



# FLORIDA GOLD COAST CLINIC MATERIALS



# STROKE & TURN CLINIC PACKET

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# Introduction

Welcome to the work of swim officiating! This packet contains all of the information you need to become an entry level swim official. If you have any questions, your clinic instructor or Area Officials Representative will be happy to help you.

## **Why Be An Official?**

There are lots of great reasons to become a swim official:

1. We need you! Maybe it looks to you like we have plenty of folks on deck but the fact is that most meets we have about half the number of folks we need to effectively officiate!
2. Contribute meaningfully to the sport! Sitting in the stands is better than not showing up for your children, but becoming an official demonstrates to them the kind of parent you are-caring and active.
3. Great view! You are right there at the point of the action.
4. Hospitality! At most meets you are 'fed and watered' to your heart's content.
5. Camaraderie! Meet and make friends with lots of other folks from all over your area and the state, and enjoy the energy and spirit of the official's group.
6. We are NOT little league. In swimming, unlike many sports, we pay for professional coaching and rely on volunteer officials. This is the way it should be; not the other way around!

## **What Do Stroke And Turn Judges Do?**

The officials help the coaches and swimmers by maintaining a fair competitive environment. Stroke and Turn Judges will observe swimmers after the start and report any violations of the stroke and turn rules to the Referee. Officials should never incorrectly report a violation of rules as it is expected that all reports are based upon 100% certainty that what is reported as a disqualification is a violation of the rules. The swimmers ALWAYS get the benefit of the doubt!

## **Officials-levels**

Swimming officials are divided into several levels, and once you have become a Stroke & Turn judge you can choose to progress to additional levels if you wish. There is no level more important than Stroke & Turn but you learn additional skills at each level. The additional levels are:

Starter

Chief Judge (this position is not certified at the LSC level but is at the National level)

Deck Referee

Meet Referee

Administrative Official

## BECOMING A CERTIFIED OFFICIAL

### Steps

1. Attend a clinic conducted by a Certified Clinic Instructor.
2. Open an account on USA Swimming's web site:
  - a. Go to the USA Swimming web site at [usaswimming.org](http://usaswimming.org). Click "Sign In" in the upper right-hand corner and then on the next page, click "Sign Up".
  - b. VERY IMPORTANT! After you click "Sign Up" you will be asked to enter information. Make sure that you click the "Link My Account To USA Swimming Membership" button on the right. You can only do this after you submit your non-athlete registration.
  - c. Take the online Stroke & Turn/Timer test. You must have created an account before you can take the test.

**\*\*\*\*\*YOU DO NOT HAVE TO TAKE THE TEST TO START APPRENTICING\*\*\*\*\***

3. Complete the Apprentice Official Application form (Appendix A). Give this form to the Meet Referee at the first session you apprentice. You cannot work on deck until this form has been submitted.
  - a. You have 60 days from the initial training date to complete your apprenticeship. At the end of the 60 days you must register with USA Swimming, submit to a Level II background check and view the Athlete Protection webinar.
4. In order to be certified you must work a minimum of 4 sessions on deck as an apprentice. Your progress will be recorded in the USA Swimming Officials Tracking System. Upon completion of the apprentice requirements the Meet Referee will review your sessions with you and make a recommendation.
5. Upon completion of your apprenticeship and to be certified as an official you must:
  - a. Submit a Non-Athlete Registration Application form (Appendix C) to Florida Gold Coast. Registration affords you insurance in your capacity on the deck as an official or apprentice or when volunteering for other meet duties for your club, as well as a USA Swimming Rulebook, a membership card, and a Florida Gold Coast certification card showing you have met the requirements to be an apprentice official.
  - b. Submit to a Level II background check. The check is accessed by going to the USA Swimming website. Go to Member Resources>Officials and scroll down to background check.
  - c. View the Athlete Protection webinar. Go to Member Resources>Officials and scroll to Athlete Protection.

