

CNSL *Columbia Neighborhood Swim League*
Official's Instructional Course

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Stroke and Turn Official's Briefing

Philosophy

- Overall Philosophy
 - ⌘ Provide safe, fair, and equitable conditions of competition so that no swimmer shall obtain an unfair advantage over another - as opposed to catching violators of the rule
 - ⌘ The competent swimming official is a judge of the competition not a judge of the rules
- Concepts – How do I do that?
 - ⌘ Study rules – know how to interpret and apply rules
 - ⌘ Call violations seen, don't guess
 - ⌘ Be fair and consistent
 - ⌘ *Fairness to all competitors, giving the benefit of the doubt to the swimmer*
 - ⌘ Disregard club/team affiliation
 - ⌘ Exercise good judgment
- Work Regularly
 - ⌘ Officials, just as competitors, need practice
 - ⌘ Working regularly builds confidence
 - ⌘ Attend annual training sessions to keep up with changes and interpretations
 - ⌘ There is no substitute for experience
- Professional Manner
 - ⌘ Fairness to all competitors must dictate actions
 - ⌘ Proper dress (appear to be part of a team)
 - ⌘ Make decisions quickly and decisively
 - ⌘ Don't smoke or eat on deck
 - ⌘ Control emotions - avoid coaching, refrain from partisan cheering
 - ⌘ Don't fraternize with swimmers, coaches, or spectators during competition
 - ⌘ Admit mistakes; the competitor's welfare takes precedence
- Disqualification Tests
 - ⌘ Be absolutely certain violation occurred
 - ⌘ Understand clearly what it is and be prepared to explain it
- Referee's Questions
 - ⌘ Jurisdiction
 - ⌘ *Where were you?*
 - ⌘ Description
 - ⌘ *What did you see? What did the swimmer do?*
 - ⌘ Infraction
 - ⌘ *What rule was broken? What rule applies?*

Expectations & Deck Positioning

➤ Expectations

≡ Team

- ✧ *Each team provides a minimum of two qualified stroke & turn officials per meet*

≡ Personal

- ✧ *Wearing appropriate attire / uniform*
- ✧ *Professional, attentive, knowledgeable, confident*
- ✧ *Observer, but observant*
- ✧ *Call only what is seen - do not assume - be fair*
- ✧ *Understand the difference between the permissive rules ('may') and the requirements ('shall', 'must')*

≡ Infraction signal

- ✧ *Hand over head*
 - Discuss with swimmer, be positive, but don't be the coach

