

# SAIL Stroke and Turn Judge Clinic

## Agenda

- Video Review
- Definitions
- Rules Review
- Jurisdiction
- Relay Take-Off Procedures
- Disqualification
- What to Wear
- Radio Etiquette
- Other Important Information
- Review / Test

## Definitions

*Body* – the torso, including the hips

*Horizontal* - parallel to the surface of the water

*Scissor* – use of the top of the instep of one foot and the bottom of the other foot in a propulsive part of the kick

*Simultaneously* – occurring at the same time

*Swimming venue* – fenced area around the pool or other designated areas by meet director or referee

*Touch* – contact with the end of the course

*Vertical* – at a right angle to the normal water level

## Rules Changes

None

## Rules Review

To properly perform the responsibilities, an individual shall have a thorough understanding of these USA Swimming Rules:

- 101.2 Breaststroke
- 101.3 Butterfly
- 101.4 Backstroke
- 101.5 Freestyle
- 101.6 Individual Medley
- 101.7 Relays
- 102.10 Disqualifications
- 102.11.1 thru .4 Protests
- 102.12.1 Officials

The stroke and turn judge shall ensure that the rules pertaining to the style of swimming designated for the event being swum are observed by the competitors within the judge's jurisdiction.

Stroke and Turn Card – A good reminder but not a substitute for reading the rules prior to each meet.

**NOTE:** A stroke/turn does not have to be stylish to comply with the rule.

**Benefit of the Doubt to the Swimmer.**

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## SAIL Rule Exceptions, Clarifications & Interpretations - 2008

These exceptions, clarifications and interpretations are made from the USA Swimming Rules and Regulations. Reference to the USA Swimming Rules and Regulations is provided.

### **Butterfly (101.3.2)**

In USA Swimming, the arms must be brought forward over the water. In SAIL, both arms must break the surface of the water while being brought forward. The arm is defined from the shoulder to the wrist.

### **Age Group Competition (102.1.2)**

Unlike USA Swimming, SAIL recognizes an 8 and under age group.

### **Relays (102.4)**

No swimmer may swim more than one medley relay and one freestyle relay in any meet.

Relays must consist of at least three swimmers in the designated age group and no more than one swimmer may be "aged up" from the immediate prior age group.

Under no circumstances may:

1. a relay consist of more than one swimmer from another age group;
2. a swimmer "age down" for a relay (or any other reason);
3. a swimmer swim in more than one medley relay and one freestyle relay in any meet;
4. a swimmer "age up" more than one age group;
5. a swimmer "age up" if the team has enough swimmers in the age group to form a relay.

The names of the four relay participants must be listed on the relay card. The order in which the participants will swim in the relay must be clearly designated.

### **Scoring (102.7.3)**

Dual/Tri meets are not scored.

Division meets are scored as follows:

12 places – 13,11,10,9,8,7,6,5,4,3,2,1 Relay scores are not doubled.

For next seasons division determination, all division results are combined and scored 60 places with a value of 60 through 1.

### **Water Depth (103.2)**

Applicable except for racing starts shall be a water depth of 3.5 ft. It is recommended that teaching racing starts should conform to the stated rule.

### **Disqualifications (102.10)**

It is customary during the first dual/tri meet of the season for the stroke judges to be lenient on the children in the 8 and under age group.

### Jurisdiction

The Referee will position Stroke & Turn judges around the swimming pool so that their locations mirror each other from end-to-end and side-to-side.

Six Lane Pools: Turn judge jurisdiction shall be lanes 1-3 and 4-6 and shall stand in the over center of assigned lanes. The side stroke judges in the center of the side of the pool or walking the deck if both sides will allow.

Eight Lane Pools: Turn judge jurisdiction shall be lanes 1-3, 4-5 and 6-8 and shall stand over the center of their assigned lanes. The side stroke judges in the center of the side of the pool or walking the deck if both sides will allow.

The turn judges will have jurisdiction for strokes & turns between the end of the pool and the backstroke flag (except in Breaststroke).

