JUDGE OF STROKE & INSPECTOR OF TURNS

November 5, 2021

WELCOME

- The goal of any competition volunteer or official is to contribute to a fair, safe and positive competitive environment.
- The goal of this clinic is to:
  1. Continue to develop a foundation for your skills as a swimming official;
  2. Provide you with an enhanced understanding of the rules of each stroke;
  3. Develop an understanding for the role and key duties of an Inspector of Turns and Judge of Stroke positions.

PREFERRED PREREQUISITES

- A general interest in the sport of swimming
- An interest in the fair conduct of sport
- Practical experience as a timekeeper across a range of competitive levels

THE PROFICIENT SWIMMING OFFICIAL

- The swimming rules must be followed. The official who has standards that differ from those in the rulebook may have their decisions challenged by coaches or the referee.
- Following the rules tells everyone concerned with the competition that the decisions will be made in a fair and equitable manner against a known standard.
- Rather than an official hiding behind the statement "It’s the rule", an official should explain why there was an infraction so they do not appear to be arbitrary.
- The official’s job is to uphold the rules by applying them equitably and communicating their interpretation effectively

AUTHORITY

The rules of swimming define the acceptable form for each stroke. Many variations of form are possible and may still comply with the letter of the rules. Decisions regarding the form of strokes and turns must, therefore, be subject to flexible judgment and common sense:

“Ugly isn't necessarily illegal”

The authority of the Inspector of Turns and Judge of Stroke is to have an understanding of the rules and if an infraction is observed then to report what they observed. To function properly, one dominant principle must apply:

“Fairness to all competitors, giving the benefit of the doubt, in every instance, to the swimmer”

DECISION MAKING PHILOSOPHY

1. Advantage vs. Disadvantage
2. The Twice Theory
3. We don’t DQ 10 & unders
4. Don’t ask me to judge my child
5. Don’t infer

DECISION MAKING PHILOSOPHY (cont'd)

A disqualification should be viewed as:

- Consistently applying the rules for fair and equitable competition, and
- Allowing the coach(es) to correct the infraction with the swimmer as their first point of contact after a race.

INSPECTOR OF TURNS DUTIES

FINA Rules describing the duties of: INSPECTOR OF TURNS (IT) SW2.6

SW 2.6.1 *One inspector of turns shall be assigned to each lane at each end of the pool to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.*

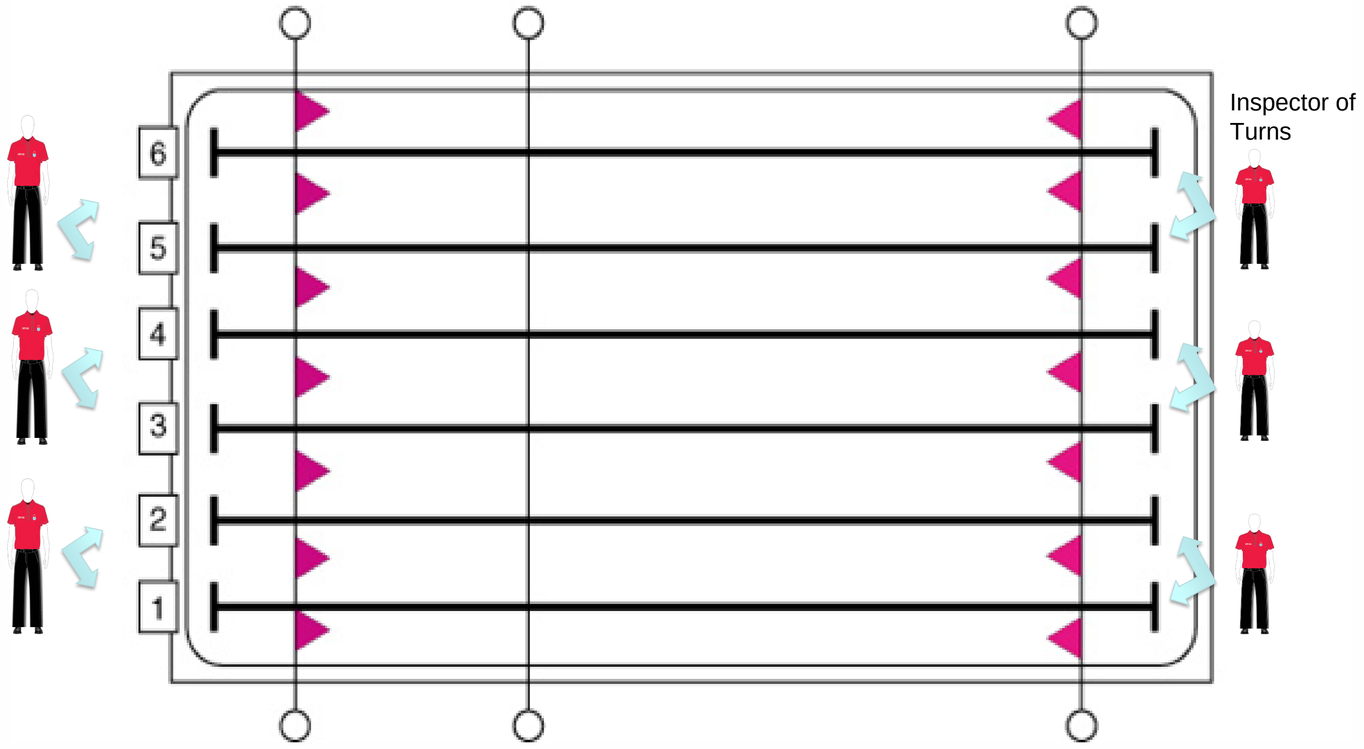
SW 2.6.2 *Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.*

SW 2.6.3 *For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, expect in Breaststroke where is shall be the second arm stroke.*

SW 2.6.4 *Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching.*

SW 2.6.1 in Action

- The following slides will show placement of IT's and relevant amendments for Age Group swimming.

