

Beginning Stroke and Turn



USA-S Officials Training

Part One
January 30, 2021

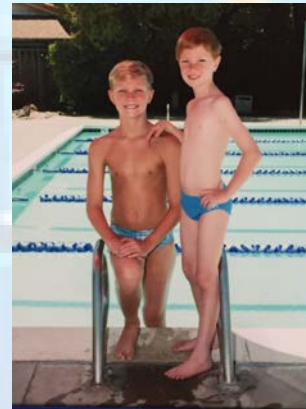


Welcome and Introductions

Your Facilitators

Bob Armbruster

- USA Swimming Official for 7+ years, N3 Stroke & Turn
- Club: Swim South Bay
- Day Job: Semiconductor Sales, Automotive at TI
- Children – Ethan (17) and Gavin (12), more into water polo the last 2 years.
- Email: bob_armbruster@comcast.net



Your Facilitators

Randy Wu

- Stroke & Turn Official – 6 Years
- Santa Clara Swim Club
- Day Job: Facilities IT Analyst
- Children: Christopher and Kaitlyn; both adults, no longer swimming
- Enjoying the sport, watching the swimmers grow and achieve their goals
- Email: mail4rjw@yahoo.com



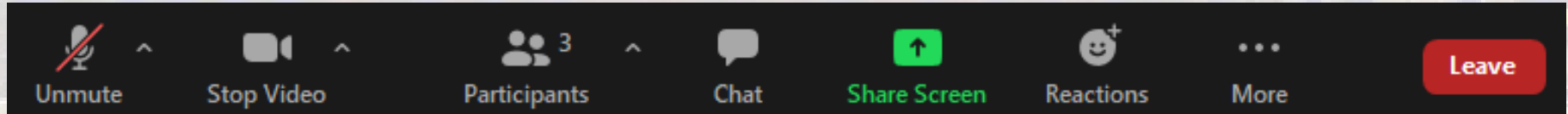
Zoom Guidelines



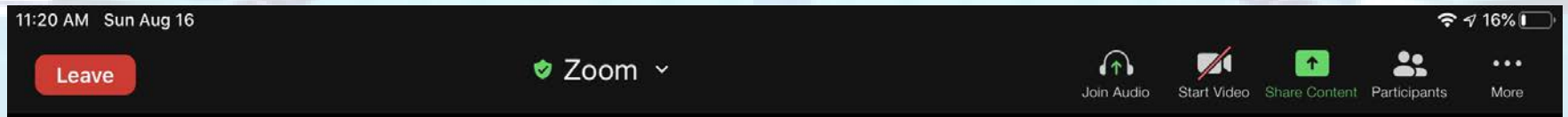
- Please mute yourself while others are speaking
- Please put your questions in the chat or you can raise your hand for periodic Q&A breaks
- Use the side-by-side view to see the speaker and the content, or the speaker will float on top on the presentation.

Zoom Meeting Controls

Computer/Browser View of Participant Meeting Controls

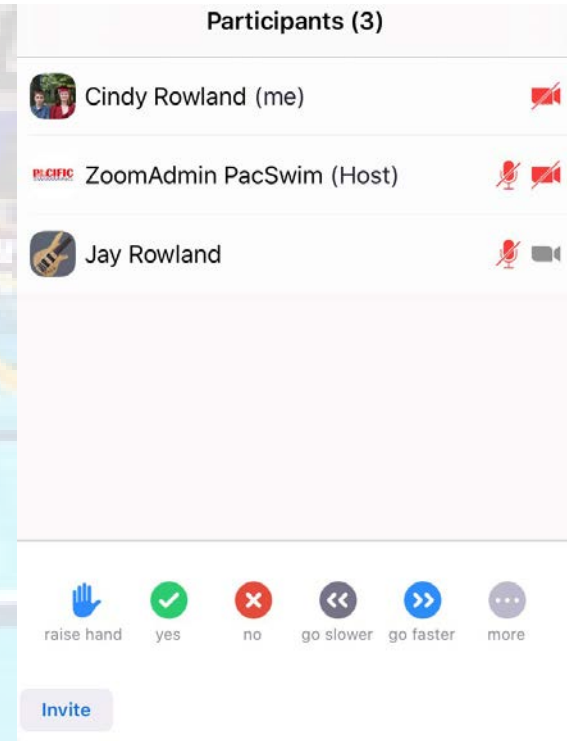


Mobile View (iPad or iPhone) of the Participant Controls in the Zoom App



Zoom Meeting Interactions

- Click on Participants on the black bar at the bottom to bring up the Participant window.
- Use the buttons at the bottom to interact with the meetings... raise hand, indicate yes or no, click the more button to give additional feedback.



Beginning Stroke and Turn Course Objectives



- Understanding the charter of the USA-S Organization
- Understanding and application of technical stroke rules
- Procedure of disqualification and filling out the DQ Slip
- Overview of a swim meet from the official's perspective
- Certification Requirement and Process

Training Agenda

- Introduction
- Why officiate?
- Technical rules, and DQ's
- Stroke and Turn in action – Deck Time (on-deck clinics)
- Anatomy of a swim meet
- The Certification Process



Why Officiate?