The stroke judges on the sides of the pool shall have jurisdiction between the backstroke flags (except in Breaststroke). The Referee may alter the position of officials to meet the needs of the venue.

*Backstroke Start* - The responsibility for judging the feet on a backstroke (including medley relay) start shall be the responsibility of the Starter and Deck Referee rather than the Stroke & Turn judges.

*Breaststroke Start and Turn* - The end Stroke & Turn judges shall be responsible for judging the stroke immediately after the start and turn until the swimmer's head breaks the surface of the water or until the

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swimmer reaches the backstroke flags, whichever occurs later. The side Stroke judge shall be responsible for the swimmer once the swimmer leaves the end Stroke & Turn judges' jurisdiction as outlined in the previous sentence.

See the Recommended Stroke and Turn Jurisdiction sheet for additional information.

### Relay Takeoffs Procedures

You may be asked to judge relay takeoffs. Two independent judges are used and should be positioned opposite each other. Each judge shall judge each takeoff and write the results on the takeoff pad. The judges shall confirm the takeoffs after the last swimmer in their jurisdiction has entered the pool. If there is a confirmed early takeoff, the judges shall notify the referee.

The proper procedure is defined below:

- The relay takeoff judge shall watch only the assigned lanes.
- The feet of the starting swimmer should be watched until the feet (toe) lose contact with the block. The feet of the starting swimmer need not be at the front edge of the block. If the incoming swimmer has not touched the wall, an early takeoff should be noted by marking the form with an "X". A correct takeoff shall be noted with a circle.
- The finish occurs when any part of the incoming swimmer body touches the wall, regardless of the legality of the touch.
- The judge should compare the takeoffs with the other judge. If the judges agree that an early takeoff has occurred, the one judge should raise their arm and notify the referee
- All relay takeoff forms shall be turned into the referee at the event's conclusion.

### Disqualification

Disqualification signal – immediately raise hand over your head until acknowledged by the referee or chief judge except dual confirmed relay take-offs

Common disqualifications that may apply to any stroke are addressed in section 102.10

- .3 unsportsmanlike or unsafe manner within the venue
- .4 start and finish in same lane
- .5 standing on the bottom except in freestyle
- .6 obstructing or interfering with another swimmer
- .7 entering the pool unless authorized barred from next event
- .8 dipping goggles permitted unless interference is observed
- .10 device or substance to aid with speed, pace or buoyancy
- .11 grasping lane line to assist in forward motion

Questions that may be asked:

***WHAT DID YOU SEE?  
WHAT'S THE RULE?  
WHERE WERE YOU?***

Depending on the meet and number of disqualifications that occur in a heat, you may be asked to speak to the swimmer and/or write the disqualification.

When talking to a swimmer regarding a disqualification, tell them clearly and succinctly what they did wrong and that they are disqualified.

If directed by the referee, mark the disqualifications on the swimmer's card in such a manner so that the coach and swimmer will fully understand the infraction later. Also, place a red "X" across the entire face of the card so that records will be able to easily identify it as a disqualification. If asked by the timers, please confirm that they should still record the times on the card.

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### What to Wear

Wear white (or light khaki) shorts and shirt. **Do not wear any item that has your team's logo or name. You are encouraged to participate in the SAIL shirt/T-shirt program.**

### Radio Etiquette

1. Radios are used strictly for efficiency of quickly calling in a disqualification to make sure that the swimmer(s) are notified clearly and in a consistent manner.
2. Radios are used strictly for the efficient administration of a meet.
3. Radios should never be used to call attention to a swimmer. This means that one official should not use the headset to ask other officials to observe a swimmers stroke, turn or finish.
4. Radios should never be used to tell jokes or off color stories of any kind.
5. Abusive language of any kind, in any language, should never be used on radios.
6. Radios should never be used to discuss a disqualification or any incident regarding the swimming competition.
7. Radios should never be used to talk about any coach, swimmer, volunteer or any situation dealing with meet operations.
8. Radios today have a "voice activated" switch, which picks up any audible activity and can cause embarrassing situations. Therefore it is critical that radios only be used in the "manual" mode and should be checked for proper position before usage.