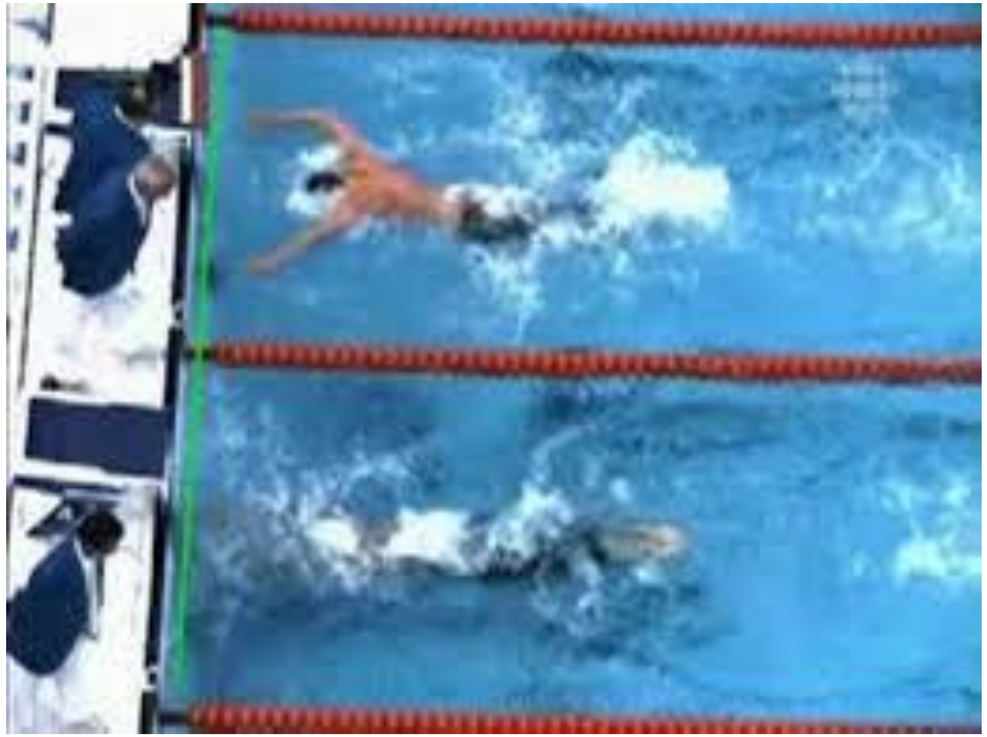


SW 2.6.2 – 2.6.4 in Action

- Observe the swimmer from the last stroke into the wall through to the completion of the first stroke off the wall, except in Breaststroke where it shall be the second arm stroke.
- ITs must observe one full turn for each swimmer in each lane they are responsible for.
- In a close race and where the IT is responsible for more than one lane, the IT will need to observe one swimmer well as opposed to 2 or 3 partially.
  - The IT takes responsibility for the swimmers adherence to the rules from the last arm stroke into the wall to the completion of first arm stroke off the wall, except in breaststroke where it is the second arm stroke.
  - An arm stroke in freestyle and backstroke is a single arm pull; in butterfly and breaststroke it is the full cycle of both arms as they pull simultaneously.

FROM THE ‘IT’ PERSPECTIVE

- It can be difficult to assess the swimmers stroke and timing into the wall, a keen eye is important.



FINA Rules describing the duties of: INSPECTOR OF TURNS (cont'd)

<u>SW 2.6.5</u> *When a Backstroke ledge is being used, each Inspector at the starting end shall install and remove the ledge*

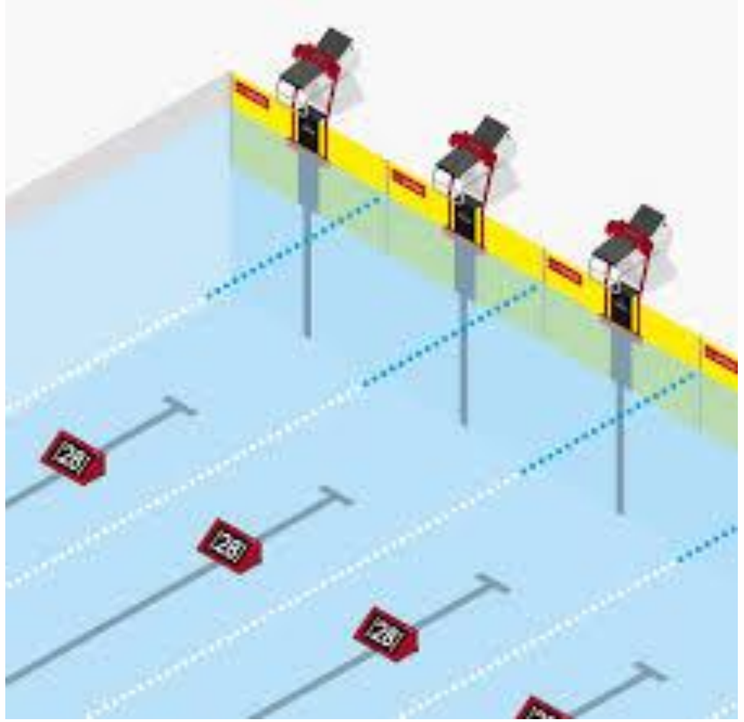
SW 2.6.5 in Action

When available – not all facilities are currently using backstroke ledges:

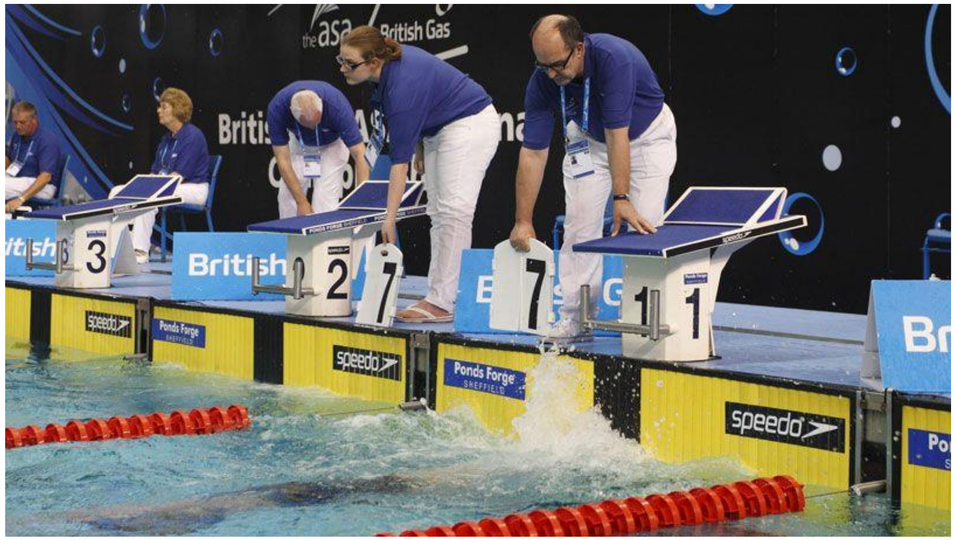
- IT’s must install the Backstroke ledge for Backstroke events and Medley Relay events.
- The straps must be flat and not twisted.
- The straps must run behind the wheel, not over, as if they are placed over top, it may pull the whole ledge off the block.
- After the start of a Backstroke event, and observing the swimmer’s first stroke, the IT must remove the ledge from the water, so it does not impede the swimmers next turn or the final touch.
- In Medley Relay events, after the IT has observed the swimmers start and first stroke, the Backstroke ledge must be removed from the block entirely to allow for the next swimmer to start from the starting platform.

FINA Rules describing the duties of: INSPECTOR OF TURNS (cont'd)

<u>SW 2.6.6</u> *In individual events of 800 and 1500 metres, an inspector of turns at the start or turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.*



SW 2.6.6 in Action



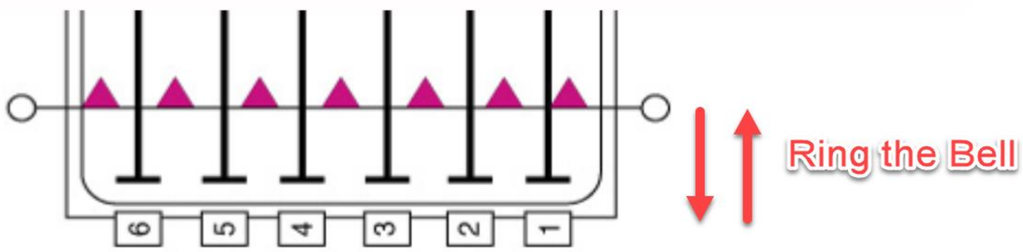
- The displaying of lap counters is usually a function performed at higher level meets
- If lap counters are available, clubs/coaches may be asked to provide their own “lap counter” if they wish to have a lap counter for their swimmer.
- Lap counters are to be angled over the bulkhead, not in the water and count down to 1 lap remaining.
- Depending on the event and whether the race in being swum in a short course or long course pool, the lap counters will start at different numbers
- As an example, an 800 Free in a short course pool is 32 lengths. The lap counter would start at “31”.