## **Stroke & Turn/Timer Test**

The Certification-Stroke & Turn/Timer test is an online test administered by USA Swimming. It is an open book test with no time limit. All the rules you need to answer the questions can be found online at Member Resources>Officials>Education & Training. Under Rules & Regulations you will find the current and past rule books. The relevant rules for the test can also be found in Appendix D at the end of this packet. Make sure you use the correct rule book specified in the testing area. A score of 80% or higher is required to pass the test.

Start out by opening your internet browser and go to USA Swimming at: <http://www.usaswimming.org>, then:

1. After you sign in, click on the "For You" tab.
2. Click on the "Officials" marker.
3. Scroll down until you see "Resources for Officials" and find the picture captioned "Official Online Testing".
4. Follow the instructions on the next page. Scroll down to the bottom and click on "Start Online Test". Remember to select the Certification Test and not the Re-certification test.

If you can't complete the test in one session you can Logoff, come back later and continue. ALWAYS logoff when you are exiting. To come back in you just click on the "Sign In" link in the upper right corner of the screen and do steps 1, 2, and 3 and select the test. The test will resume where you left off.

## **Sample Test Questions**

1. In the breaststroke, after the start and after each turn, in what position shall the body be kept?
  - A. In any position.
  - B. Past vertical towards the breast.
  - C. On the breast.

**The correct answer is C. The second part of the question asks for the rule.**

There is one reference for this question. Which reference covers these rules?

- A. 101.2.2
- B. 101.2.3
- C. 101.2.4
- D. 101.2.1
- E. 101.2.5

**The correct answer is A.**

Now see how you do. Remember some questions ask for more than one reference. The rules can be found online at [usaswimming.org](http://usaswimming.org) under Member Resources/Education & Training/Rules & Regulations.

2. In the breaststroke: How shall the hands be pushed forward together from the breast?
 

They may be on, under, or over the water.

- A. They shall be on or under the water.
- B. They shall be under the water.
- C. They shall be on the surface of the water.

There is one reference for this question. Which reference covers these rules?

- A. 101.2.1
- B. 101.2.2
- C. 101.2.3
- D. 101.2.4
- E. 101.2.5

3. In the butterfly: At each turn and at the finish, what is required to make a legal touch or finish?
- A. The swimmer shall touch the wall simultaneously with both hands on the wall or starting block.
  - B. The swimmer shall touch the wall simultaneously with both hands below the water surface.
  - C. The swimmer shall touch the wall simultaneously with both hands at the surface of the water.
  - D. The swimmer shall touch the wall simultaneously with both hands at, above or below the water surface.

There are two references for this question. Which references cover these rules? Note that the question asks about the touch AND the finish.

- A. 101.3.2
- B. 101.3.3
- C. 101.3.4
- D. 101.3.5
- E. 101.3.1

## **Apprenticeship**

A key component of your training is the time you spend on deck being mentored by an experienced official. In order to be certified you must apprentice at least 4 sessions on deck at no fewer than 2 USA Swimming sanctioned meets. You must also have been mentored by at least 2 different USA certified Stroke & Turn officials. A record of your progress will be maintained on the Stroke & Turn Judge Application form (Appendix B). Some general rules to follow while apprenticing:

1. When you have identified a meet you wish to work, contact the meet referee listed on the meet announcement letter. The meet announcement letters can be found online at the Florida Gold Coast website. Advise them you wish to apprentice and find out when the officials' briefing is to be held. In most cases you can simply show up at a meet an hour ahead of the start of the session and introduce yourself to the meet referee. Make sure you bring your Apprentice Official Application (Appendix A) when you arrive for your first apprentice session and give it to the meet referee.
2. Normal attire for officials is white polo shirt over khaki shorts, skort, or pants. However, apprentices are not required to wear this attire while apprenticing.
3. Feel free to ask questions. The mentor is there to guide you through the process. Remember, however, that an apprentice cannot make calls. If you observe an infraction, you can discuss it with your mentor.

