

# 2016 Edgebrook Officials Training Course

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# Please Sign in

- We need a record of attendance to certify you.
- Goals for tonight:
  - Understanding of what it is to be an official.
  - Protocol
  - The strokes
  - Mentoring each other.
- Referee/Starter Training (8:30-9:30 PM)

# What is a swimming Official?

1. An observer.
2. Part of the learning process for the swimmers. (Good article on Midlakes Officials web page)  
<http://www.midlakeswimleague.org/>
3. Focused on Fairness and Safety
  - One set of rules for all swimmers no matter the age.
4. Part of a TEAM that supports all the swimmers.

# Protocol

1. We wear a white polo shirt.
2. We OBSERVE the swimmers we do NOT Judge.
3. Our observations are equal.
  1. A. Mirror each other on the pool deck.
  2. B. Call what we OBSERVE. When we see an infraction we raise our hands to signal.
    1. NOTE: You can always withdraw your call. ASK if you are not sure!
  3. Write what we have seen on a DQ slip

# Protocol (cont.)

1. Attend an official's meeting before the meet starts.
  1. Best when you can be there even if not working the first half.
  2. Review of Strokes.
  3. Review of Jurisdiction.
  4. Writing and collecting the DQ slips.
2. Be professional.
  1. Send parents/coaches to the Referee!
  2. No cell phones out.
3. Have fun. You have the best spot to watch the swimmers.

# Stroke: Butterfly

- After the start and each turn, the swimmer's shoulders shall be at or past vertical towards the breast.
- Swimmers may take as many kicks as they want, but their first arm pull must bring them to the surface of the water.
- The head must break the surface of the water by the 15 meter mark and some part of the body must remain on the surface of the water throughout the swim, except for the first 15 meters after the turn.

# Stroke: Butterfly

- During the swim, the arms must recover simultaneously over the water surface (some part of the arms must break the surface of the water) and be pulled back simultaneously. (No horizontal requirement)
- All movement of legs and feet shall be simultaneous.
- There shall be no alternating, scissors or breaststroke kick.
- At the turn and finish, there shall be a two hand, simultaneous touch. (Hands must touch the wall simultaneously, but may be in a non-horizontal position)

# Stroke: Breaststroke

- At the start of the race, the swimmer must take one arm pull and one breaststroke kick, in that order, and may be completely submerged.
- From the beginning of the first arm stroke the body shall be kept on the breast and the arms shall be in the same horizontal plane.
- The head must break the surface of the water by the time the arms have reached the widest part of the second arm pull.
  - NOTE: One (1) butterfly kick is permitted at the start and after each turn any time prior to the first breaststroke kick.
- At the turn and at the finish, a two hand, separated, simultaneous touch is required.

# Stroke: Breaststroke

## ARMS

- The arms must move in the same horizontal plane with no alternating movement. The hands may not pass the hipline during the arm stroke.
- During the recovery movement, the hands may be at, above or below the water surface, but must be pushed forward from the breast.
- The elbows must stay in contact with the water during the recovery phase of the arm pull throughout the race except for the last stroke at the finish and into the turn.

# Stroke: Breaststroke

## LEGS

- All vertical and lateral motion of the legs shall be simultaneous and must move in the same horizontal plane.
- The position of the toes is the key to judging the breaststroke kick. If the toes are pointed out during the propulsive part of the kick, it is a legal breaststroke kick.
- There shall be no scissors, flutter or downward butterfly kick, **except** during the first cycle at the start and after each turn, when the athlete may take one butterfly kick prior to the breaststroke kick.
- Breaking the surface of the water with feet is not a DQ

# Stroke: Breaststroke

## At the turn and the finish,

- A two hand simultaneous touch is required.
- After the final pull into the wall at the turn and finish, the arms no longer need to be in the same horizontal plane, however, shoulders do have to be at or past vertical towards the breast when the feet leave the wall at each turn and the finish.
- Hands must touch the wall simultaneously, but may be in a non-horizontal position. There must be separation.

# Stroke: Backstroke

- Immediately following the start, standing in or curling toes over the lip of the gutter is not permitted.
- The swimmer must be at or past vertical towards the back during the swim and at the finish.
- The head must break the surface of the water by the 15 meter mark, after the start and turn.
- At the turn, some part of the swimmer must touch the wall and the swimmer may turn in any manner.

# Stroke: Backstroke

- Swimmer may turn past vertical towards the breast, at which time they may execute one single or one simultaneous double arm pull, which may be used as part of a turning action to execute the turn.
- Independent kicking, after turning onto the breast, is allowed in Midlakes
- This transition to the breast must occur between the turn-end backstroke flags and turn-end wall.
- The swimmer must be towards the back when their feet leave the wall after the turn and must touch the wall at the finish while on the back.

# Stroke: Freestyle

- Swimmers may swim **any**\* style, but their head must break the surface of the water by the 15 meter mark \*See Medley, below.
- Some part of the swimmer's body must remain on the water surface throughout the race, except for the first 15 meters after each turn.
- Some part of the swimmer's body must touch the wall at the end of each length. If swimmers miss the wall, they may return to touch (Freestyle is the only stroke this "backwards" direction is allowed).
- Freestyle is the only stroke that allows a swimmer to stand on or touch the bottom of the pool. However, the swimmer is not allowed to propel off the bottom

# IM / Medley Relay

- Individual Medley is swum in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- The Medley Relay is swum in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- Freestyle is any stroke other than the previous three.
  - The freestyle leg may not be swum on the back -any stroke performed on the back is “backstroke” - or include complete strokes of Breaststroke or Butterfly.
- Each leg of the race shall be judged by each finish shall conform to the finish rules of that stroke. the rules pertaining to that stroke and (After the finish of each stroke, the swimmer may turn in any manner, and must conform to the start rules of the next stroke).