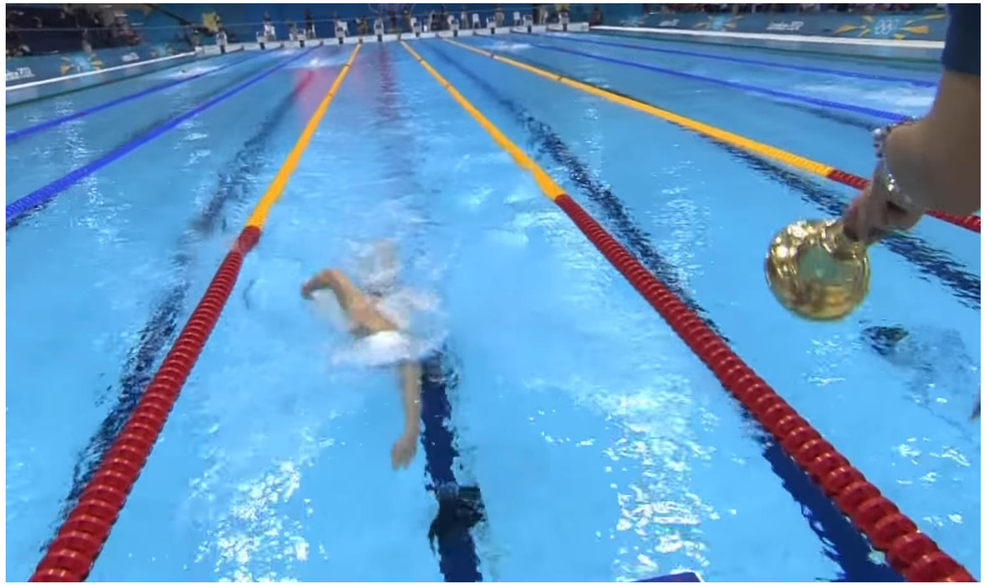
FINA Rules describing the duties of: INSPECTOR OF TURNS (cont'd)

<u>SW 2.6.7</u> *Each inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.*

SW 2.6.7 in Action

- Most often the device used will be a bell as swimmers are often submerged and need a loud sound to indicate two lengths remaining.
- In some instances where no bell is available the ITs may be asked to hold a kickboard in the water to indicate the last lap. This scenario may occur at very low level regional competitions and is only to be used in the absence of bells (or deaf swimmer).
- ITs will begin ringing the bell as the swimmer approaches the 5m mark coming into the wall, and continue ringing until the swimmer has returned out 5m, over the right hand lane line when possible. Avoid ringing directly over the lane and swimmer to prevent any mishaps with broken or dropped bells.





FINA Rules describing the duties of: INSPECTOR OF TURNS (cont'd)

<u>SW 2.6.8</u> *Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.*

SW 2.6.8 in Action

- ITs should look at the feet on the starting block and when the feet lose contact with the block, ITs should look down to see if the swimmer’s hand is in contact with the wall. If electronic takeover equipment is being used, the IT may still be asked to call if they see an early takeover, however the electronic equipment may overrule the visual call.

JUDGES OF STROKE DUTIES

FINA Rules describing the duties of: JUDGES OF STROKES

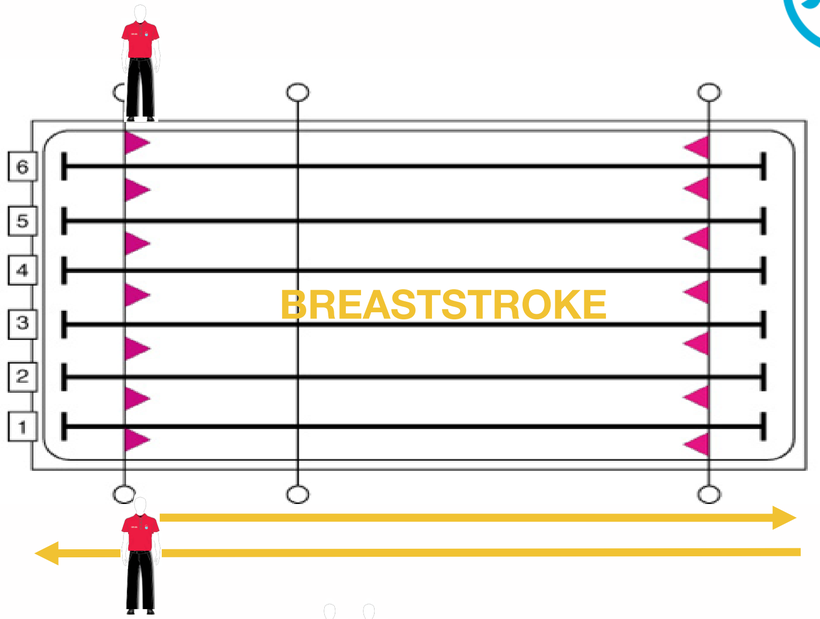
<u>SW 2.7.1</u> *Judges of Stroke shall be located on each side of the pool.*

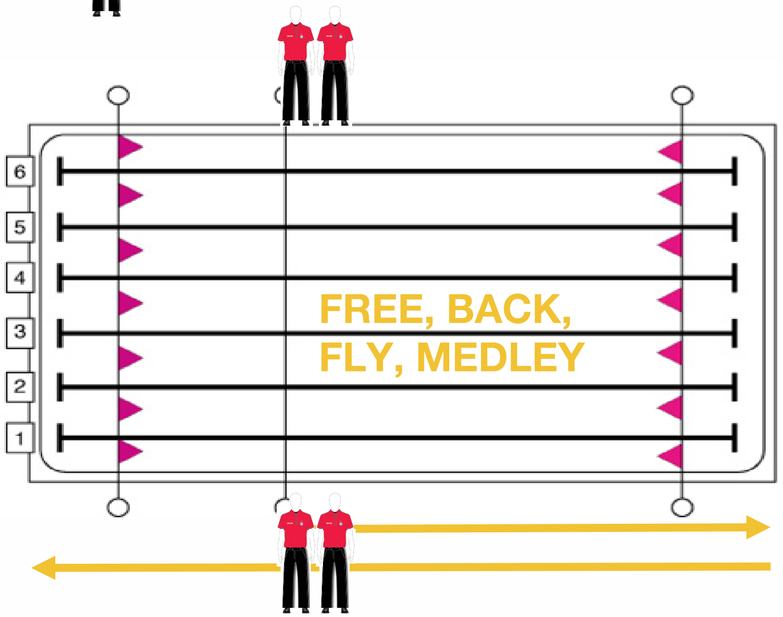
<u>SW 2.7.2</u> *Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.*

- The following slides will show placement of Stroke Judges and relevant amendments for Age Group swimming.

SW 2.7.1 & 2.7.2 in Action

- At the start Judge(s) must be in position at the 15m mark to watch back, fly and free events to ensure the head has surfaced at or before the 15m mark.
- In breaststroke the Judge(s) should move toward start to observe the pullout to assist the ITs.
- After the start the Judge walks the sides of the pool abreast of swimmers during all strokes except freestyle.





SW 2.7.2 in Action (cont'd)

- If the field spreads out, maintain a position slightly ahead of the trailing swimmer(s) while in contact with the lead swimmer(s).
- If there are 2 judges working a side, a 'lead-lag' observation pattern should be utilized.
- The lead judge would move with the lead swimmer, while the lag judge moves with the last swimmer.
- Judges will take the lanes on their half of the pool i.e lanes 1-4 or lanes 5-8.