4. At the conclusion of the session make sure your mentor and the meet referee sign (print) their names on the Stroke & Turn Application (Appendix B). They will record the hours worked and notate the appropriate activities. When you have reached your 20 hours, you will meet with the meet referee or their designee and review the Stroke & Turn Apprentice Study Guide & Graduation Review Outline (Appendix D). The referee will make a recommendation based upon their review of the Application, Outline, and meeting with you.
5. If the referee has recommended that you be certified, email the Stroke & Turn Application to your area representative (the contact information is on the form and in Appendix E). If you have not already done so, submit your Non Athlete Registration, view the Athlete Protection webinar, and request the Level II Background check. Once these steps are complete, you will be mailed your Registration and Certification cards.

## **Florida Gold Coast Stroke/Turn Judge Guidelines**

### **General**

Well run meets and good competitive results are directly related to good officiating. Thorough knowledge of the rules, coupled with fair and consistent application of them, makes a good official. To confidently work on deck, a Stroke & Turn Judge must study the rules, attend training sessions and work regularly at meets.

Officials should always keep in mind that the swimmers have worked hard to achieve their successes. Officials must apply the rules intelligently at all times, using common sense and good judgment. The rules of swimming are intended to provide fair and equitable conditions of competition. Officials must work hard to fully understand the rules and their responsibilities in applying them.

One dominant principle must prevail:

**"The Official's role is to ensure fairness to all competitors, giving the benefit of the doubt, in every instance, to the swimmer."**

The rules of swimming define the acceptable form for each stroke. Variations of form are possible and may still comply with the letter of the rules. "Ugly isn't necessarily illegal."

We're "certified" to make calls when appropriate - it's a responsibility - we need to be professional and confident in what we see and how we interpret the rule(s) without having the flexibility to alter how we enforce the rules - Example: referees cannot alter the rules and tell stroke judges not to disqualify certain age groups - we are obligated to uphold rules fairly for all.

### **Basic Concepts**

1. **Take officiating seriously and work hard at it.** Competitors have a right to expect officials to know the rules and interpret them correctly, fairly and courteously.
  - a. Study USA Swimming's official rulebook.
  - b. Uniformly interpret and apply rules regardless of the level or age of athletes.

- c. Call violations as seen, don't guess or anticipate.
- d. Be fair and consistent, always give the swimmer the benefit of any doubt.

## 2. **Work regularly at the job.**

- a. Officials need practice, just as competitors do.
- b. Working regularly builds confidence.
- c. Attend training sessions regularly to keep up with rule changes and new interpretations.

## 3. **Be professional in manner.**

- a. Fairness to all competitors must dictate actions.
- b. Make decisions quickly and decisively.
- c. Control your emotions.
- d. Don't fraternize with swimmers, coaches or spectators while on duty during competition.
- e. Admit a mistake if wrong.

## **Attire and Equipment**

1. The proper uniform identifies you as an official and projects a professional image on the deck. The approved uniform for FGC Officials is khaki blue shorts, slacks or skirts (no blue jeans) with white polo type shirts (no muscle shirts) and white shoes. A white or straw hat with no logos is preferred, if you wish to wear one. The USA Swimming membership card is to be worn. Nametags are not required but are helpful.
2. Have a copy of the USA Swimming Rule book to consult, if necessary.
3. Bring a clipboard and pens or pencils. Also helpful are sunscreen lotion, rainwear and D.Q. slips.
4. You will need a communications radio. The preferred radios are the "Motorola type" of walkie-talkies. The type with 22 channels and 38 (or s) privacy codes are what we use. You can get them in many places. You can buy 2 almost as cheap as one, the ones pictured are rechargeable. You will also need a headset with a microphone. Many types are available--the types that have a 'boom mic' are preferable for clear communications.

## **Assignment of Duties**

1. Arrive at the meet and report to the Meet Referee at least 1 hour before the start or in time for the Officials Briefing. Look for others dressed in khaki and white, and hospitality is a good place to start.