USA Swimming Mission Statement



USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Olympic & Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport. We are committed to providing a safe and positive environment for all members.

-Vision: To inspire and enable our members to achieve excellence in the sport of swimming and in life

-Core Objectives: Build the base, promote the sport, and achieve competitive success

Why do you want to be a USA-S official?



Officials are ambassadors for the sport of swimming: They support the athletes and coaches, by ensuring swimming competition is conducted in a safe and fair manner for all ... and also get to watch some great swimming while doing their jobs.

What is your interest in becoming an official?

- Being part of the meet versus a spectator, interacting with athletes and coaches
- Developing a passion for swimming by building knowledge and new skills
- Building friendships with officials across the zone, LSC and nation: becoming part of the larger officials' community
- The Perks ... Officials parking, hospitality, and a starbucks card!
- Hanging out at a swim meet in the parent tent with nothing to do – not fun!
- Letting our kids take responsibility for themselves by getting out of their way
- Volunteer hours are not a problem!!
- Giving back



USA Swimming Organization:

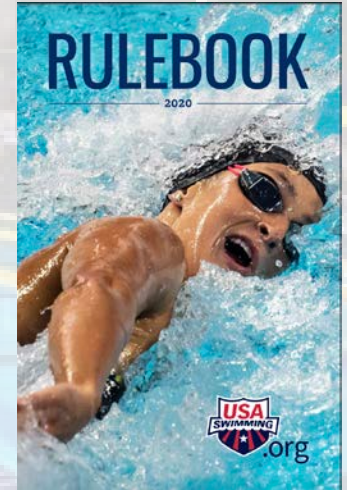


- USA Swimming
 - National organization responsible for technical rules, by-laws
- Local Swim Committee
 - 59 LSCs
 - Pacific Swimming (PC)
- Zones in Pacific Swimming
 - **Zone 1 South - South San Francisco Bay, Santa Cruz, and Monterey**
 - Zone 1 North – Peninsula from Sunnyvale to San Francisco
 - Zone 2 – East Bay
 - Zone 3 – North Bay
 - Zone 4 – Lake Tahoe, Reno



Philosophy of Officiating

- Everything is grounded in the rules. The rules define what is legal and what is not.
 - Graceful ≠ Legal; Ugly ≠ Illegal
- Observers, not inspectors or coaches
- Observation should be consistent for all rules and all swimmers
- Do NOT infer or extrapolate
- Golden Rule – The benefit of doubt always goes to the swimmer!



Uniform and Self-Presentation

- Uniform Requirements:
 - (Khaki or Navy) pants or knee-length shorts or skirt (not jeans)
 - White polo shirt, tucked
 - Belt
 - Primarily white tennis shoes, or boots
 - White socks
 - Credentials, and nametag (lanyard or not?)
 - Look professional at all times!
 - USA Swimming has begun using black pants and black shoes at some meets

Questions

- Questions about material from chat
- Any raised hands

The Technical Rules

The Four Competitive Strokes

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

The Technical Rules

The Technical Rules for each competitive stroke are broken down in the USA-S Rule Book into the following components to describe a legal swim:

- Start
- Stroke
- Kick (except backstroke & freestyle – why?)
- Turn
- Finish

Definitions

- Arm--that part of the body that extends from the shoulder to the wrist
- Body--the torso, including the shoulders and hips
- Finish--the instant that a swimmer touches the wall at the end of the prescribed distance
- May--permissive, not mandatory
- Shall--mandatory

Definitions continued:

- On the back--position of the body when the shoulders are at or past vertical towards the back
- On the breast--position of the body when the shoulders are at or past vertical towards the breast
- Propulsive--having the power to propel
- Scissors kick--using the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick

More Definitions:

- Simultaneously—Occurring at the same time
- Touch—Contact with the end of the course
- Turn—A point where the swimmers reverse or change direction
- Vertical—Perpendicular to the water surface
- Horizontal—Parallel to the water surface
- Wall—Vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course
- Glossary – at front of rule book and is reference for all the above definitions

Questions

???

- Questions from chat? Raised hands?
- Next up: Butterfly Video
- <https://www.youtube.com/watch?v=4ajQQQnSKQ0>

Butterfly (Rule Book: 101.3)



Phase of Swim	Elements of Phase
Start – 101.3.1	<ul style="list-style-type: none">• Forward start
Stroke – 101.3.2	<ul style="list-style-type: none">• Body kept on Breast• Multiple kicks permitted but first arm pull (stroke) must bring swimmer to the surface of the water• Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break the surface• Arms, shoulders to wrists , brought forward over the water and pulled back simultaneously
Kick – 101.3.3	<ul style="list-style-type: none">• Simultaneous up and down movement• No alternating, scissors or breaststroke kicking movements
Turn/Finish – 101.3.4&5	<ul style="list-style-type: none">• Shoulders at or past vertical toward the breast when the swimmer leaves the wall• Touch shall be made with both hands separated and simultaneous at, above or below the water