SW 2.7.2 in Action (cont'd)

- Breast and Fly are best judged walking slightly behind the swimmers.
- In Backstroke the judge should be positioned slightly ahead of the swimmer to avoid looking directly in their eyes.
- If an infraction is observed the Judge should take this directly to the referee upon completion of the race.

TECHNICAL RULES - STROKES

SW 5 - FREESTYLE

<u>SW 5.1</u> *Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.*

<u>SW 5.2</u> *Some part of the swimmer must touch the wall upon completion of each length and at the finish.*

<u>SW 5.3</u> *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 metres after the start and each turn. By that point, the head must have broken the surface.*

FREESTYLE: Start Mechanics

- Any stroke or combination of strokes may be used, so during the start any combination may be seen. That being said, it is very rare to see swimmers pursue anything but ‘front crawl’.
- Regardless of ‘stroke’ – in a event designated as freestyle the head must break the surface by the 15m mark.

Observing:

- The Judge(s) of Stroke should stand at the 15m mark to ensure that the head of the swimmer breaks the surface of the water by the 15m mark.

FREESTYLE: Swim Mechanics

- Any stroke or combination of strokes (including dog paddle) may be used. Freestyle is '*free style*' – anything goes including doing other strokes during the race and even changing strokes in the middle of the race.

Observing:

- The judge should make sure that the swimmer does not pull on the lane lines, and/or push off of the bottom of the pool during the swim.

FREESTYLE: Turn / Finish Mechanics

- Swimmers may turn in any manner they want as long as they touch the wall at the end of each length of the race.
- A swimmer can go back and “save themselves” if they miss the touch during a turn.
- The infraction for missing the wall is not “officially” called until the swimmer touches the opposite end of the pool from the wall that they missed.
- The touch at the finish may be made with any part of the body.

Observing:

- The judge should stand at the pool edge and lean over the lane to observe the touch at the turns and finish.

Video

SW 6 - BACKSTROKE

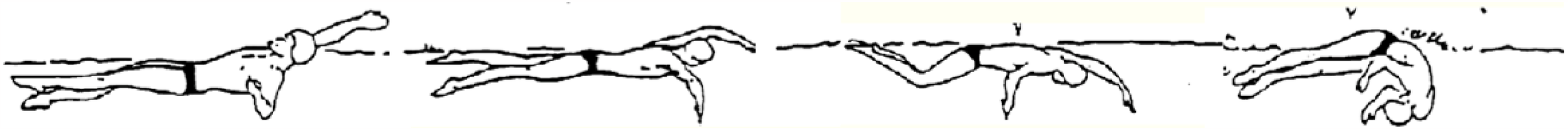
<u>SW 6.1</u> *Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.*

<u>SW 6.2</u> *At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.*

SW 6 - BACKSTROKE

<u>SW 6.3</u> *Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.*

<u>SW 6.4</u> *When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to 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 the position on the back upon leaving the wall.*

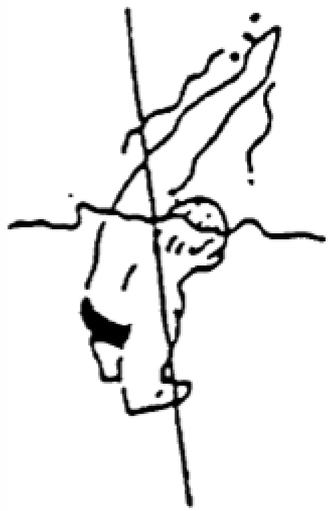


SW 6 - BACKSTROKE

<u>SW 6.5</u> *Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.*

Legal

Illegal



Legal

BACKSTROKE: Start Mechanics

- Some swimmers may “push off” from the start on their side. This is legal but the swimmer must remain past vertical toward the back during this portion of the race.
- When the backstroke ledge is utilized – the IT should put the ledge in place, however the swimmer should be permitted to test the placement and set the ledge. The IT must pull the ledge from the pool after the start.

Observing:

- The position of the hands and feet at the start are the responsibility of the Starter. However, given the visibility ITs may be asked to step forward to view the feet on the wall, especially when backstroke ledges are used.
- When ledges are utilized, a toe from each foot must be in contact with the wall (touchpad).
- The swimmer’s head must have broken the surface of the water by the 15m mark.

BACKSTROKE: Swim Mechanics

- Very simple – the swimmer may swim in any manner they choose as long as they remain on their back and break the surface of the water throughout the race.

Observing:

- From the end of the pool the IT shall observe that the swimmer remains on the back.
- From the side of the pool the judge shall observe that the head of the swimmer breaks the surface of the water at or before the 15m mark and that some part of the body remains on the surface throughout the race, this includes the finish of the race.

BACKSTROKE: Turn Mechanics

There are several possible turns you may see while judging a backstroke turn, as examples:

1. The swimmer may touch the wall while on their back and then leave the wall on their back;
2. The swimmer may turn onto their breast and be right at the wall and unable to initiate a flip turn. This is a defensive turn where they may grab the wall or gutter immediately and then leave the wall on their back again;
3. The swimmer may roll onto their breast, immediately begin a single (or simultaneous double) arm pull following which the swimmer must initiate their turn and leave the wall again on their back.

BACKSTROKE: Turn Mechanics (cont'd)

Observing:

- The IT should stand over the lane looking down to the swimmers to observe a turn.
- Once a swimmer passes the vertical toward the breast you should observe that all actions of the swimmer were associated with a continuous turning action and that the swimmer is on their back when they leave the wall.
- Once a swimmer touches the wall they may "turn" in any manner as long as they leave the wall on their back.

BACKSTROKE: Finish Mechanics

A swimmer may swim in any manner desired while remaining on their back and MUST remain on their back until the finish of the race.

Observing:

- For Stroke Judges and ITs it is important to watch the swimmers as they approach the wall at the turns and at the finish of the race. If, while watching a swimmer as they come into your jurisdiction, you see the swimmer's body become totally submerged, that's an infraction. You need to ensure you are observing the swimmers touch at the wall, and then ask yourself, are they completely submerged? Did a knee or toe pop above the surface? Stroke Judges are likely in the best position to observe this.

BACKSTROKE: Finish Mechanics (cont'd)

- When you transition your attention from watching the swim to watching the swimmer's shoulders at the touch, do not look back toward the feet.
- Novice or age group swimmers may 'look' for the wall at the finish – this is acceptable as long as they remain on their back.

Video

SW 7 - BREASTSTROKE

<u>SW 7.1</u> *After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted.*

<u>SW 7.2</u> *From the beginning of the first arm stroke after the start and after each turn, the body shall be 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. From the start and 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 on the same horizontal plane without alternating movement.*