2. There will be a designated meeting time and place for officials, at which you will be given a Heat Sheet, DQ slips, and your assignment for that session.
3. You will also be given any special instructions or information the Referee may have for that particular meet such as jurisdiction area, DQ slip procedures, relief officials or event breaks.
4. Depending on the pool plan or type of meet, you may be assigned as a Stroke & Turn Judge or as a Stroke Judge (side of pool) or Turn Judge (ends of pool).
5. Turn Judges are positioned on the ends of the pool to allow them to see the pool wall and touch pads. They should be positioned so as to observe all lanes in their jurisdiction as assigned by the Meet Referee equally, in fairness to all swimmers. Ensure that, when turning or finishing, the swimmer complies with the turning and finishing rules applicable to the stroke used.
6. As a Stroke Judge you walk the side assigned to you, observing the jurisdiction assigned by the Meet Referee and pacing yourself to be just behind the last swimmer. Ensure that the rules relating to the style of swimming designated for the event are being observed.
7. If assigned to be a Relay Take-off Judge, be sure you are familiar with the rules for a single or dual confirmation of an early take-off, as well as the procedure to be followed. Ensure that a relay swimmer does not leave the starting platform before the preceding swimmer has touched the end of the pool.

### **Disqualification Guidelines**

1. Can be made only by the official within whose jurisdiction the infraction has been committed and must be based on personal observation.
2. Give the swimmer the benefit of ANY doubt.
3. Any swimmer who acts in an unsafe or unsportsmanlike manner observed by the Stroke/Turn Judge may be considered for disciplinary action at the Referee's discretion.
4. Swimming across lanes does not disqualify a swimmer unless interference occurs at the Referee's discretion. However, the stroke/turn judge should report any observed interference to the Referee. The swimmer must start and finish in the same lane.
5. Standing on the pool's bottom during a freestyle race shall not disqualify a swimmer unless he leaves the pool or walks or springs from the bottom. (NOTE: standing on the bottom after the start and before the finish of any other stroke shall constitute a disqualification.)

### **Disqualification Procedures**

1. Upon observing an infraction of the rules, immediately raise a hand until recognized by the Referee, or for about 20 seconds, whichever comes first.

2. Next, mark the heat and lane of the swimmer and make a note of the infraction on your Heat Sheet.
3. Then, if you have been instructed to use a headset, call in the infraction as instructed.
4. Continue to observe your lanes. Complete the DQ slip when all your swimmers are out of your jurisdiction or at the end of the event or after you have been relieved by another official who takes over observation of your jurisdiction, while you complete the DQ slip (Appendix G).
5. Be certain that the proper heat, lane and swimmer are marked on the DQ slip and the slip is marked correctly to reflect the infraction you called in.
6. Be alert to any changes of swimmers announced.
7. Follow the DQ handling procedure requested by the Referee in the Officials meeting.
8. The finish end judges may have the added responsibility to inform the swimmer of a confirmed DQ. If a swimmer is not notified, please inform the referee. To inform swimmers of a DQ, all that is necessary is to make them aware of the infraction as called in and tell them to talk to their coach. Do not coach a swimmer after a DQ, as to how it should have been done. Do inform swimmers of a DQ with sensitivity towards their feelings and age.
9. Be prepared to accurately answer the "3 Questions" from the Chief Judge or the Referee, if asked, with the language of the rulebook - "Where were you? (Jurisdiction)," "What did you see? (Description)," and "What rule was broken? (Infraction)." Do not take it as a personal offense if your DQ call is overturned - you did your job and the Referee must do their job, too.
10. The Referee, Chief Judge or designated official must make every reasonable effort to seek out the swimmer or his coach and inform the individual of the reason for the disqualification. Never suggest to a swimmer or coach that a swimmer "came close" to being disqualified, "close" is perfectly legal!

