

TriCounty 2022
Starter Referee Officiating

Objectives

- League Specific Items
 - Attire, Protocols, Required Staffing.
- Stroke Briefing
 - Breaststroke
 - Butterfly
 - Backstroke
 - Freestyle
 - Individual Medley
 - Relays.

League Specific Items

- Attire – White Shirt, Blue Pants, Shorts, Skirts
 - Suggested hat and water
- Arrive 30 minutes prior to meet as there will be an officials meeting before meet to review strokes, assignments, etc.
- 4 Stroke and Turn officials, 1 referee, 1 starter.
- Disqualifications
 - We will begin to use the standard slip used by USA Swimming

League Specific Items

- If you see a hand raised for potential disqualification, acknowledge that you saw the person's hand and then go to them after the race to review.
 - Referee will review slip, may ask questions concerning what you saw, what rule was violated and where you were when you made the call.
 - If accepted, referee will sign the slip and send on to scoring.
 - ALWAYS REMEMBER – IF IN DOUBT , BENEFIT OF THE DOUBT GOES TO THE SWIMMER
- Order of finish will be recorded on new sheets this year as opposed to individual cards for each event

League Specific Items

- Meet entry cards will no longer be utilized.
 - Sheets will be produced by the computer system for each lane to record swimmers names and times
 - If coaches wish to make a change they will use change cards that will need to be presented to the scoring table before event
- Standard is 3 timers per lane. If numbers don't permit for all lanes, 2 timers can be used, preferably in outer lanes. TriCounty records can only be set using 3 timers.

League Specific Items

- Officials meeting – Referee to lead
 - Review of rules, jurisdictions and any other items for the day
- Starter should bring timers to blocks in advance to do a roll call and test of system
- Please keep in mind league HIB policies. The meet referee is in charge of the meet from first race through end of last. If you see anything which falls under harassment or bullying please deal with the situation sooner rather than later. This may involve stopping the meet and discussing with Trico reps and possibly coaches. Meets should be fun but there should be no written or verbal harassing or bullying actions taking place during the meet.

Start of Race Protocol

- Starter shall be within 10 feet of starting end and strobe is clearly visible to timers and horn is functioning
- New Item this year – Whistles will be using USA Swim Protocols
 - As final swimmer reaches flag, referee will blow a few short whistles. This will signal to swimmers to get ready.
 - Starter will announce next event (distance and event).
 - Once last swimmer reaches wall, Referee will blow one longer whistle. This will signify for swimmers to step up on blocks or in water for backstroke.
 - Upon signal from referee, Starter issues command to “Step Up” so they can take position on platform, on deck, or in water. For backstroke, it will be “step in”
 - If 100 yard relay event, steps the 2nd swimmer into the pool
- Once everyone is set, referee will put his arm out straight to turn pool over to starter.
- Starter then directs “Take your mark” at which point they must immediately respond by assuming position.
 - At least one foot at the front edge of the platform or deck.
 - In water starters must have at least one hand in contact with wall or platform
- When all are stationary, Starter shall give starting signal

Start of Race Protocol

- For backstroke start
 - Swimmers shall be facing the starting end with both hands on gutter or starting grips
 - Toes can be below, at, or above surface but can not be in or on the gutter, or bending toes over the gutters before or after start
 - Starter then directs swimmers to “take your mark” at which point they must immediately assume starting position.
 - When all swimmers are stationary, Starter gives the starting signal

Start of Race Protocol

- False Starts
- A. When a swimmer does not respond promptly to the
 - command "take your mark" the Starter shall immediately
 - release all swimmers with the command "Stand Up" upon
 - which the swimmers may stand up or step off the blocks.
 - Any swimmer who enters the water or backstroker who
 - leaves the starting area shall be charged with a false start,
 - except that a swimmer who would otherwise be charged with
 - the false start may be relieved of the charge if the false start
 - was caused by the swimmer's reaction to the command.
- B. All swimmers leaving their marks before the starting signal is
 - given shall be charged with a false start, except that a
 - swimmer who has false started because of the action or
 - movement of another competitor may be relieved of the
 - responsibility for the false start and a false start may be
 - charged only to the offender. (Note exception for deliberate
 - delay or misconduct.
- False Starts require dual confirmation of Starter and Referee

Start of Race Protocol

- False Starts
 - If a false start occurs, starter and referee both sign DQ slip
 - If a swimmer falls or dives in early, they will be allowed to get back up and race but a dq will be issued.

Stroke Briefing – Breaststroke

- BREASTSTROKE
- Start: Forward start.
- Stroke: Body kept on breast.
 - Stroke cycle is one arm pull and one leg kick in that order.
 - Simultaneous arm movement in same horizontal plane.
 - Head must break surface at widest part of second pull.
 - Recovery by the hands from the breast-on, under, or over the water.
 - Elbows under water except last stroke before turn or finish.
- Kick: Simultaneous vertical and horizontal movements of the legs.
 - Feet turned out during propulsive part of kick.
 - No alternating, scissors or downward butterfly except a single butterfly kick is permitted during or at the completion the first arm pull after the start and each turn which must be followed by a breaststroke kick.
- Turns/ Simultaneous two hand touch at, above, or below the water surface.
- Finish: Head may be submerged at turn or finish provided it broke surface during last complete or incomplete stroke cycle prior to touch.
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Stroke Briefing – Butterfly

- Start: Forward start.
- Stroke: Body kept on breast.
- Multiple kicks permitted but first arm pull must bring swimmer to the surface.
- May be submerged after start and each turn for not more than 15 meters where head must break surface. Arms brought forward over water and pulled back simultaneously.
- Kick: Simultaneous up and down movement.
No alternating, scissors, or breaststroke kicking movements.
- Turns/ Shoulders at or past vertical toward breast when feet leave wall.
- Finish: Simultaneous two hand touch at, above, or below the water surface.

Stroke Briefing – Backstroke

- BACKSTROKE

- Start: In water facing start end with both hands on gutter or starting grips
 - (a) guttered pool—feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
 - (b) flat wall pads—feet/toes may be placed above the water level.
- Stroke/ Any style as long as swimmer remains on back.
- Kick: 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 surface.
- Turns: During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
 - Some part of swimmer must touch wall at completion of each length.
 - Swimmer must have returned to back when feet leave the wall.
- Finish: May not be completely submerged at the finish.
 - Some part of swimmer must touch the wall while on the back.

Stroke Briefing – Freestyle

- Start: Forward start.
- Stroke/ Any style may be used.
- Kick: 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 surface.
- Turns/ Some part of swimmer must touch the wall at completion of each length or required distance.
- Finish:

Stroke Briefing – Individual Medley

- Start: Forward start.
- Stroke: Rules for each stroke apply. May not swim in the style of the other three strokes during the freestyle leg.
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- Kick: Rules for each stroke apply.
- Turns/ Intermediate turns conform to turn rules for the stroke.
- Finish: Transition turns conform to finish rules for the stroke.

- Order of Strokes – Butterfly, backstroke, breaststroke, freestyle

Stroke Briefing – Relays

- Takeoffs: Swimmers feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

Summary

- Ugly strokes do not necessarily mean illegal strokes
- Read USA rules, watch videos, shadow more experienced officials
- Have Fun
- Stay Hydrated
- Use Sun Screen
- Thank You, Thank You, Thank You for volunteering your time and effort to the young athletes