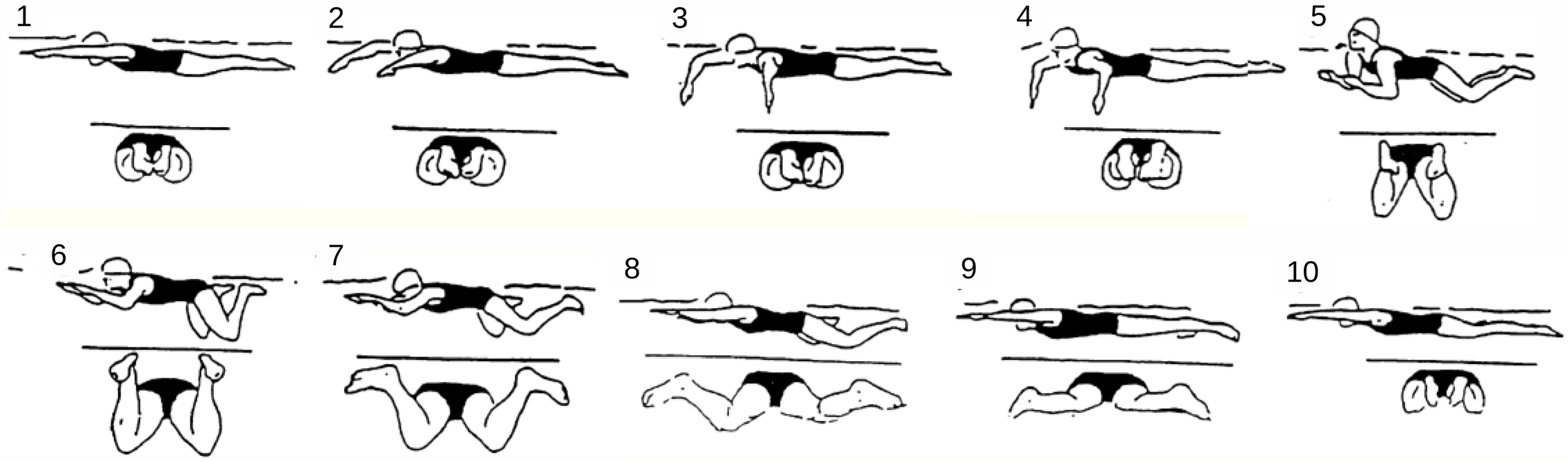
SW 7 - BREASTSTROKE

<u>SW 7.3</u> *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 be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.*

<u>SW 7.4</u> *During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.*

SW 7 - BREASTSTROKE

<u>SW 7.5</u> *The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.*



SW 7 - BREASTSTROKE

<u>SW 7.6</u> *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 the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.*

Legal

Legal

Legal

Illegal

BREASTSTROKE: Start Mechanics

Observing:

- From the end of the pool the judge should observe the swimmer from over the lane. It is important to watch the swimmer’s pull-out. At any time prior to the first breaststroke kick after the start and each turn, the swimmer may complete one butterfly kick followed by a breaststroke kick.
- From the side of the pool the judge can also observe the pull-out and watch for the swimmer’s head to break the surface of the water before the hands turn inward at the widest part of the second arm pull.
- Surfacing by the 15m mark is not a requirement in breaststroke.

BREASTSTROKE: Stroke Mechanics

- The stroke is a cyclical arm pull and leg kick with the head breaking the surface of the water on each cycle, except at each turn and the finish of the race, where an arm stroke not followed by a leg kick is permitted.
- The swimmer may only use the breaststroke kick and the feet must be turned outward during the propulsive portion.
- The elbows must not break the surface of the water.
- The swimmer must remain on their breast.

Observing:

- From the side of the pool the judge should have a clear view of all swimmers in their jurisdiction (slightly behind the slowest swimmer).

BREASTSTROKE: Turn/Finish Mechanics

- Must remain on breast until touch.
- Elbows may break the surface of the water on the final stroke before the turn and the final stroke at the finish.
- Two separated hand simultaneous touch.

Observing:

- From the end of the pool and the side of the pool the judge should observe the swimmer’s pull-out, which may include one full arm stroke to the hips with one butterfly kick followed by a breaststroke kick. The swimmer’s head must surface prior to the widest arm pull of second stroke.
- From the end of the pool the IT should observe the swimmer’s last stroke into the wall, the touch and until the swimmer breaks the surface of the water again

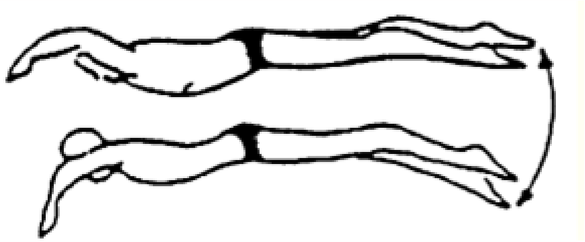
SW 8 - BUTTERFLY

SW 8.1 *From the beginning of the first arm stroke after the start and each turn, 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.*

SW 8.2 *Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.*

SW 8.3 *All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.*

SW 8 - BUTTERFLY



<u>SW 8.4</u> *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 surface.*

<u>SW 8.5</u> *At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.*

BUTTERFLY: Start Mechanics

- Swimmers usually remain on their breast with hands extended forward, kicking in a butterfly-type kick.
- Some swimmers may “push off” on their side – this is legal as long as the swimmer remains past vertical towards the breast.
- The swimmer’s first arm pull must bring them to the surface.

Observing:

- From the end of the pool the judge should observe the swimmer from over the lane. It is important to determine with certainty the swimmer is past vertical and you’re not seeing distortion from the pool surface.
- From the side of the pool it is difficult to observe the swimmers until they surface at or before the 15m mark.

BUTTERFLY: Stroke Mechanics

- The stroke requires over the water recovery of the arms.
- The swimmer must use a butterfly kick with no scissors, breaststroke or flutter kick movement.
- The feet may not be turned outward as in breaststroke kick
- One foot may be higher than the other as long as the feet do not alternate position.

Observing:

- From the side of the pool the judge should have a clear view of all swimmers in their jurisdiction (slightly behind the slowest swimmer).

BUTTERFLY: Turn/Finish Mechanics

- No underwater arm recovery at the turn or finish.
- Two hand simultaneous touch – as in breaststroke – separated hands.
- Must remain on breast until they touch the wall. Once they touch the wall they may turn in any manner as long as they leave on their breast.

Observing:

- From the side of the pool the judge should observe the swimmers to assure proper underwater kick / 15m mark.
- From the end of the pool IT should observe the swimmer into the wall. Shift eyes from full body to hands to observe the touch
- Judge should not look back after shifting to hands.

Video

SW 9 – MEDLEY SWIMMING

SW 9.1 *In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.*

SW 9.2 *In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.*

SW 9.3 *In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.*

SW 9.4 *Each section must be finished in accordance with the rule which applies to the stroke concerned.*

INDIVIDUAL MEDLEY: Start Mechanics

- The start mechanics are the same as outlined for butterfly.

Observing:

- The positioning is the same as outlined for butterfly.

MEDLEY: Swim Mechanics

- The key stroke mechanics for Medley swimming are the same as outlined for each stroke.
- In the Freestyle portion of the Medley event, the swimmer must be on their breast except when executing a turn. During a Freestyle turn the swimmer must have returned to their breast before any kick or stroke.
- This may mean the swimmer is momentarily towards their back in a rolling motion, and that is allowed, however before any kick or stroke takes place, the swimmer must be toward their breast and no longer on their back, past 90 degrees.

Observing:

- The position for observing each leg of the individual medley are the same as outlined for each stroke.

MEDLEY: Turn/Finish Mechanics

- The key turn/finish mechanics for Medley swimming are the same as outlined for each stroke.
- Be aware of the “cross-over” transition from the backstroke to the breaststroke. Some swimmers use a technique of bringing their lead arm directly over their heads and making the touch just before their shoulders get past vertical towards the breast as they make the turn. If you are watching several lanes or are not paying strict attention to the turn, you might only see the swimmer doing the turn and be tempted to call an infraction for not finishing the backstroke leg on their backs. Your focus should therefore be on one swimmer and how that swimmer touches the wall.

Observing:

- The position for observing each leg of the individual medley are the same as outlined for each stroke.