➤ Deck Positioning

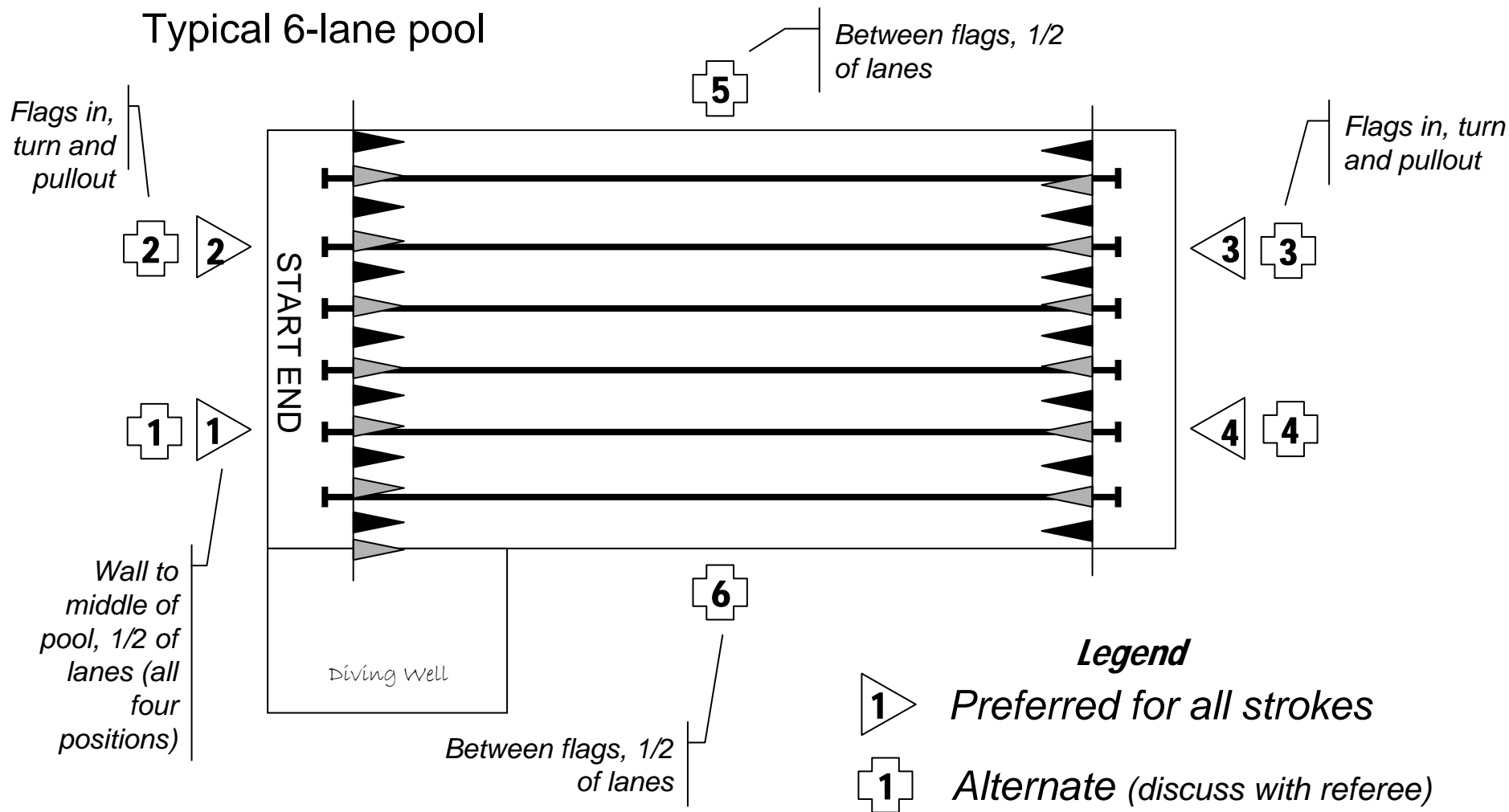
≡ Preferred

- ✧ *Two on each end*
- ✧ *Watches strokes, touches & turns*
- ✧ *Jurisdiction is wall to middle of pool, one-half of the lanes*

≡ Alternate

- ✧ *Discuss and approve with meet referee*
- ✧ *One on each end, one on each side OR two on each end, one on each side*
- ✧ *End watches touches & turns from flags in*
- ✧ *Side watches stroke between the flags*

Deck Positioning Map



Stroke Rules / Butterfly

- Start
 - ⌘ Forward – Facing the race course
- Stroke
 - ⌘ Shoulders must be at or past vertical towards breast
 - ⌘ One or more leg kicks but first arm pull under water must bring swimmer to the surface
 - ⌘ Head must surface by 15m mark and swimmer must remain on surface until turn or finish
 - ⌘ From beginning of first arm pull, the body shall be kept on the breast
 - ⌘ Both arms must move forward over the water and pulled back simultaneously
- Kick
 - ⌘ Up and down movements of legs and feet must be simultaneous
 - ⌘ Legs or feet need not be on same level
 - ⌘ *No alternating movements, scissors or breaststroke kicks*
- Turn
 - ⌘ Body on breast, two hand, simultaneous touch at, above, or below surface
 - ⌘ Following touch, turn in any manner desired
 - ⌘ Shoulders must be at or past vertical towards breast when the swimmer leaves the wall
- Finish
 - ⌘ Body on breast, two hand, simultaneous touch at, above, or below surface

Stroke Rules / Backstroke

➤ Start

- ⌘ In water facing starting end
- ⌘ Hands on pool wall, gutter or starting grips
 - ⌘ *No holding of ankles or use of backstroke starting block*
- ⌘ Standing in or on 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 (no skimmers)

➤ Stroke

- ⌘ Push off wall on back and remain there for duration of race
- ⌘ Some part of body must break surface throughout except for start and following turns for up to 15m (head)

➤ Turn

- ⌘ Some part of body must touch wall
- ⌘ Shoulders may turn past vertical if followed by continuous single arm pull or continuous simultaneous double arm pull used to initiate the turn
- ⌘ Must return to back by the time the swimmer leaves the wall

➤ Finish

- ⌘ Must touch the wall while on the back

Stroke Rules / Breaststroke

- Start
 - ≡ Forward
- Stroke
 - ≡ From the beginning of the first arm stroke after start and turn, body on the breast
 - ≡ It is not permitted to roll onto the back at any time
 - ≡ Cycle is arm stroke and leg kick, in that order
 - ≡ Arms move simultaneously in same horizontal plane with no alternating movement
 - ≡ Hands pushed forward from breast on, under, or over the water
 - ≡ Elbows under water except for final stroke before turn, during turn, and final stroke before finish
 - ≡ Hands brought back on or under surface
 - ≡ Hands cannot extend beyond hipline except for first stroke at start and each turn
 - ≡ Part of head must break surface during each stroke cycle
 - ≡ After start and after each turn, the swimmer may take one complete pull to legs
 - ≡ Head must break surface before hands turn inward at widest part of the second stroke

Stroke Rules / Breaststroke (Cont'd)

➤ Kick

- ⌘ After start and each turn, a single butterfly kick which must be followed by a breaststroke kick is permitted during or at the completion of the first arm pull
- ⌘ Following which all movements of the legs shall be simultaneous and in same horizontal plane with no alternating movement
- ⌘ Feet turned outward during propulsive part of kick
 - ⌘ *Scissors, flutter or downward butterfly kick not permitted except as above*
 - ⌘ *Feet may break surface if not followed by downward butterfly kicks*

➤ Turns and Finish

- ⌘ Two hand, simultaneous touch at, above, or below surface
- ⌘ Head may be submerged provided it broke surface during last complete or incomplete stroke cycle preceding touch