## **A PHILOSOPHY OF OFFICIATING**

It is not very difficult to acquire the technical knowledge required to judge the strokes and turns or finishes. A judge will gain that knowledge and become proficient with practice. The challenge however, is to apply that knowledge **professionally**. This includes not falling into any of the "mental traps" that can ensnare us, such as:

### **1. Advantage vs. disadvantage**

A violation of the rules should be noted and the competitor disqualified whether an advantage is gained or not. Our role is to note violations of the swimming rules, not to determine the effect of violations.

### **2. The "Twice Theory."**

Some judges feel they should wait until an infraction happens more than once before they call it. They rationalize this position in all sorts of ways. However, there is no basis for waiting to see an infraction happen twice. The official must simply be certain of what he saw and make the call as soon as it is observed. If there is any doubt about the violation, then don't make the call! Continue to give all the competitors uniform coverage in observing their performance.

### **3. "We don't disqualify 8 & Unders or 10 & Unders"**

People who take this position often rationalize it by saying they don't want to cause "mental trauma" to a youngster. They usually go on to say they have no problems "with older swimmers" While this may sound good, it is in error. First, it views the judge's role as punitive. That's completely wrong. Rather, a disqualification should be viewed as a) "protecting the other athletes" in the competition, and b) "educating" the athlete who commits the infraction so he/she won't do it again. Secondly, it assumes that everyone in the identified age group is a "beginner" while those in the older age groups are "experienced" and, therefore, should be held to a stricter standard. Yet, this is also often erroneous. In any event, experience is irrelevant. Finally, the idea that disqualifying an 8 & Under will "traumatize the child's psyche" is ludicrous. It clearly ignores the fact that youngsters are constantly being corrected during their early, formative years; that's how they learn.

### **4. Don't Infer (Extrapolate)**

Succinctly put, this simply means: you can only call what you see, NOT what you think you might have seen in a brief glance. You must actually see the swimmer miss the wall with his right hand on the turn, not assume he missed it because, by the time you looked, he was touching the wall with his left hand and was already turning. You must actually see the breaststroker take the second arm pull and be past the widest part of that second stroke before his head surfaces, not assume that it took two pulls to get that far out in the pool when you saw his head surface. Another way of putting this: **don't look for reasons to disqualify**. If you see the infraction and it is clear, report it, but if you are uncertain, remember that the benefit of any doubt must go to the athlete.

## **Conduct**

1. Respect and support all decisions of the Referee and your fellow officials. Do not critique or correct other officials on what you may or may not have seen in their jurisdictions. Never call to any other official's attention, any swimmers technique or ask for advice as to a DQ. If you are not sure, do not make the call.
2. If parents have questions, refer them to their coach. If coaches have questions, and they are simply inquiries such as 'was that my swimmer that got disqualified?', answer them if you have time. If they question the accuracy of a call or have comments, politely refer them to the Meet Referee; do not discuss decisions with them. Always act like a professional.

## **Judging Swimmers With Physical Disabilities**

1. Only judge a swimmer as if they have a disability if instructed to do so by the referee.
2. Judge, in accordance with USA Swimming rules, any part of the body that is used.
3. Do not judge a part of the body that cannot be used.
4. Base your judgment on actual rule, not the swimmer's technique.

## **Reminders**

1. Make a note of any swimmers' actions which you were not sure of the call, (and therefore

did not call). At the appropriate time, ask the Referee for the interpretation of that section of the rules.

2. Your Clinic Instructor and certified officials on deck will cover with you the stroke and turn rules and procedures. Be sure to ask questions if you do not understand what is being said.
3. Finally, as you Apprentice for Certification, it is recommended that you reread and review these Guidelines occasionally, to make them a part of your advancement.

## **Radio Etiquette and Usage Guidelines**

### **Objective**

Officials using headsets or radios should communicate in a very exact manner and process. Improper usage of headsets or radios only serves to discredit the officials using them in the eyes and ears of those listening or using the radios. Radios or headsets are used by many meet volunteers and workers and are even used by some coaches. There are no limits on who might purchase a radio and be on deck, in the stands or in the pool vicinity.