SW 10 – THE RACE

<u>SW 10.3</u> *The swimmer must remain and finish the race in the same lane in which he/she started.*

<u>SW 10.4</u> *In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.*

<u>SW 10.5</u> *Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.*

SW 10 – THE RACE (cont'd)

<u>SW 10.6</u> *Pulling on the lane rope is not allowed.*

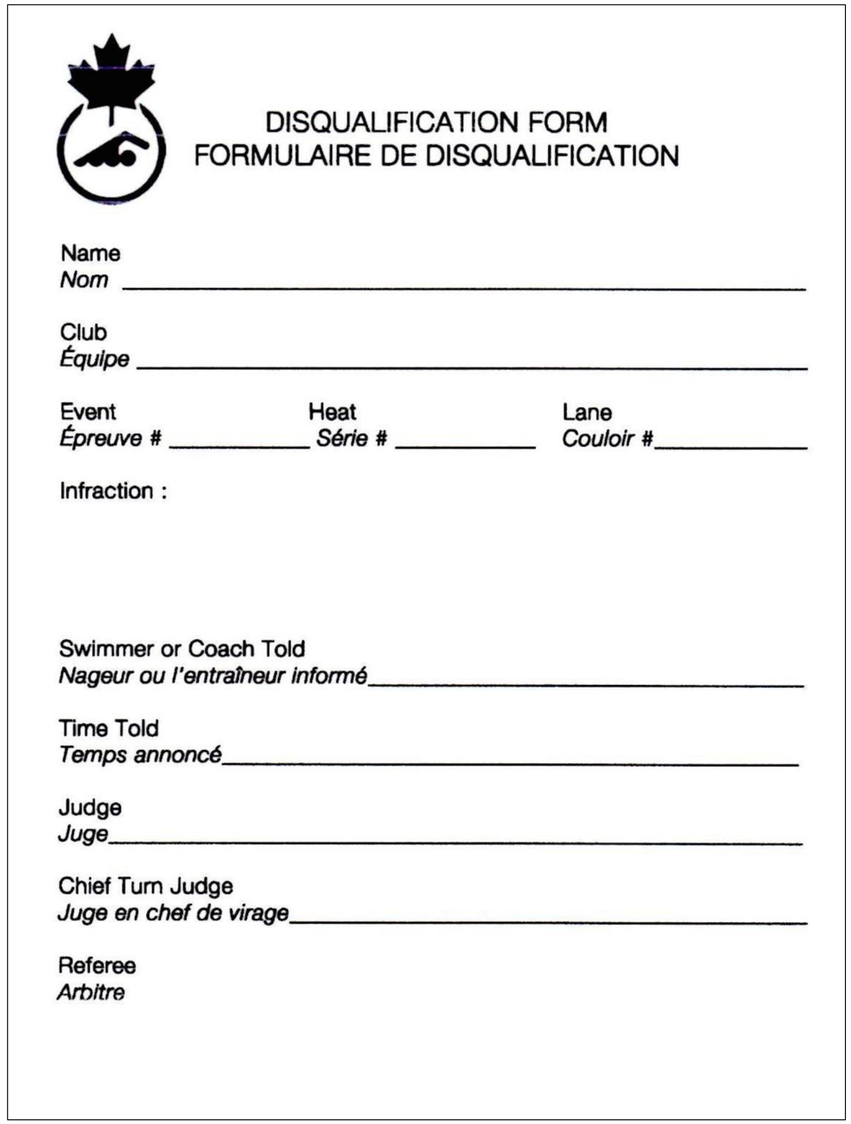
<u>SW 10.7</u> *Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender.*

<u>SW 10.11</u> *In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.*

FINA Rules describing the duties of: INSPECTOR OF TURNS (cont'd)

<u>SW 2.6.9</u> *Inspectors of turns shall report to the Referee any violation on signed cards detailing the event, lane number, and the infraction.*

- The IT will follow the protocol set out by the referee prior to the session.
- The infraction should be written up according to the rule – what the swimmer did, as opposed to what they didn't do.



DISQUALIFICATION FORM
FORMULAIRE DE DISQUALIFICATION

Name
Nom _____

Club
Équipe _____

Event *Épreuve #* _____ Heat *Série #* _____ Lane *Couloir #* _____

Infraction :

Swimmer or Coach Told
Nageur ou l'entraîneur informé _____

Time Told
Temps annoncé _____

Judge
Juge _____

Chief Turn Judge
Juge en chef de virage _____

Referee
Arbitre

SW 2.6.9 in Action

- Upon observing an infraction, the Inspector of Turns will report the infraction directly to the referee upon completion of the race. Infraction must be based on personal observation, disregarding the opinion of others.

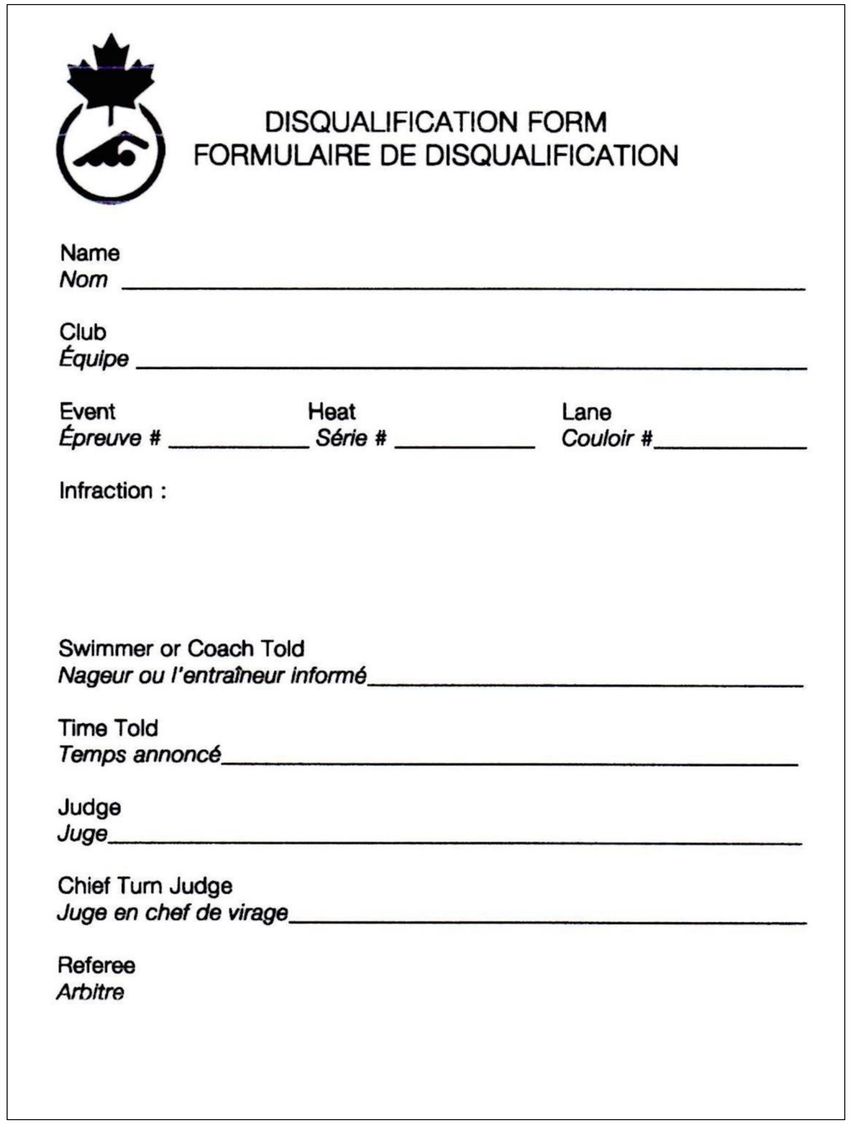
- BE SURE THE INFRACTION OCCURRED, UNDERSTAND CLEARLY WHAT IT IS, BE PREPARED TO EXPLAIN IT.