Stroke Rules / Freestyle

- Start
 - ⌘ Forward
- Stroke
 - ⌘ Any style, except in medley relays or individual medley, where this means any stroke other than butterfly, breaststroke or backstroke
 - ⌘ Some part of body must break surface throughout except for start and following turns for up to 15m (head)
- Turn
 - ⌘ Must touch wall to complete length
- Finish
 - ⌘ Any part of the body must touch the wall after completing the prescribed distance

Stroke Rules / Individual Medley

- All four strokes swum in following order: ¼ butterfly, ¼ backstroke, ¼ breaststroke, ¼ freestyle
- Start
 - ≡ Forward
- Stroke
 - ≡ Stroke for each quarter performed per relevant stroke rules
- Turns
 - ≡ Intermediate
 - ✧ *Conform to turn rules for relevant stroke*
 - ≡ Change of Stroke / Transition
 - ✧ *Conform to finish rules for stroke being completed*
 - Fly to Back – Body on breast, two hand simultaneous touch, turn in any manner desired with shoulders at or past vertical towards back when the swimmer leaves wall
 - Back to Breast - Touch while on back, turn in any manner desired, shoulders at or past vertical towards breast when the swimmer leaves the wall, take breaststroke form prior to first arm pull
 - Breast to Free – Body on breast, two hand simultaneous touch, turn in any manner desired
- Finish
 - ≡ Any part of the body must touch the wall

Stroke Rules / Relays

- Freestyle Relay
 - ⌘ Four swimmers per team (no one may swim twice)
 - ⌘ Each swims $\frac{1}{4}$ of total distance using any desired stroke(s)
- Medley Relay
 - ⌘ Four swimmers per team (no one may swim twice)
 - ⌘ Each swims $\frac{1}{4}$ of total distance in the following order: backstroke, breaststroke, butterfly, freestyle
 - ⌘ Stroke, turn, & finish rules for each stroke pertain to respective leg
- Miscellaneous
 - ⌘ Swimmer may not leave until teammate has finished (utilize dual-confirmation)
 - ⌘ Entering race course prior to all competitors finishing can be penalized
- In Water Starts – **NEW in 2008**
 - ⌘ 100 yard relay events 2, 58, 59, 60, 61 & 62, swimmers 2 & 4 MUST perform in-water start
 - ⌘ 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 (101.7.3G)

Miscellaneous Stroke Rules

- Disqualifications only called within jurisdiction
- Unsportsmanlike and unsafe actions can be penalized
- Swimmer must start and finish in same lane
- May stand on bottom in freestyle but no others
- Cannot leave pool, spring from bottom, or use pool facilities or equipment to assist propulsion
- Obstruction or interference not allowed
- Entering race course prior to all competitors finishing can be penalized
- Grasping lane dividers to assist forward motion is not permitted
- Swimmer must complete entire distance of race
- No buoyancy or speed assistance allowed
- CNSL specific – no towels on edge of deck for starts
- Athletes are permitted to wear only one suit (1- or 2-piece) for competition
- Swimsuit limitations (102.8.1):
 - ⌘ Women - Suit may not cover neck, go over the shoulder or below the knee
 - ⌘ Men - Suit may not extend above the navel or below knee

Swimmers with Disabilities

- Responsibilities
 - ⌘ Coach/Athlete – Notify referee of person(s) and disabilities/limitations
 - ⌘ Referee – Determine rule modifications and instruct judges on application
 - ⌘ *Change in starting position*
 - ⌘ *Relocation of lane within heat*
 - ⌘ *Athlete assistance*
- Starting
 - ⌘ Visual Impairments
 - ⌘ *Audible starting system - no modifications required*
 - ⌘ *Athlete may need assistance moving around on deck*
 - ⌘ Hearing Impairments
 - ⌘ *Visual starting signal required (strobe, arm motions)*
 - Swimmers get ready – Twist hand at chin level
 - Call swimmers forward – Arm directly overhead
 - “Take Your Mark” – Move arm to side
 - Signal – Snap arm down to side
 - ⌘ *Move strobe light to maximize swimmers ability to see*
 - ⌘ Mental Impairments
 - ⌘ *Be patient. Swimmer will usually require additional time and may use assistant*
- Starting (con't)
 - ⌘ Physical Disabilities
 - ⌘ *May modify starting position on deck or in water*
 - ⌘ *May require assistance getting in or out of pool*
 - ⌘ *May require assistant during starts*
- Stroke Judging
 - ⌘ Stroke / Kick
 - ⌘ *General Rule – If part of the body is missing or cannot be used, it is not judged*
 - ⌘ *If the body part is used, it should be judged*
 - ⌘ *Judgments made on actual rule, not swimmers technique (e.g., non-symmetrical movements can still be simultaneous)*
 - ⌘ *Officiate the swimmers ability*
 - ⌘ Turns / Finishes
 - ⌘ *Judged the same as strokes by body parts used*
 - Breaststroke and Butterfly – swimmer must reach forward as if attempting the simultaneous two hand touch
 - ⌘ Relays
 - ⌘ *Swimmers that cannot exit the pool quickly should remain in the water until all lanes finish and not interfere with the competition*