Butterfly Questions

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- Next up: Breaststroke Video
- <https://www.youtube.com/watch?v=6ZXUEfP-Agc>

Breaststroke (Rule Book: 101.2)



Phase of Swim	Elements of Phase
Start – 101.2.1	<ul style="list-style-type: none">• Forward start
Stroke – 101.2.2	<ul style="list-style-type: none">• Body kept on the breast• Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in the same horizontal plan• After the start and at each turn, the arm stroke may be completely back to the legs. Head must break the surface at the widest part of the second pull• Recovery of the hands from the breast on, under or over the water. Elbows under the water except last stroke before turn, during the turn, and at the finish
Kick – 101.2.3	<ul style="list-style-type: none">• After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted before, during, or after arm pull• Movement of the legs must be simultaneous and in same horizontal plane without alternating movement• Feet turned out during propulsive part of kick• No alternating, scissors or butterfly kick except as stated is allowed
Turn/Finish – 101.2.4	<ul style="list-style-type: none">• Shoulders at or past vertical toward the breast when the feet leave the wall• Touch shall be made with both hands separated and simultaneously at, above or below the surface of the water• At the last stroke before the touch at the turn and the finish, an arm stroke not followed by leg kick is permitted• Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch

Breaststroke Questions

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- Next up: Backstroke Video
- <https://www.youtube.com/watch?v=v5IjKFBIY18>

Backstroke (Rule Book: 101.4)



Phase of Swim	Elements of Phase
Start – 101.4.1	<ul style="list-style-type: none">• In water facing start end with hands on gutter or starting grips• Guttered pool – feet and toes may be above the water but may not be in, above or on lip or bent over the gutter anytime before or after the start• Flat wall pads – toes may be placed above the water line• When using backstroke ledges – the toes on both feet must be in contact with the wall
Stroke – 101.4.2	<ul style="list-style-type: none">• Any style as long as the swimmer remains on their back• Must break surface throughout the race except swimmer may be submerged after the start and each turn not more then 15 meters where the head must break the surface
Turn – 101.4.3	<ul style="list-style-type: none">• During turn, the swimmer can turn past vertical toward the breast and may utilize a continuous single or continuous double arm pull to initiate the turn• Some part of the swimmer must touch the wall at the conclusion of each length• Shoulders at or past vertical toward the back when the feet leave the wall
Finish – 101.4.4	<ul style="list-style-type: none">• Some part of the swimmer must touch the wall while on the back

Backstroke Questions

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- Next up: Freestyle Video
- <https://www.youtube.com/watch?v=baQJzcnG3oQ>

Freestyle (Rule Book 101.5)



Phase of Swim	Elements of Phase
Start – 101.5.1	<ul style="list-style-type: none">• Forward start
Stroke – 101.5.2	<ul style="list-style-type: none">• Any style may be used (except medley relay or individual medley where freestyle must be any style other than butterfly, breaststroke, or backstroke)• Must break surface during the race except swimmer may be submerged after start and each turn not more than 15 meters where the head must break the surface.
Turn/Finish 101.5.3 & 4	<ul style="list-style-type: none">• Some part of the swimmer must touch the wall on the completion of each length and after completing the required distance

Freestyle Questions

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- Next up: Individual Medley Video
- https://www.youtube.com/watch?v=6w452d_ZcAA

Individual Medley (Rule Book: 101.6)