- Be prepared to answer questions from the referee. The referee is looking to ensure a clear understanding of the infraction being called. This will ensure benefit of the doubt is given to the swimmer and also that the referee can clearly articulate what the infraction was to the coach should there be an inquiry.

FINA Rules describing the duties of: JUDGES OF STROKES

<u>SW 2.7.3</u> *Judges of Stroke shall report to the Referee any violation on signed cards detailing the event, lane number, and the infraction.*

- The infraction should detail what the judge observed, what the swimmer did, as opposed to what they didn't do.



DISQUALIFICATION FORM
FORMULAIRE DE DISQUALIFICATION

Name
Nom _____

Club
Équipe _____

Event *Épreuve #* _____ Heat *Série #* _____ Lane *Couloir #* _____

Infraction :

Swimmer or Coach Told
Nageur ou l'entraîneur informé _____

Time Told
Temps annoncé _____

Judge
Juge _____

Chief Turn Judge
Juge en chef de virage _____

Referee
Arbitre

SW 2.7.3 in Action

- Upon observing an infraction, the Judge of Stroke will report directly to the referee upon completion of the race. The infraction must be based on personal observation, disregarding the opinion of others.
- BE SURE THE INFRACTION HAS OCCURRED, UNDERSTAND CLEARLY WHAT IT IS, BE PREPARED TO EXPLAIN IT.
- Be prepared to answer questions from the referee. The referee is looking to ensure there is a clear understanding of the infraction being called. This will ensure benefit of the doubt is given to the swimmer and also that the referee can clearly articulate what the infraction was to the coach should there be an inquiry.

PARA SWIMMING AND OFFICIATING

- An official may have opportunity to work at a meet with Para swimmers in attendance.
- The rules are exactly the same as able-bodied; however, exceptions are allowed with some of the rules for Para swimmers (who are identified with their sport class, e.g., S8, SB7, SM8) due to a specific impairment.
- If Para swimmers are at the meet you are officiating the Referee will provide the additional instructions and protocol to be used.
- Appendix B of the Swimming Canada rule book (dated February 28, 2018) contains the exceptions to the various swimming rules. Not all rules have exceptions. For example the head must surface before or at the 15m mark in Free, Back and Fly as in able-bodied swimming.

PARA SWIMMING AND OFFICIATING

The most common exceptions for Breaststroke, Butterfly and Medley have an element of common sense. Para swimmer’s are to be judged fairly and equitably according to the rules.

Breaststroke:

- Para swimmers with no legs or arms (or not using them during the stroke), either the kick or the respective arm stroke shall constitute a complete stroke cycle (WPS 11.4.2.1).
- Para swimmers may touch with one hand if they use only one arm for the stroke (WPS 11.4.6.3).
- Para swimmers with lower limb disability must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race OR trail/drag their legs throughout the race (WPS 11.4.4.1).

PARA SWIMMING AND OFFICIATING

Butterfly:

- Para swimmers with different arm lengths, the longest arm must touch the wall, but the other one must be stretched forward simultaneously (WPS 11.5.4.1).
- Para swimmers may touch with one hand if they use only one arm for the stroke (WPS 11.5.4.3).
- When impairment results in one leg being used, the non-functional leg shall drag (WPS 11.5.3.1)

PARA SWIMMING AND OFFICIATING

Medley:

- In individual medley, it is permitted for a Para swimmer to swim a specific stroke (most of the time it’s butterfly) with one arm only and then, use both arms for the other strokes.

These are some of the basics of Para swimming. To learn more and deepen your knowledge of Para swimming:

- Refer to Appendix B of your rule book.
- Attend the complete 1 day para stroke and turn clinic.

The Para Swimming Officials Clinic is used to recognize the Para Swimming Official by Swimming Canada.

MASTERS SWIMMING AND OFFICIATING

- An official may have the opportunity to work a meet for Masters swimmers.
- The rules for Masters swimming are similar to Age Group swimming but there are some exceptions.
- The Session Referee will provide a briefing to officials working a Masters meet to outline the rules.
- The FINA Masters Swimming Rulebook can be found here: https://fina.org/content/masters-swimming-rules-msw

WORKING A SESSION

BEFORE THE SESSION

- Locate the official’s room and check-in or notify the appropriate individual upon your arrival.
- Attend the officials briefing. This will provide you with an overview of the session and your responsibilities for that session. If you are not clear as to your assignment, ask the Referee. There may be variances to note if officiating at a Masters competition.
- As an Inspector of Turns you may be part of the timing team or be assigned multiple lanes. Be aware of the fact that the session may include relays or distance events and your responsibilities for these events may vary.
- If you are a Judge of Stroke, identify where the 15m mark is from both ends of the pool.

DURING THE SESSION

- Look professional and remain focused. The Inspectors of Turns and the Judges of Strokes are the most notable officials on the pool deck. If you are out of position or not paying attention when required, you will be noticed by swimmers, coaches and spectators.
- As you are learning the roles and the rules, ask questions and consult with your fellow stroke and turn judges or other senior officials on the deck.

AFTER THE SESSION

- Attend a debriefing, if required. Share your experiences and your observations.

- Ask questions of a mentor for things observed which could be shared with the group and may have caused you to question a particular stroke, turn, etc.

BEST PRACTICES

BEST PRACTICES

- As an Inspector of Turns at the start end of the pool, report your infraction to the Referee immediately following the conclusion of the race. As an Inspector of Turns at the turn end of the pool, begin your walk to the Referee to report your infraction after the swimmer has made their final turn. Try not to indicate a pending infraction before the race is over. This is particularly important when judging relay takeovers. A pending infraction may distract upcoming swimmers and the infraction may be overturned.
- If you are asked to inform a swimmer of an infraction, do not assume the role for their coach, or provide advice on how they could improve, simply advise them of the infraction. The infraction must be approved by the referee before informing the swimmer.

BEST PRACTICES

- Remember a “bad turn or bad stroke” is not necessarily illegal.
- Do not be overly officious. You are judging the rules of the strokes and the rule of the competition. There is no “quota”, you are acting in a professional capacity to ensure the integrity of the competition.
- Be confident you have seen an infraction before you initiate a call; remember the benefit of the doubt always goes to the swimmer.
- Always be discrete.
- Remember, when bringing forward an infraction be definite in your explanation. If you “think” you saw, or you are not sure of exactly “what” you saw, or it “looked strange” you should not be reporting an infraction.
- Be fair and unbiased.