### **General Usage Process**

1. Radios are used strictly for efficiently or quickly calling in a disqualification to make sure that the swimmer(s) are notified clearly and in a consistent manner.
2. 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.
3. Radios should never be used to tell jokes or off color stories of any kind.
4. Abusive language of any kind, in any language, should never be used on radios.
5. Radios should never be used to discuss a disqualification or any incident regarding the swimming competition.
6. Radios should never be used to talk about any coach, swimmer, volunteer or any situation dealing with meet operations.
7. Radios today have a “voice activated” switch which picks up any audible activity and can cause embarrassing situations. Therefore, use radios only in the “manual” mode and check for proper position before usage.
8. All calls should be simple and clear. Use the language from the DQ slip or rules as a guide.

### **Suggested Radio Process – Stroke and Turn**

The Officials should communicate in a very succinct and consistent manner, such as:

OFFICIAL – “Possible disqualification, event \_\_, heat\_, lane \_, turn (start) end, for \_\_\_\_\_”

REFEREE – “Confirm possible disqualification for event \_\_\_\_\_, heat\_, lane \_,turn(start) end, for \_ , please notify the swimmer.”

OFFICIAL – “I will notify the swimmer.”

OFFICIAL – “Swimmer has been notified.”

REFEREE – “Thank you.”

If at a meet with more than one course, always identify the course at the beginning of the radio call.



USA SWIMMING

2018 OFFICIALS - REGISTRATION APPLICATION
LSC: FLORIDA GOLD COAST SWIMMING

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION TO ENSURE THAT CONTACT INFORMATION IS CORRECT AND UP TO DATE:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

Have you ever been a member of USA Swimming under a different last name? If yes, please provide that name:

Previously registered with USA Swimming? Yes No If registered in a different LSC, which LSC:

PREFERRED NAME DATE OF BIRTH (MO/DAY/YR) SEX (M-F) CLUB CODE CLUB NAME

(Bill, Beth, Scooter, Liz, Bobby) (Required) If not affiliated with a club, enter "Unattached"

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. EXTENSION AREA CODE TELEPHONE NO. EXTENSION FAX AREA CODE TELEPHONE NO. AREA CODE TELEPHONE NO.

E-MAIL ADDRESS

IF ANY OF THE ABOVE INFORMATION CHANGES DURING THE YEAR - PLEASE NOTIFY YOUR LSC REGISTRATION/MEMBERSHIP PERSON OF THE CHANGES

RACE AND ETHNICITY: You may check up to two choices

- Q. Black or African American R. Asian
S. White T. Hispanic or Latino
U. American Indian & Alaska Native V. Some Other Race
W. Native Hawaiian & Other Pacific Islander

CITIZENSHIP/FINA:

U.S. Citizen: Yes No
Are you a member of another FINA federation: Yes No
If Yes, which federation:

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
Check if you would like to receive the electronic USA Swimming Newsletter

MEMBERSHIP CODE: Check all that apply

- Certified Official (Starter, Stroke & Turn, Meet Referee, Administrative, etc.) Requires a Background Check & Athlete Protection Training
Other (Chaperone, Meet Director, Meet Manager, etc.) Requires a Background Check & Athlete Protection Training

ALL NON-ATHLETES must have a current USA Swimming Background Check and Athlete Protection Training
BGC at www.usaswimming.org/backgroundcheck APT at www.usaswimming.org/protect

By becoming a member of USA Swimming, I hereby agree to abide by the rules, regulations and Code of Conduct of USA Swimming.

Signature Date
By signing this application I verify that the above is true and correct.

MAKE CHECK PAYABLE TO:

FLORIDA GOLD COAST SWIMMING

MAIL APPLICATION & PAYMENT TO:

Richard Cavanah
951 US Hwy #1
North Palm Beach, FL 33408

Table with 2018 REGISTRATION FEE, September 1, 2017 through December 31, 2018. Rows for Individual (\$58.00) and Life (\$1,000.00) fees.