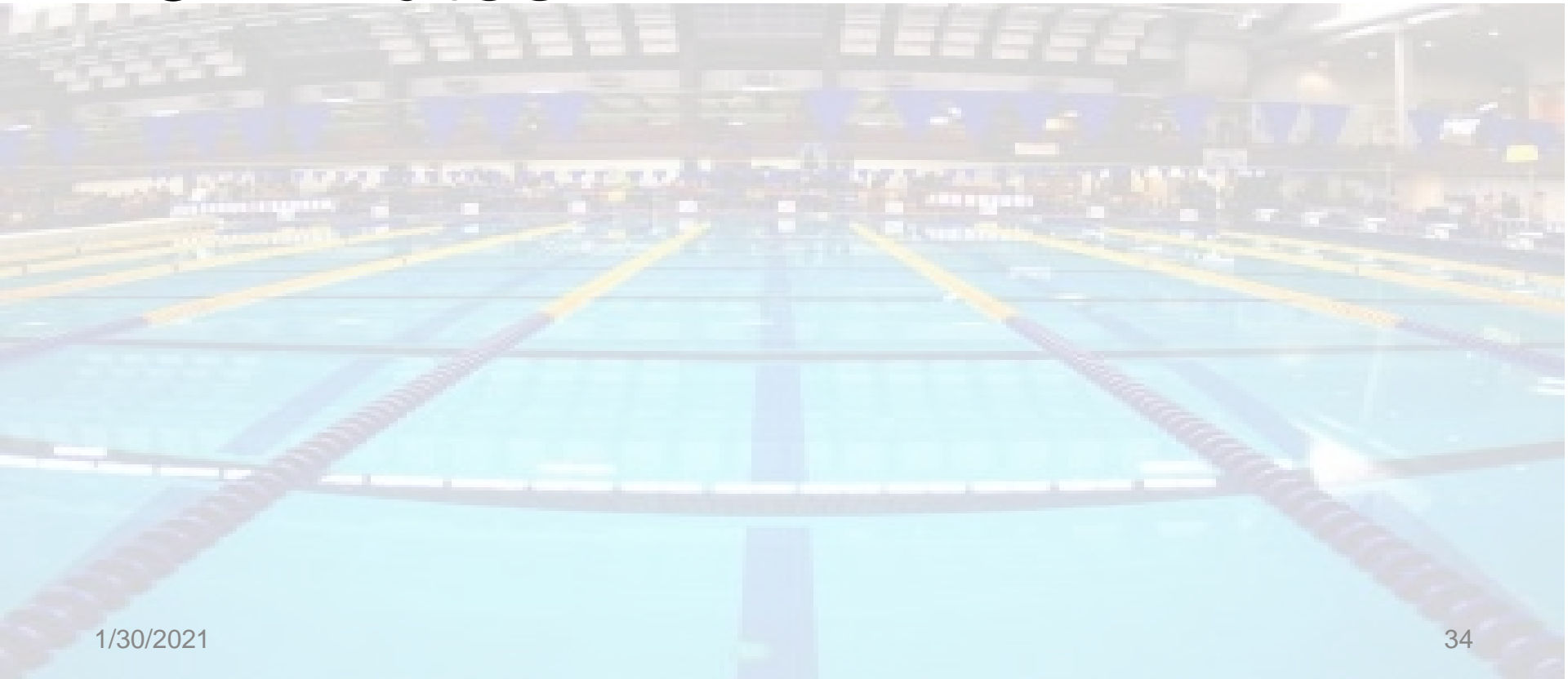
IM	Elements of Phase
Start – 101.6.1	<ul style="list-style-type: none">• Forward Start
Stroke – 101.6.2	<ul style="list-style-type: none">• Rules for each stroke apply• Must swim $\frac{1}{4}$ of event distance in prescribed stroke, in order Butterfly, Backstroke, Breaststroke and Freestyle• May not swim in the style of the other three strokes during the freestyle leg
Kick	<ul style="list-style-type: none">• Rules for each stroke apply
Turns/Finish 101.6.3 & 4	<ul style="list-style-type: none">• Intermediate turns conform to the turn rules of each stroke• Transition turns conform to the finish rules of each stroke

IM Questions

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- Next up: Break

Let's take a Quick Break – 15 minutes





Disqualification Process

Disqualification (DQ) process:

- If you see something, don't be afraid to call it
- Don't expect the other judge to call it
- Raise your hand – keep it up so referee/chief judge can see it
- Note: lane, heat, event (correct swimmer!), infraction
- Jot down notes (cheat sheet)
- Once swimmers leave your jurisdiction: write the DQ
- Step back, take your time!, focus, take a breath
- Coverage while writing DQ

DQ slip details:

- When writing the DQ make sure:
- Take your time, fill it out completely and neatly
 - Circle the infraction(s)
 - Sign as judge
 - Medley: write number code(s) in space (will discuss during DQ slip walkthrough)
 - Obtain swimmer's name from timers
- Notify swimmer if you can, yellow slip goes to the swimmer
- Turn in white DQ to the deck referee
- Be available to answer questions/clarifications if needed

Athlete Notification

When notifying an athlete, make sure you do the following:

- Ask the athlete to step behind the timers
- Remove sunglasses and get down to eye level with the athlete
- Apply the "sandwich" technique – compliment, DQ, encourage
- Explain to the athlete what you observed, and why that resulted in the DQ
- Give athlete the yellow copy, and ask him to bring it to the coach

(per USA-S rules, officials are required to make an attempt to notify the athlete or coach that they have been disqualified)

Please do not ...

- Coach the athlete (that is not in your job description)
- Use arm or leg movements to explain the disqualification

Things you should do:

- Judge per the rules, not style – lack of mastery does not mean the stroke is illegal
- Know your jurisdiction (discussed later)
- Judge fairly and evenly: all swimmers equal
- Learn effective positioning
- Experienced, novice, younger, older: all the same! – be objective, you are a **judge**.
- **Benefit of doubt always goes to the swimmer**
- If you have questions ask team leader or chief judge, don't be afraid to ask!