QUIZ

QUESTION 1

The Judge of Stroke has authority/responsibility to (choose all that are correct):

a) report any infraction of the stroke rules which she/he observes within her/his assigned zone

b) if directed by the Referee, inform the swimmer or his/her coach of each disqualification

c) advise swimmers of incorrect/inefficient technique

d) inform the swimmer before he completes his race that he is going to be disqualified

e) confer with the Referee if necessary

QUESTION 2

The Inspector of Turns has the authority/responsibility to:

a) observe and judge the legality of the turn in his designated lanes from the beginning of the last arm stroke, through the turn until the completion of the first arm stroke after turning

b) report infractions of the turn rules which he observes within his assigned zone

c) serve as relay take-over judge, if so assigned

d) all of the above

QUESTION 3

The Judge of Stroke should be positioned:

a) along the side of the pool
b) at the starting or turning end of the pool, overlooking the centre lanes
c) at the table with the Clerk of Course

QUESTION 4

The Inspector of Turns should be positioned:

a) at the starting or turning end of the pool, overlooking the lanes to be judged
b) along the side of the pool
c) at the table with the Chief Finish Judge

QUESTION 5

In BREASTSTROKE events, the swimmer can legally (choose all that are correct):

a) swim with the head submerged for the entire race
b) swim with the head above the surface of the water at all times
c) swim with the head submerged, provided it breaks the surface of the water at least once during each complete stroke cycle
d) dive into the wall, submerging the head on the touch
e) keep the head submerged after the start or turn, providing it breaks the surface before the widest part of the second arm stroke is reached
f) have the elbows above the water for the final stroke before the turns, during turns and at final stroke at the finish

QUESTION 6

In BREASTSTROKE events, the swimmer may legally (choose all that are correct):

a) touch with one hand before the other at the turn
b) touch with both hands simultaneously but at different levels
c) touch with both hands simultaneously above, below or at the water's surface
d) allow the shoulders to leave the horizontal plane before completing the touch
e) touch the wall with one hand on top of the other

QUESTION 7

In BREASTSTROKE events, the judge shall report an infraction if they were to observe the swimmer (choose all that are correct):

a) on the side when coming out of a turn, after the feet lose contact with the wall, before beginning the first arm stroke
b) take two complete strokes (arm strokes and leg kicks) before breaking the surface after the start or turn
c) use a single butterfly kick followed by a breaststroke kick, while wholly submerged after the start and each turn
d) permit the heels to break the surface of the water
e) use the freestyle kick
f) use the butterfly kick throughout the race
g) bring the arms over the surface of the water; providing the elbows remain beneath the surface
h) fully extend the arms backward to the hips during each stroke cycle

QUESTION 8

In BACKSTROKE events, the swimmer may legally:

a) use a simultaneous double arm pull
b) use an alternating arm stroke
c) use an inverted breaststroke or butterfly kick
d) use a alternating kick
e) be submerged after the start and after each turn, provided the head breaks the surface of the water at or before the 15m mark
f) turn onto the breast and initiate a turn
g) after initiating a turn, lift the head to determine the wall's location
h) all of the above

QUESTION 9

In BACKSTROKE events, the judge shall report an infraction if they were to observe the swimmer (choose all that are correct):

a) touch with both hands at the turn or finish
b) touch while on the back, roll on to the front, grab the gutter and push off on the back
c) turn before touching the end-wall with the foremost part of the body
d) turn his shoulders past the vertical at the final touch
e) lunge into the wall, touch below the surface while still on the back and totally submerged
f) be on the breast when leaving the wall after a turn, but return to the back before starting the first leg kick
g) kick while still submerged, after a turn

QUESTION 10

In BUTTERFLY events, the swimmer may legally (choose all that are correct):

a) take more than one kick after the start and each turn before taking the first arm pull
b) use alternating kick
c) use the breaststroke kick
d) alternate between butterfly and breaststroke kick at will
e) swim with one leg consistently higher than the other;
f) recover the arms underwater during the normal stroke cycle
g) alternate arm strokes
h) trail legs with no kicking

QUESTION 11

In BUTTERFLY events, the judge shall report an infraction if they were to observe the swimmer (choose all that are correct):

a) kick into the wall for a touch with one or more correct leg kicks and the arms extended
b) recover the arms underwater to complete a touch
c) touch below the water line
d) touch with hands at different levels
e) touch with one hand before the other but at same level
f) touch with one hand
g) turn on to the side before the touch
h) dip one shoulder going into the turn, before the touch
i) be on the side coming out of a turn, before beginning the first arm pull
j) complete more than one underwater arm pull before returning to the surface after the start or a turn
k) kick while on the side before beginning the first arm pull
l) at the start and after each turn, swim submerged provided some part of the head breaks the surface of the water before 15m mark

QUESTION 12

In FREESTYLE events, the swimmer may legally:

a) touch with one hand
b) touch with one foot
c) touch with two hands
d) use the Breaststroke
e) use the dog-paddle
f) push off on the back after a turn
g) alternate strokes at will
h) swim submerged at the start and after each turn as long as the head breaks the water's surface at or before the 15m mark
i) swim butterfly, then breaststroke, then freestyle and return to butterfly
j) all of the above

QUESTION 13

In INDIVIDUAL MEDLEY, when changing from one stroke to the next, the swimmer is required to:

a) retain the correct form of stroke until a legal touch has been completed
b) attain the correct form of the next stroke in accordance with the rules when leaving the wall
c) be free to turn in any manner after a legal touch has been made for that stroke
d) all of the above

QUESTION 14

The last one-fourth of the distance in the INDIVIDUAL MEDLEY or MEDLEY RELAY:

a) may be the Front Crawl
b) may be the Sidestroke
c) shall be any stroke other than butterfly, backstroke or breaststroke
d) all of the above

QUESTION 15

The order of the strokes for the MEDLEY RELAY is:

a) butterfly, backstroke, breaststroke, freestyle
b) backstroke, breaststroke, butterfly, freestyle
c) backstroke, butterfly, breaststroke, freestyle
d) butterfly, breaststroke, backstroke, freestyle

QUESTION 16

The order of the strokes for the INDIVIDUAL MEDLEY is:

a) butterfly, backstroke, breaststroke, freestyle
b) backstroke, breaststroke, butterfly, freestyle
c) backstroke, butterfly, breaststroke, freestyle
d) butterfly, breaststroke, backstroke, freestyle

QUESTION 17

A Judge of Stroke/Inspector of Turns may report an infraction for any stroke or turn infraction which he personally observes:

a) whether or not the swimmer is in his assigned zone

b) only if the swimmer is in his assigned zone

QUESTION 18

A Judge of Stroke/Inspector of Turns shall, unless otherwise instructed, report an infraction directly to the:

a) Chief Finish Judge

b) Referee

c) Chief Timekeeper

QUESTION 19

The judge shall report an infraction if they were to observe the swimmer:

a) walking on the bottom of the pool in the direction of the race
b) pulling on a lane marker in the direction of the race
c) pulling along the side of the pool in the direction of the race
d) leaving the water and then re-entering to complete the race
e) interfering with the progress of a swimmer in another lane;
f) pushing off the bottom in the direction of the race
g) all of the above

QUESTION 20

In a Relay Event, when a relay take-over judge observes an early take-over, they should (choose all that are correct):

a) immediately inform the remainder of the team that they have been disqualified
b) wait until the end of the race before informing the team about the disqualification, if so instructed by the referee
c) immediately inform the Referee
d) inform the Referee at the end of the race

QUESTION 21

In relay takeovers, the next swimmer:

a) may be in motion before the touch is made as long as the toes are in contact with the starting platform
b) may return and touch the wall if he feels that his take-over was too early
c) all of the above

QUESTION 22

When judging relay takeovers, the Inspector of Turns shall:

a) observe the touch-out and take-off from above the lane
b) keep one finger in contact with the toe of the swimmer on the block
c) observe the take-over from the side of the pool

QUESTION 23

An Inspector of Turns or Judge of Strokes shall (choose all that are correct):

a) report all potential infractions they think may have occurred to the referee and let the referee decide
b) report all infractions that they personally observe in their assigned area
c) always give the benefit of the doubt to the swimmer

CONGRATULATIONS

You have now completed the Judge of Stroke and Inspector of Turns clinic.

Your next task is to obtain deck experience.

You will be required to be mentored and be comfortable in making decisions before requesting deck evaluations. To be certified as a Judge of Stroke and Inspector of Turns you must complete two successful on deck evaluations.

The session referee must be informed prior to the session that you are requesting a deck evaluation. At the end of the session, the session referee will sign your officials card if the evaluation was successful.

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