizing your training experience
 - Maintain a positive attitude
 - Have a good sense of humor
 - Ask Questions
 - Remember this is a learning experience

You should have completed Part 1 (self-study and quiz) covering off-deck requirements.



On-Deck Certification Requirements

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



On-Deck Certification Requirements (cont'd)

- 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.
 - You will receive this form after completing Attendance form and Part 1 Quiz
- Each session must be documented on the Apprentice Record and signed by both the mentor(s) and Meet Referee.
- All certification requirements must be completed within 12 months of this clinic date. (Avg. = 60-90 days)
- After completion of all Off-Deck requirements and a satisfactory final On-Deck evaluation;
 - Send / email a copy Apprentice Record to the NCS Training Coordinator for certification. (trainingcoordinator@ncswim.org)
 - The NCS Training Coordinator will mail you an NCS Official name badge

North Carolina Swimming
Stroke & Turn Apprentice Record

APPRENTICE NAME: _____ TEAM: _____
ADDRESS: _____
CITY, ST, ZIP: _____
EMAIL: _____
CLINIC DATE: ____/____/____ 60-DAYS: ____/____/____ INSTRUCTOR SIGNATURE: _____

VERY IMPORTANT - PLEASE READ BELOW
Apprentices are required to attend an approved Stroke & Turn training clinic hosted by a USA Swimming Referee prior to beginning their on-deck apprenticeship.
Apprentices are responsible for seeking written feedback from their mentor after each training session.
Once the Meet Referee has recommended an apprentice for certification, the apprentice is responsible for scanning this completed record and emailing it to the Training Coordinator at trainingcoordinator@ncswim.org or send a copy to Training Coordinator, 113 Deepwood Drive, Murfreesboro, TN 37132.
It is advisable for apprentices to contact the Meet Referee prior to attending their meets to ensure a mentor judge will be available. Information is found on www.ncswim.org under the Meets tab.

Session	Meet	Meet Session #	Meet Type (Swim, etc.)	Date	Mentor Name (PRINT)	Referee Name (PRINT)	Comments
1							
2							
3							
4							
5							
6							
7							
8							

On-Deck Requirements (Must be completed within 60 days of your clinic date.)
Date Completed: _____
Account Created at www.ncswim.org
Meet 1 Live/Repetitive Stroke/Stroke & Turn (REQUIRED) _____
Non-Judicial Membership Registration Complete _____
Level 2 Background Check Complete _____
Allyson Protection Training Complete _____
Continuation Protocol Training Complete _____
Passed Online Stroke & Turn/Turner Judge Test (access at www.ncswim.org) _____

Apprentice Certification
Date Completed: _____
OST On-Deck Cert. Rev. 6 Form Approved 1/1/2021



“Testing the Water”

Is this role for me?

- 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 for USAS membership and Background check (fees are part of off-deck Prerequisites – covered in Part 1)
 - Some clubs will reimburse these 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)



Officiating Strokes

NCS Stroke & Turn Clinic



Officiating Strokes

- USA Swimming Rules cover the following
 - 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

- **101.4.2 Stroke (cont'd)** - Additionally, once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch. **
- **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 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



"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.



