



TriCounty 2022
Stroke and Turn 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.
- Regular season – minimum of 4 Stroke and Turn officials, 1 referee, 1 starter.
- 2 Place judges – One from each team
- Disqualifications
 - We will use the standard slip used by USA Swimming

League Specific Items

- If you see a potential disqualification, raise your hand to get referee attention.
 - At end of race, please complete the slip noting the infraction you saw. Print your name on the slip.
 - 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

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/
- 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: Any part of body touches wall

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.
- Relay takeoff slips will be used - Each end where a start is happening should have 1 person from each team

Summary

- Arrive early and prepared
- Be in your assigned location on time
- Observe your lanes equally
- Stand in a position where you can best see all of your lanes
 - ◻ Suggested at end of pool
- If you believe you see a possible DQ, raise your hand confidently so you can get the attention of referee
 - ◻ Be able to answer the questions of referee
- If in doubt you can ask the referee
- If not sure what you saw, benefit of the doubt goes to swimmer
- If a coach questions your call, refer them to the referee

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