Avoid at all Costs

- Coach an athlete who was disqualified
- Discussion of DQs with parents, athlete or coaches-- refer parents to the coach and the coach to chief judge/deck referee
- Don't take it personally if your call is overturned
- Don't avoid DQ'ing athlete because you feel badly for him/her. This is part of the learning process for the swimmer
- Don't favor any swimmer, team, friend, etc.
- We "Observe" versus "scrutinize" the athletes (no over-judging)

Protests

- The swimmer's coach is responsible for protesting a DQ. Parents may NOT protest a DQ.
- Protest is initiated through the Chief Judge or Referee. Stroke & Turn Officials should not discuss DQs with coaches or parents.
- The Chief Judge or Referee is responsible for investigating the DQ.
- The Referee will make the determination to uphold or overturn the DQ based on the investigation

Protests

- The following are questions that you may be asked by the Chief Judge or Referee:
 - ***What is your jurisdiction?*** Was the infraction yours to call?
 - ***Where were you standing?*** Were you standing in a position such that you can observe the infraction you called?
 - ***What did you observe?*** In few words, describe what you saw the swimmer do. For example, at the finish of the race, the swimmer reached and touched the wall with their left hand and then the right hand.
 - ***What was the infraction?*** Does the infraction match what was observed?

Beginning Stroke and Turn



USA-S Officials Training

Part Two

DQ Slip Walkthrough



“Gentlemen, this is a football”. In only five words, Vince Lombardi communicated his point: We’re going to start with the basics and make sure we’re executing all the fundamentals.

Ladies and gentlemen, this is a DQ slip



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 (1K) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____
NOT TOWARD THE BREAST OFF WALL (1N) _____
HEAD DID NOT BREAK SURFACE BY 15m (1P) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2A) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____
MULTIPLE STROKES (2D) _____
TOES OVER LIP OF GUTTER AFTER THE START (2E) _____
HEAD DID NOT BREAK SURFACE BY 15m (2F) _____ RE-SUBMERGED (2G) _____
NOT ON BACK OFF WALL (2H) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2T): _____

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

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

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) (5A) # _____
OUT OF SEQUENCE (5B) _____

RELAYS
STROKE INFRACTION: (6A-D) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (6F-H) # _____
CHANGED ORDER (6L): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7A) _____ DECLARED FALSE START (7B) _____
DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____
OTHER (7T): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (5/14)

DESK/REFEREE



DISQUALIFICATION REPORT

EVENT # 14 HEAT 2 LANE 6
SWIMMER John Smith TEAM SCSC

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 (1K) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____
NOT TOWARD THE BREAST OFF WALL (1N) _____
HEAD DID NOT BREAK SURFACE BY 15m (1P) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2A) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____
MULTIPLE STROKES (2D) _____
TOES OVER LIP OF GUTTER AFTER THE START (2E) _____
HEAD DID NOT BREAK SURFACE BY 15m (2F) _____ RE-SUBMERGED (2G) _____
NOT ON BACK OFF WALL (2H) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2T): _____

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

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

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) (5A) # _____
OUT OF SEQUENCE (5B) _____

RELAYS
STROKE INFRACTION: (6A-D) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (6F-H) # _____
CHANGED ORDER (6L): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7A) _____ DECLARED FALSE START (7B) _____
DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____
OTHER (7T): _____

JUDGE: Jane Doe
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: SWIMMER _____ COACH _____

rev. (5/14)

DESK/REFEREE



DISQUALIFICATION REPORT

EVENT # 14 HEAT 2 LANE 6
SWIMMER John Smith TEAM SCSC

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 (1K) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____
NOT TOWARD THE BREAST OFF WALL (1N) _____
HEAD DID NOT BREAK SURFACE BY 15m (1P) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2A) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____
MULTIPLE STROKES (2D) _____
TOES OVER LIP OF GUTTER AFTER THE START (2E) _____
HEAD DID NOT BREAK SURFACE BY 15m (2F) _____ RE-SUBMERGED (2G) _____
NOT ON BACK OFF WALL (2H) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2T): _____

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

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

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) (5A) # _____
OUT OF SEQUENCE (5B) _____

RELAYS
STROKE INFRACTION: (6A-D) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (6F-H) # _____
CHANGED ORDER (6L): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7A) _____ DECLARED FALSE START (7B) _____
DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____
OTHER (7T): _____

JUDGE: Jane Doe
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: SWIMMER _____ COACH _____

rev. (5/14)

SWIMMER/COACH

Rules Pertaining to Relay Races (Rule Book: 101.7, 102.3.7, & 102.13)



General & Phase of Relay

Elements of Phase

General

101.7.4(A)(D)

102.3.7

102.13.6(A)

102.13.6(B)

- No swimmer shall swim more than one leg of any relay event
- 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
- Any changes in the names of the competing swimmers or the order of swimming must be declared to the Head Lane Timer prior to the start of the heat in which such relay team is entered. No changes will be permitted thereafter.
- The take-off judge shall stand so that they can clearly see the feet of the departing swimmer and the touch of the incoming swimmer
- If dual take-off judging is used, lane and side judges shall independently report infractions in writing without the use of a hand infraction signal
- A relay team is disqualified if both judges report a disqualification

Rules Pertaining to Relay Races (Rule Book: 101.7, 102.3.7, & 102.13) (Cont.)