### Suggested Communications

The Official communicates in a very succinct and consistent manner.

1. OFFICIAL – "Recommended disqualification lane \_\_\_\_, turn end, lane 1 side, lane 8 side, or start end. Disqualification is for \_\_\_\_\_."
2. REFEREE – "Disqualification for lane \_\_\_\_ for \_\_\_\_\_ CONFIRMED, please write it up and notify the swimmer."  
or  
REFEREE – "Disqualification for lane \_\_\_\_ for \_\_\_\_\_ NOT ACCEPTED."
3. OFFICIAL – "I will notify they swimmer."
4. OFFICIAL – "Swimmer has been notified."
5. REFEREE – "Thank you."

### Other Important Information

- Swimmers must begin and finish the race in their designated lane.
- Leniency will be granted to 8 & under swimmers in the first meet.
- You are not doing the swimmer a favor by allowing him to compete incorrectly without disqualifying him.
- Watch all lanes equally, even if it means looking at an empty lane. In a 5-lane pool, the judge having 2 lanes should observe "away for the action" for some of the time to compensate for the judge who is responsible for 3 lanes.
- Arrive at the meet early for officials meeting and instructions (30 minutes).
- Stroke and turn officials rotate every 10 events.
- An official can only make a disqualification in their assigned jurisdiction.
- Style is not judged. Only determine if a swimmer conforms to the rules. A wide variety of stroke styles are allowed under the rules.
- Always look and act professional.
- Avoid conversation with spectators and coaches regarding disqualification

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## RECOMMENDED STROKE AND TURN JURISDICTIONS

### BACKSTROKE

#### Turn Judge

- Turning action must be continuous
- Full jurisdiction inside the backstroke flags
- On back until touch at finish and at end of backstroke leg in IM & Medley Relay
- Assigned to watch feet after start

#### Stroke Judge

- Between the flags, the swimmer remains on back
- No pulling on lane lines
- Head must break surface by 15m mark

### BREASTSTROKE

#### Turn Judge

At start/leaving on turns:

- Stroke/kick through first "head up" including widest arc of the 2nd arm pull

On entering a turn/finish

- Last stroke in – head breaking surface
- Arms on same horizontal plane from beginning of the 1st arm pull
- Elbows underwater, except last stroke at turn/finish
- After last pull, arms need not be on same plane
- Simultaneous hand touch
- Proper arm stroke-kick cycle into turn/finish

#### Stroke Judge

- Kick & stroke after head breaks surface through next to last arm stroke into wall
- Elbows underwater during recovery phase

### BUTTERFLY

#### Turn Judge

- Kick through 1st arm pull
- Body toward the breast when feet leave wall
- Body on breast by 1st arm pull
- Last stroke in (underwater recovery)
- Simultaneous hand touch

#### Stroke Judge

- Kick and stroke after 1st arm stroke
- Through next to last arm stroke into wall
- 15 m heads up mark

### FREESTYLE

#### Turn Judge

- Observe turns/touches
- Pulling on lane line and pushing off the bottom

#### Stroke Judge

- May be assigned recall rope and 15 m heads up mark
- Pulling on lane line and pushing off the bottom

## SAIL Stroke and Turn Test / Review

### True or False

- \_\_\_ 1. In butterfly, one foot held higher than the other during the kick is legal.
- \_\_\_ 2. In butterfly, after the final pull the shoulder dropped prior to the touch is legal.
- \_\_\_ 3. In the backstroke turn, the shoulders may turn past the vertical toward the breast before the touch.
- \_\_\_ 4. If you notice a violation outside your jurisdiction, you should raise your hand and notify the Referee that someone is not officiating properly.
- \_\_\_ 5. Turns from one stroke to another in the individual medley use the finish rules for each particular stroke being completed.
- \_\_\_ 6. If you think you see an infraction inside your jurisdiction you should raise your hand and consult with the Referee.
- \_\_\_ 7. In the Backstroke: If, after a legal start, a swimmer stands in or on the gutter, or curls her or his toes over the lip of the gutter, the swimmer should be disqualified.