# Relay Takeoffs

- Watch the feet of the swimmer on the block
- For in-the-water-starts, watch the swimmer's **hand**, which must be in contact with the wall
- When the feet leave the starting platform, or the hand of the swimmer leaves the wall, look down to see if the incoming swimmer has touched the wall.
- If so, the exchange is good. If the exchange is good, circle the outgoing swimmer's number on the relay take-off slip.
- If the exchange is bad, put an X through the number of the swimmer who took off early.
- Do not raise your hand for an early take-off, as this is a dual confirmation infraction.

# Stroke: All

Please note that in all strokes, incidental contact with lane lines or sides of the pool is not grounds for immediate disqualification - standing on or touching the bottom of the pool is (except Freestyle).

However, swimmers use of lane lines or sides of the pool to propel them down the course (via intentional grabbing, pulling on or kicking off) is not allowed.

# Mentoring

- **THE BENEFIT OF THE DOUBT GOES TO THE SWIMMER!!!!!!!!!!!!!!!!!!!!**
- Ask questions of each other.
- Chad and Kevin will help refine your skills.
- We will try to pair you with a skilled official your first time.
- Questions?

# Referee and Starter Training

# Responsibilities

- You are responsible for the SAFETY and conduct of the meet.
  - Think carefully and ask for advice. (Coaches and other officials) Common sense goes a long way.
  - Meet your officials and ask about their experience.
  - Don't rush the meet BUT keep it flowing.
  - Don't be pressured into doing something.
  - Call Kevin (480-242-6617) or Chad (206-963-0577) if you need help.
  - Buy a whistle! 😊

# Whistle Start Procedure

1. Referee/Starter signals the swimmers to get into position behind the blocks and ready to step up or in by blowing a series (more than 3) of short whistles ("chirps").
  - This will usually happen just after the last swimmer of the previous heat has completed their distance (or possibly even earlier).
  - This signal needs to be timed such that you can keep the meet moving along.

# Whistle Start Procedure

2. Announcer (or Starter, if necessary) calls out the event, heat and instructs the swimmers to the back of the blocks.

- The Announcer then hands the heat over to the Referee.
- Referees should coordinate the timing of the whistles and announcements with the Announcer prior to the beginning of the meet.

# Whistle Start Procedure

3. Referee signals swimmers to step up onto the blocks or into the water by blowing one long whistle blast (for backstroke, a second long whistle blast when the Referee is ready to have swimmers return to the wall and place their feet).
- This will be fairly quick in meets that are being run as fast as possible, and not so quick in other circumstances (such as Finals where the swimmers names are being announced, or where the Referee is waiting for something to finish or occur before getting the swimmers up/in).
  - If the swimmers do not respond in a reasonable period of time, the Referee may indicate by arm motion to step up/in.

# Whistle Start Procedure

4. In most cases, we combine Starter/Ref, so we don't use this step except in prelims/A champs.

- When ready to turn swimmers over to the Starter, the Referee will signal with an out-stretched arm to the starter (the Referee should be in a position for the Starter to see the arm).
- This action "closes" the heat. Referees should continue to use their discretion at this point for any late arriving swimmers.
- If needed, have the Starter step the heat down, and find out why the swimmer was late. The out-stretched arm shall be kept there until the swimmers leave the blocks.

# Whistle Start Procedure

5. The Starter, upon being given control by the Referee, will check for any starting problems (toes in backstroke, swimmers or timers in the way, etc), and correct any observed problems.

- There will now be a pause (take a deep breath, scan the field up and down, or whatever works for you to ensure that a pause happens).
- When the field is ready, say "Take Your Mark". That is ALL you say.

TIP: Sounds like “pass the salt”

# Whistle Start Procedure

6. Observe the field getting into position (at least one foot at the front edge of the platform). Once everyone is in position and has stopped moving, issue the start signal.

- Be patient for the swimmers to become still. But don't wait too long, if necessary, instruct them to "Stand/Relax."
- When swimmers are motionless, give the start signal.

# Whistle Start Procedure

7. Should one or more swimmers move before the starting signal, the Starter will instruct them to "Stand/Stand Up."

- If a swimmer starts before the starting signal, the recall signal will be given and swimmers return to the starting area.
- The Starter will call the swimmers back into position and say "The first false start is charged to the field, the next false start will be charged to the lane." and the starting procedure is repeated.
- If there is a second false start (by any swimmer), that swimmer is disqualified from swimming.
- It is the discretion of the Starter/Ref to allow that swimmer to compete as exhibition.

# Whistle Start Procedure

8. Swimmers may also be disqualified if there is significant delay in their response to the starting instructions.

- This is a “delay of meet” disqualification.

# Meet Safety is your priority!

- After the start look for all the swimmers to come up!
- Ask for help and delegate!
- Practice your starting “tone”. Remember: “Pass the salt/Take your Mark”.
- Smile at the swimmers.
- Acceptance of DQs is your call and responsibility. Support your officials but give swimmers the benefit of the doubt.
- Questions?