General & Phase of Relay	Elements of Phase
Starts 101.7.4(C)	<ul style="list-style-type: none">• In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg
Finishes 101.7.4(B)(E)	<ul style="list-style-type: none">• 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• Each relay team member shall leave the water immediately upon finishing his/her leg except the last member
Take-Offs 101.7.4(F)(G)	<ul style="list-style-type: none">• In relay races the team of a swimmer whose feet have lost touch with the starting platform before his/her preceding teammate touches the wall shall be disqualified• 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.

Relay Race

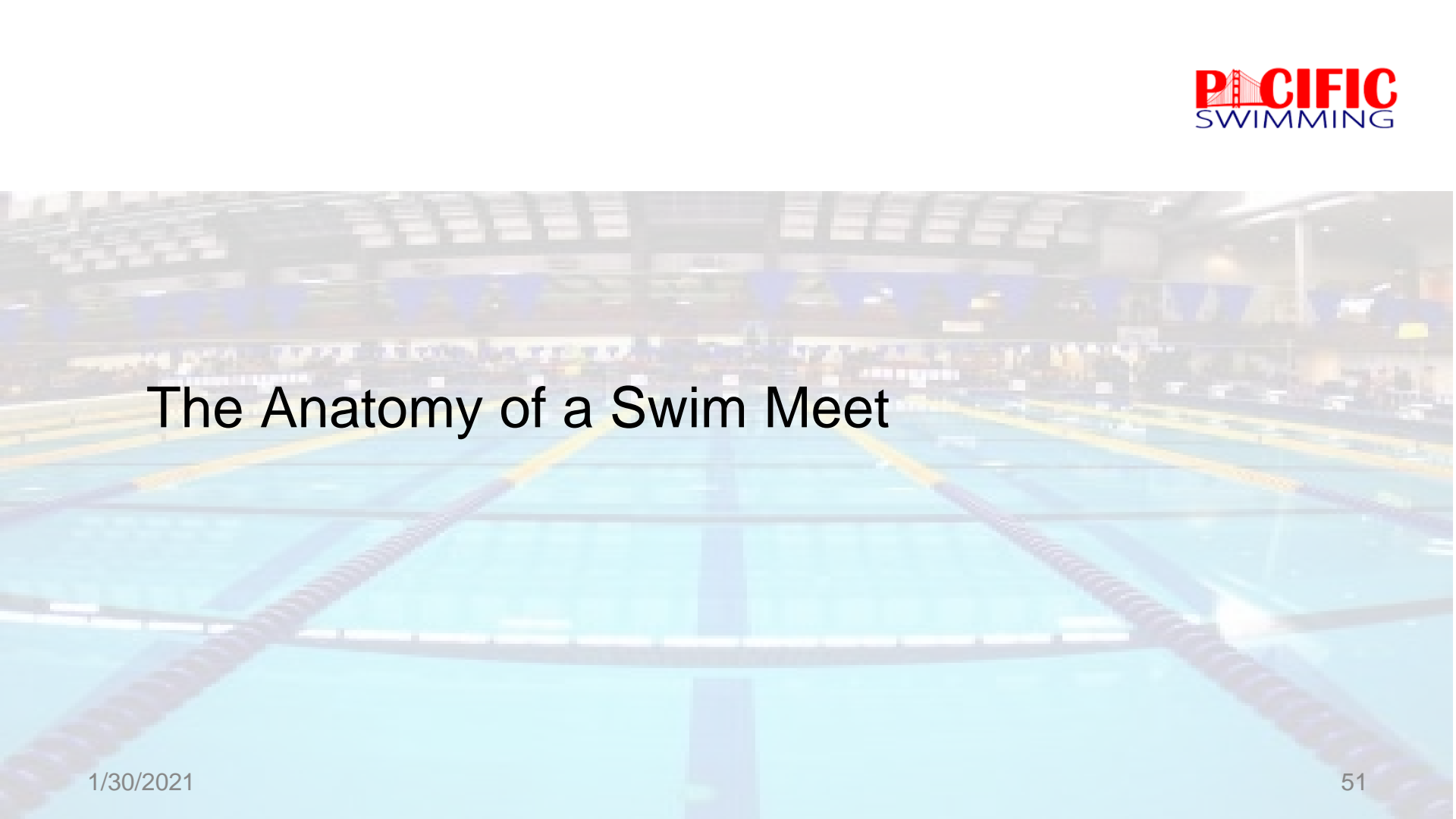
- Medley relay vs individual medley:
- Sequence differs
- Individual Medley: fly, back, breast, free
- Medley Relay: back, breast, butterfly, free (alphabetical)
- Free relay
- Early takeoffs: feet leave → hands have touched, "toes to touch"
- Double confirmation needed for early take off DQ

Jurisdiction

- The specific area of the pool that you will be responsible for judging including
 - Which lanes and what part of those lanes
 - Walkers versus Turn Judges (LC)
 - 15 meter mark
- This will vary from meet to meet
 - Short Course 25 yard pool
 - Long Course 50 meter pool
 - Championship Meet