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

NCS Stroke & Turn Clinic



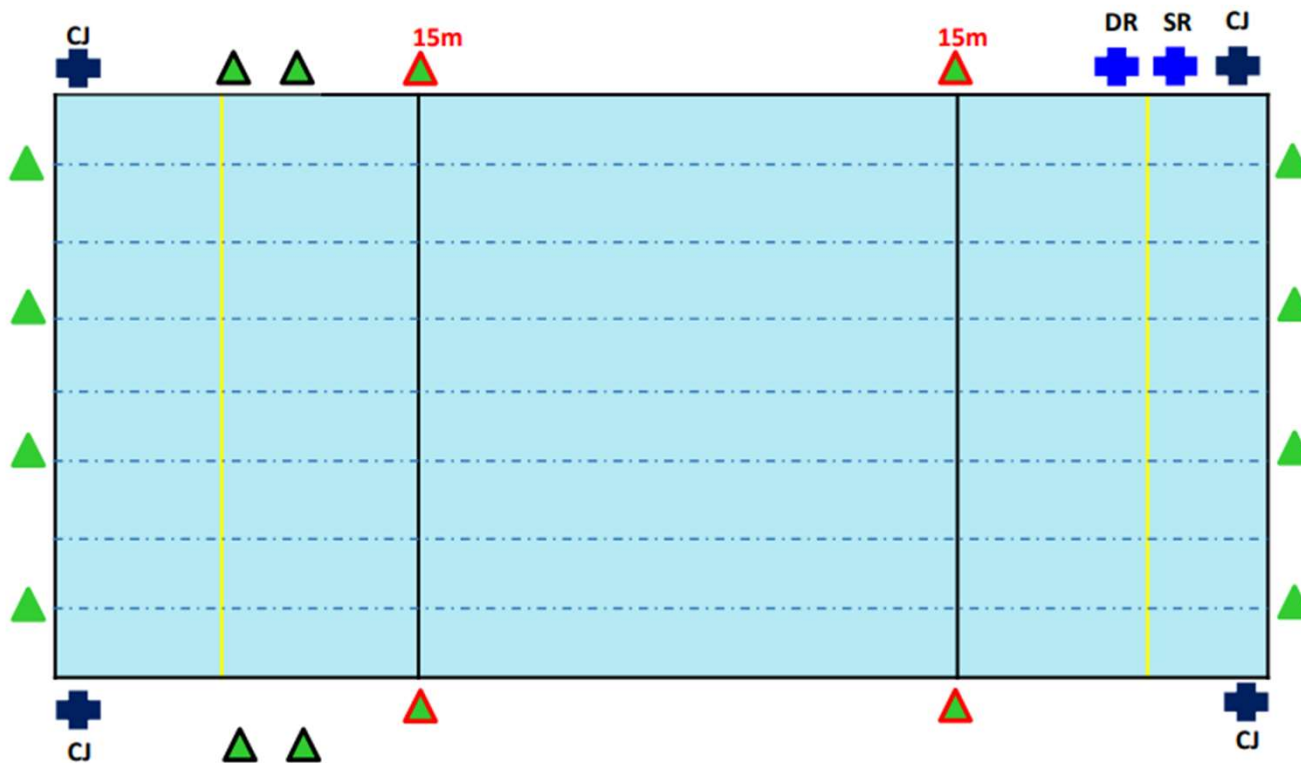
Additional Information

- General Position and Jurisdictions
- Observing and Reporting a potential disqualification
- The Disqualification Report
- Judging Relay Take-offs
- Judging Swimmers with Disabilities
- Further Training



General Position and Jurisdictions

- Meet Referee will assign positions and provide details for meet during the Officials Briefing



Note:

- Each Pool and Meet type may have unique layout and jurisdiction
- If not clear... ask for clarification at end of Officials meeting



Observing & reporting a potential disqualification

- Observations should be Relaxed, Confident, and Professional
- 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 & print name at bottom
 - “No call” or call overturned?
- Be prepared to answer “3 Questions:”
 - What is your jurisdiction?
 - What did you observe?
 - What rule was violated?

Remember:

- Call what you see... See what you call
- Benefit of doubt goes to the Swimmer
- If you “think you saw it”, you did not see it!



The Disqualification Report

When or where
does a call take
place?

Sequence of strokes in IM order

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 (1T) _____

BACKSTROKE START SWIM TURN FINISH

NO TOUCH/AT TURN (2J) # _____

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 (2V) _____

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 (3G) _____ HEAD NOT UP (3P) _____

DOUBLE PULLS/KICKS (3S) _____

OTHER (3T) _____

FREESTYLE NO TOUCH/AT TURN (4A) # _____

HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4R) _____

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 (65-66) # _____

CHANGED ORDER (6P) SWIMMER _____ STROKE _____

OTHER (6T) _____

MISCELLANEOUS FALSE START (7A) _____ DECLARED FALSE START (7P) _____

DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____

OTHER (7S-7Z) _____

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 (1T) _____

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



Judging Relay Take-offs / Relay Take-off form

- Before the Heat:
 - Pre-mark the EVENT and HEAT and PRINT your name
 - Mark the form to show:
 - Your assigned lanes
 - Position as SIDE or LANE judge
- During the heat:
 - 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:
 - Official compare form with partner
 - If early take off is dual confirmed,
 - report to Chief Judge or Deck Referee
 - Complete DQ Report, both “sign” at bottom, submit with RTO form

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



Judging Swimmers with Disabilities

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

1

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 a Personal Assistant(s) or any equipment (tappers, deck mats, etc.) if required.

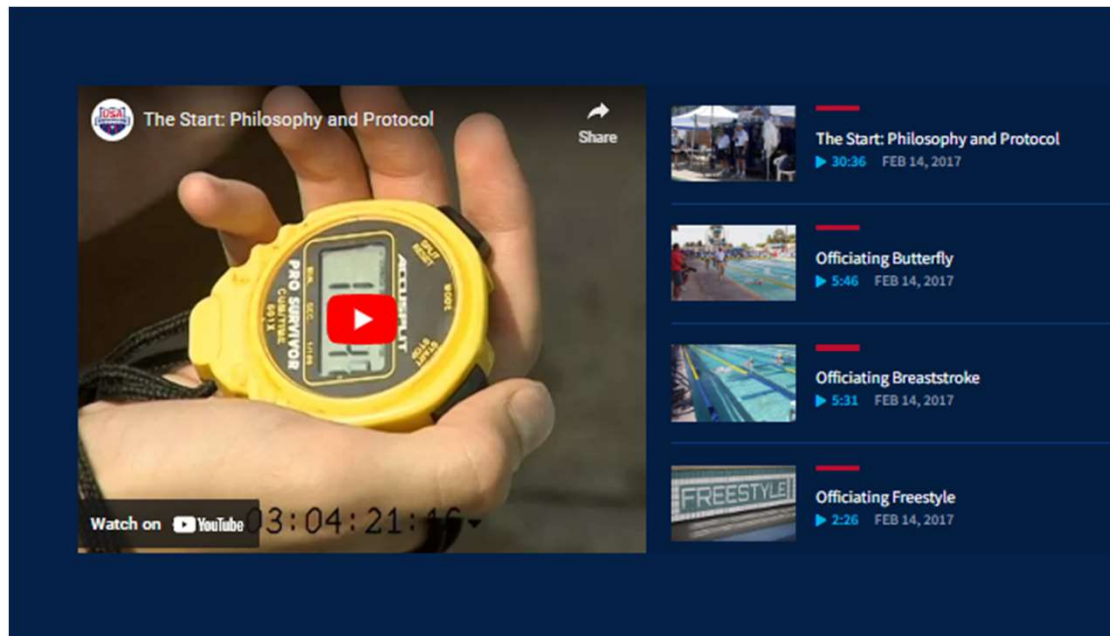
B **Referee** — The Referee's responsibilities include:

- (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

- 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>