[ ] CHECK IF - you would like to receive reimbursement for initiating or renewing your Background Check



# DISQUALIFICATION REPORT



EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**BUTTERFLY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_

ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_\_ UNDERWATER RECOVERY (1F) \_\_\_\_\_

TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1K) \_\_\_\_\_

NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1M) \_\_\_\_\_

NOT TOWARD THE BREAST OFF WALL (1 N) \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15M (1P) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_

OTHER (1 T): \_\_\_\_\_

**BACKSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

NO TOUCH AT TURN (2A) # \_\_\_\_\_

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2B) \_\_\_\_\_ DELAY INITIATING TURN (2C) \_\_\_\_\_

MULTIPLE STROKES (2D) \_\_\_\_\_

TOES OVER LIP OF GUTTER AFTER THE START (2E) \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15M (2F) \_\_\_\_\_ RE-SUBMERGED (2G) \_\_\_\_\_

NOT ON BACK OFF WALL (2 H) \_\_\_\_\_

SHOULDERS P AST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_\_

OTHER (2 T): \_\_\_\_\_

**BREASTSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

KICK: ALTERNATING (3A) \_\_\_\_\_ BUTTERFLY (3B) \_\_\_\_\_ SCISSORS (3C) \_\_\_\_\_

ARMS: PAST HIPLINE (3C) \_\_\_\_\_ NON-SIMULTANEOUS (3E) \_\_\_\_\_

TWO STROKES UNDER (3F) \_\_\_\_\_ NOT IN SAME HORIZONTAL PLANE (3G) \_\_\_\_\_

ELBOWS RECOVERED OVER WATER (3H) \_\_\_\_\_

TOUCH: ONE HAND (3J) \_\_\_\_\_ NOT SEPARATED (3K) \_\_\_\_\_

NON-SIMULTANEOUS (3L) \_\_\_\_\_ NO TOUCH (3M) \_\_\_\_\_

NOT TOWARD THE BREAST OFF WALL (3 N) \_\_\_\_\_

CYCLE: KICK BEFORE PULL (3P) \_\_\_\_\_ HEAD NOT UP (3R) \_\_\_\_\_

DOUBLE PULLS/KICKS (3S) \_\_\_\_\_

OTHER (3 T): \_\_\_\_\_

**FREESTYLE**

NO TOUCH AT TURN (4A) # \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15M (4B) \_\_\_\_\_ RE-SUBMERGED (4C) \_\_\_\_\_

**INDIVIDUAL MEDLEY**

STROKE INFRACTION(S) (5 A) # \_\_\_\_\_

OUT OF SEQUENCE (5 B) \_\_\_\_\_

**RELAYS**

STROKE INFRACTION (6 A-D) # \_\_\_\_\_ SWIMMER # \_\_\_\_\_

EARLY TAKE OFF S WIMMER (6F-H) # \_\_\_\_\_

CHANGED ORDER (6 L): SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_

OTHER (6 T) \_\_\_\_\_

**MISCELLANEOUS**

FALSE START (7 A) \_\_\_\_\_ DECLARED FALSE START (7 B) \_\_\_\_\_

DID NOT FINISH (7 C) \_\_\_\_\_ DELAY OF MEET (7 D) \_\_\_\_\_

OTHER (7 T): \_\_\_\_\_

JUDGE: \_\_\_\_\_

*(print name clearly)*

REFEREE: \_\_\_\_\_

*(print name clearly)*

NOTIFIED: \_\_\_\_\_ S WIMMER \_\_\_\_\_ COACH

# USA Swimming

Relay Take Off Judge

EVENT# \_\_\_\_\_ HEAT# \_\_\_\_\_

(Circle one: SIDE or LANE)

## Swimmer Number

Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4
Lane 9	2	3	4
Lane 10	2	3	4

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Signature