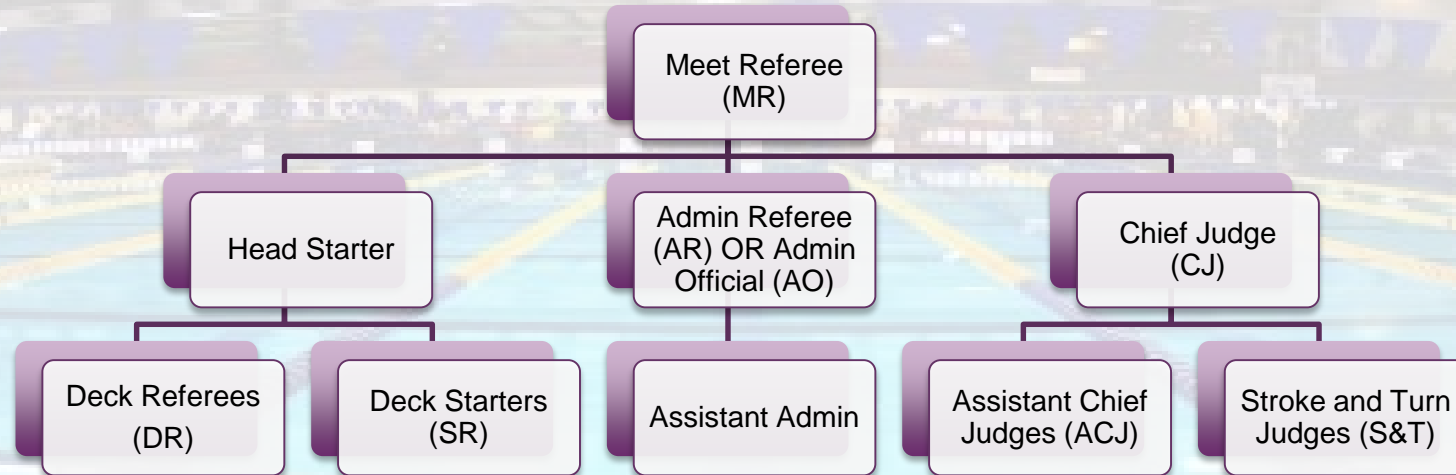
Positioning

- All about trying to get the best view of the athletes in your jurisdiction.
 - More difficult the more lanes you have to watch
 - When there are no restrictions (like starting blocks), don't be afraid to move around to get that best view
 - Typically easiest on turn end of pool
- Presentation of some scenarios on easel



The Anatomy of a Swim Meet

Organization of Officials



The Professional S&T Official



- Timely arrival
- Appropriate attire
- Professionalism
- Interaction with other volunteers
- Just like swimmers, becoming a good official takes work/experience
- Be aware of your behavior even when not officiating

When you arrive

- Check in with CJ or Meet Referee
- Sign in, make sure you bring your credentials and they are up to date (Deck Pass OK)
- Confirm the time and location of the Official's Meeting
- If applicable, take care of your family first so you can
- Be on time for the official's meeting!

The Officials' meeting

- Meet the senior and other officials for the meet
- Learn how this meet is going to run
- Learn what team you will be assigned to
- Review stroke and turn rules if no stroke briefing

Things you will learn at the meeting



- Pool deck orientation:
 - Where things are – First Aid, Hospitality, rest rooms, etc.
 - Expectations for the meet – Timeline, jurisdictions, pool setup, and overall staffing
 - Any special considerations or other information, issues will be conveyed here

More things you will get at the meeting

- Jurisdiction for officiating
- Officiating teams/team leaders
- Rotations
- Timing of rotations and breaks
- Stroke briefing – review of technical rules for ALL strokes
 - Focus is not on one stroke/infraction
 - If you have a question regarding a specific rule, take it to your CJ one on one, do not bring it up at the meeting
- Notification of swimmers – for DQ's
- Other things for you to be aware of while on deck

Safety: we are marshals as well

- Safety - in the water and on deck
- No Glass Containers on deck
- No pets on deck
- No running, horseplay
- Three point entry into warm up area (no diving)
- No photography/videos from behind the blocks
 - Remember 25 yard events starting on the turn end
 - Photography/videos allowed toward the turn-side of the starting area



The Certification Process

Certification Requirements

Stroke & Turn L1



1. Attend a Clinic
 - Formal Classroom Training
2. Register with USA-S (non-athlete)
3. Pass Level II Background Check
4. Complete Athlete Protection Training
5. Pass Online Certification Test
6. Concussion Training (varies from LSC to LSC – in California, a state requirement)

Steps 1 - 6 are required to become an apprentice (T1)

- Work as an apprentice (T1)
- Be evaluated at two 2-day meets and recommended by two different Meet Referees
 - Final evaluations must be in your zone
- NOTE: Final decision for promotion is made by the Zone Official's Chair

Certification Requirements

Certification Levels



- **T1 certification**
 - Apprentice Level
 - Can work supervised on deck (making calls, writing slips)
- **L1 Certification**
 - Entry Level S&T
 - Mainly works at Zone Meets
- **L2 Certification**
 - Works at LSC Meets
 - Works as a CJ
 - Mentoring
 - Understands the operations of a swim meet
- **L3 Certification**
 - Seen as an expert in both the Zone and LSC
 - Leadership qualities