### Multiple Choice (circle the correct choice or choices)

8. In the freestyle events, which of the following are illegal? *2 responses*
- a. standing on the bottom of the pool
  - b. pushing from the bottom of the pool
  - c. swimming butterfly with a scissors kick
  - d. touching with the feet at the finish
  - e. pulling on the lane line
  - f. combining strokes
9. In the breaststroke, hands touching at different levels simultaneously at the finish are:
- a. impossible to judge
  - b. legal for 8 & Unders only
  - c. a clear sign that the shoulder has dropped
  - d. legal
  - e. illegal
10. In whose jurisdiction is a swimmer who just dove in for breaststroke and whose head is between the backstroke flags but has not broken the surface?
- a. the stroke & turn judge at the start end of the pool
  - b. the side stroke judge
  - c. the stroke & turn judge at the far end of the pool
  - d. joint jurisdiction of the stroke & turn judge at the start end of the pool and the side stroke judge
11. Which of the following is a disqualification during the medley relays? *3 responses*
- a. motion of the second, third, or fourth swimmer prior to the touch of the previous swimmer
  - b. using one hand touch at the finish of the butterfly leg
  - c. swimming the strokes out of order
  - d. swimming butterfly, breaststroke or backstroke on the final (freestyle) leg

## SAIL Stroke and Turn Test / Review

12. During the backstroke, a swimmer in lane 4 approaches the turn. When the swimmer moves past vertical towards the breast to make a flip turn, she finds herself in contact with the wall. Without doing a flip turn the swimmer leaves the wall past vertical towards the back. What action should the turn judge take?
- The Judge should disqualify the swimmer because she did not complete the flip turn.
  - No action is required of the judge as the turn is legal.
13. In the backstroke, if the shoulders turn past vertical, the swimmer: *2 responses*
- May glide to get into position prior to initiating an arm pull
  - May complete the arm pull and then kick independently to initiate the turning action
  - May take an arm pull as part of a continuous turning action
  - May take a double arm pull as part of a continuous turning action
14. In breaststroke, which of the following must be done each stroke (each complete cycle of one arm stroke and one leg kick)? *2 responses*
- kick with the feet in an upward butterfly or dolphin motion
  - pull with the elbows underwater
  - take a breath
  - break the surface with some part of the head
15. In breaststroke, except for the final stroke before a turn, during the turn, and the last stroke prior to the finish, what part of the body must be underwater during the recovery phase of the stroke?
- the hands
  - the arms
  - the elbows
  - the shoulders
16. During the breaststroke start and after each turn, the following are considered legal: *2 responses*
- an underwater simultaneous arm pull beyond the hips followed by a breaststroke kick
  - a downward butterfly kick followed by an underwater simultaneous arm pull and breaststroke kick
  - a simultaneous arm pull and butterfly kick followed by a breaststroke kick
  - a double arm pull followed by a breaststroke kick
17. Prior to the backstroke start in a pool with no gutters, the stroke and turn official notices that the swimmers toes are out of the water, the official should:
- indicate to the starter that toes are out of the water
  - indicate to the starter that toes are out of the water and advise the swimmer
  - ignore the toes as USA Swimming rules allows the toes to be out of the water
  - raise their arm to disqualify the swimmer
18. In order for a disqualification to be upheld, the stroke and turn judge: *2 responses*
- must observe the infraction she or he is reporting
  - must report the disqualification over a headset
  - shall immediately raise one hand overhead
  - must confer with the closest stroke and turn judge for agreement

Name: \_\_\_\_\_

Pool: \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

Years Of S&T Experience: \_\_\_\_\_