Certification Requirements: Shadowing

- Shadowing is training by **observing** a certified official perform their duties as a Stroke and Turn including:
 - Team, jurisdiction, and rotations
 - Calling an infraction by raising their hand
 - Filling out the disqualification slip
 - Interaction with other officials – e.g. chief judge, deck referee, starter
- Critical component of the training process for an official
- No pre-requisite required to shadow at a swim meet
- S&T Trainees are encouraged to shadow after they complete their clinic until they receive their T1 (Z1S – varies a bit from zone to zone)
- If you plan to shadow, attend the officials meeting at the beginning of the session and sign-in as a shadow.

Certification Requirements: Apprentice or Trainee



- An Apprentice (also referred to as a Trainee or T1) is a non-certified official who continues to learn and develop their skills by working as a S&T under the direct supervision of a certified official, CJ, or Meet Referee.
- **Requirements for becoming an apprentice include the following:**
 - Attend a clinic (formal training)
 - Register with USA-S as an official
 - Pass Level II Background check
 - Complete the Athlete protection training (APT) & Concussion
 - Pass the S&T/Timer On-line certification test
- **Official Trainees should work several sessions as an apprentice to develop their skills prior to their first and second evaluations:**
 - Take advantage of shadowing before working as an apprentice
 - Make sure you feel comfortable working as an apprentice before asking for your first evaluation (this isn't a race)

Certification Requirements: Evaluation Process



- Final Step of certification process (must be T1 to be evaled in Z1S)
 - 2 evaluations and recommended by two Meet Refs
 - For each eval, must work two days or more at a 2+ day Meet
 - Highly encouraged to work 2-4 sessions between initial and final evaluation
 - Zone Official's Chair makes final decision
- Not pass or fail, but provides feedback regarding where a person is in their development process, and if they are ready to work independently

Certification Requirements cont:

- Evaluation form (can be found at pacswim.org)
- What are we looking for in an L1 Official:
 - Open to receiving and incorporating feedback
 - Team player
 - Understanding of technical rules and ability to apply them in typical situations
 - Understands Meet protocols (official's meeting, jurisdictions, teams, rotations, DQ process)
 - Ample time on deck working as an apprentice

Officials Tracking System



- **OTS (Online Tracking System), Deck Pass**
 - Used to track worked sessions, activities (i.e. clinics) and tests for officials
 - Create account on USA Swimming Website
 - Links your USA-S membership ID to your account (requires register, background and APT)
- **Pac Swimming Annual Clinic**
 - October 2020 Virtual Clinic
 - Officials from all over Bay Area

The National Certification Process

Mike Davis

Questions? Thoughts?

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Email Addresses



Pacific Swimming Officials Chair-Mike Davis - mekidadad1@yahoo.com

Officials Chairs

- Zone 1 South - Jennifer McKennan - jenmckenn@hotmail.com, Gary Arita garitadds@gmail.com and Jeanette Soe jgonsoe@yahoo.com
- Zone 1 North - Katheryn Ng hngsuen@gmail.com and John Sasano - sasano88@gmail.com
- Zone 2 - Markus Daene - markus.daene@gmail.com and Lisa Kaplan - z2officials@pacswim.org
- Zone 3 - Debbi Tucker - kvadxt@gmail.com and Phil Grant - pvgrant@comcast.net
- Zone 4 - Kendra Follett - kfollettnv@gmail.com and Valerie Rudd - vruddtahoe@me.com
- Misc Emails

Gary Arita - garitadds@gmail.com

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Leo Lin - leo.1.lin@gmail.com

Laurie Benton - laurie@pacswim.org

Cindy Rowland - cindy@pacswim.org

Quick Links - Steps to Becoming an Official



Send In Your Application

[Register with USA-Swimming as an Official, non-Athlete Member](#)

Complete a Background Check

[Complete Level II Background Check](#)

Complete Concussion Training

Concussion Training (two options for California) (email pdf of certification to Laurie@pacswim.org once completed)

[CDC Concussion Training Course](#) - (gives you a wallet card, takes about 30 minutes)

[NFHS \(National Federation of High School Associations\)](#)

Once you are a Member of USA Swimming you can take the following:

[Athlete Protection Training on USA-S Website](#)

[Online Certification Test – Certification Stroke & Turn/Timer OR Certification Admin Official](#)

Other Useful Information

Pacific Swimming - <http://www.pacswim.org/>

USA Swimming Officials- <https://www.usaswimming.org/officials>

Pacific Swimming Zones- <http://www.pacswim.org/members/zones>

Zone 1 South Steps to become an Official

[http://www.pacswim.org/~pacswim/userfiles/kcfinder/files/Z1s%20%20NEWOfficials%20Certification%20Process\(1\).pdf](http://www.pacswim.org/~pacswim/userfiles/kcfinder/files/Z1s%20%20NEWOfficials%20Certification%20Process(1).pdf)