

**Welcome to the Official's Home Page!!**  
**Officials are Honored**  
**For**  
**Giving Their Greatest Gift, their TIME!!**

# **Sierra Nevada Swimming Officials Newsletter**

March 1, 2020



## **Five Reasons to Become an Official**

**You'll be working with the greatest group of volunteers in all sports.**

**You'll be close to the action.**

**The bleachers aren't comfortable anyway!**

**High satisfaction; low pay.**

**It's a great way to meet future**

**Olympians — unless you already  
have one in your home.**

**Great food in hospitality, and you**

**Can't beat the price.**



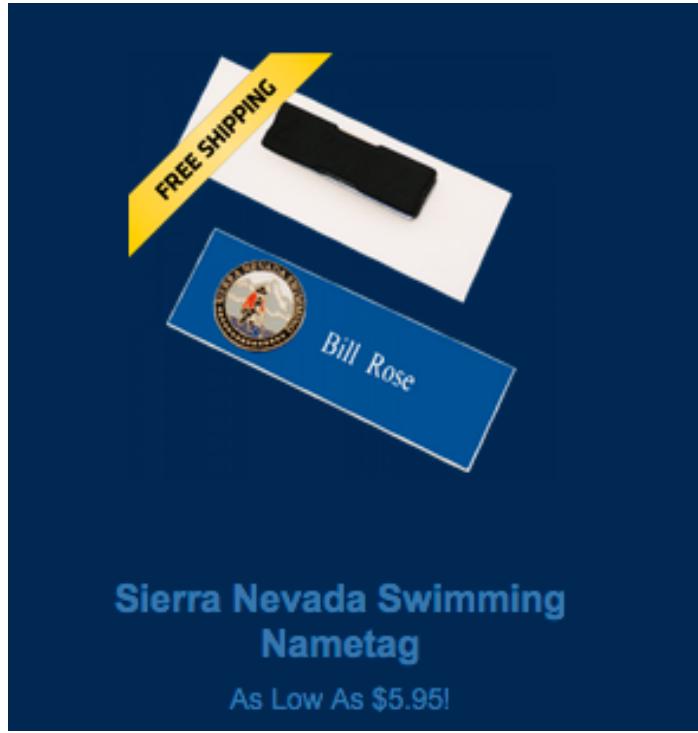
# Sierra Nevada Swimming Name Tag's Anybody?

All name tags will now be purchased by you by going onto the Hasty Awards web site, that is written below, and then filling in the needed information, like your name, mailing address, where the name tag will be shipped, your credit card information and the “in hands” date. When the information is entered properly, you will submit your order. You will use a credit card and the name tag will be mailed to you when completed. Please allow two to three weeks for delivery.

**Copy and paste the link below onto your browser:**

<https://www.hastyawards.com/catalog/Nametags/136/product/Sierra-Nevada-Swimming-Nametag/433/>

**All name tags now are made with the new Sierra Nevada Swimming Miner Pin.**



The name tags will be mailed to you when they are completed by Hasty Awards.

The cost of one name tag is \$5.95, which includes shipping and handling.

If you want to phone directly and not use the Hasty Awards web site method to order you name tag, please dial (800) 448-7714 or (785) 242-5297



## ***BUYING A WHITE POLO SHIRT FROM JUST PRINT IT INK***

After looking sharp with the Lands' End shirts for a long time, I found an even better offer I don't think you can pass up.

Whose going to be wearing the Sierra Nevada Miner shirt on deck?

This is a local business. Bret Penner does the shirts for the Summer Sanders Senior + meet, all of CCA Meets as well as the Bill Rose Classic, when CCA is hosting the classic.

These shirts are less in cost than the Lands' End shirts, because they are shipped free.

### **SIERRA NEVADA SWIMMING**

**JUST PRINT IT INK**



PLEASE CHECK ALL SPELLING, PUNCTUATION, GRAMMAR AND PLACEMENT OF YOUR DESIGN



I hope you are as impressed as I am, with the graphics on the shirt.

Please wear this shirt with pride by starting with the click on the website below.

<https://sns.justprintitink.com/>

Swimmingly,

Bill

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***IF YOU ARE INTERESTED IN BUYING A WHITE POLO  
SHIRT  
FROM LAND'S END***

THE ONE TIME SETUP FEE HAS BEEN PAID

YOU WILL PAY FOR:

THE PRICE OF THE POLO SHIRT - mine was \$29.95, less 20% because of a sale, but check  
for promotions, sales and different types of polo shirts.

THE LOGO APPLICATION - each shirt will be charged \$8.95 for embroidery.

PLUS SHIPPING AND HANDLING  
PLUS TAX



**WHAT YOU NEED TO DO:**

GET A LANDS' END CATALOG AND PICK OUT THE SHIRT, SIZE AND COLOR.

CALL LANDS' END BUSINESS OUTFITTERS AT 1-800-663-2193

PHONE ONLY Monday through Friday from 7:00 AM to 7:00 PM, CST.

ASK TO PURCHASE A POLO SHIRT WITH THE Logo Number: 1146603W

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## *Twenty-Four Teams Receive Safe Sport Recognition in January*

By USA Swimming | Monday, February 3, 2020

USA Swimming approved 24 teams for its Safe Sport Recognized Club program in January, bringing its total of Safe Sport Recognized clubs to 138.



Launched in 2018, the Safe Sport Recognized Club program allows a member club to demonstrate its commitment to creating an abuse-free, safe, healthy, and positive environment for all of its members through the development and implementation of Minor Athlete Abuse Prevention and Anti-Bullying, Safe Sport Best Practices, and Athlete Protection Training.

Clubs that achieve Safe Sport recognition will be able to put a badge on their club website with the designation (see attached) and will be listed in the USA Swimming Find a Team tool for prospective parents searching for a Safe Sport recognized club in their area.

"The program highlights a club's commitment to going above and beyond in its Safe Sport initiatives," said Abigail Howard, USA Swimming Associate Counsel & Director of Safe Sport. "We are specifically excited to see how it will expand the education and training efforts to minor athletes and the parents of our athletes."

In order to attain recognition, clubs must apply through USA Swimming's Club Portal. The following criteria will be considered: the club's Athlete Protection Policies and the other measures to safeguard athletes; the club's screening and selection procedures for staff and volunteers; the club's communication to members about how to report misconduct to USA Swimming Safe Sport and the U.S. Center for SafeSport. Clubs will be awarded points when minor athletes and parents complete the Safe Sport online courses, as well as hosting in-person Safe Sport-related training.

Safe Sport Recognition can be renewed every two years. For more information, visit our [Safe Sport Recognized Club program page](#), or contact USA Swimming Safe Sport staff at [ssrp@usaswimming.org](mailto:ssrp@usaswimming.org)

**The following clubs have attained Safe Sport Recognition:** Aces Swim Club, Ad Astra Area Aquatics, AGON, Alamance County Community Y/BAC, Alexandria Swim Club, All Star Aquatics, Alto Swim Club, American Energy Swim Club, Ames Cyclone Aquatics Club, Aquajets Swim Team, Aquatic Club of Elkhorn, Arena Club Aquatics, Arkansas Dolphins Swim Team, Arlington Aquatic Club, Asphalt Green Unified Aquatics, Avon Community Swim Team, Azura Florida Aquatics, Berkeley Aquatic Club, Bixby Swim Club, Bloomington Normal Swim Club, Boise Swim Club, Boonville Aquatic Dolphins, Boulder Swimming, Bozeman Multisport Aquatics, Buckeye Swim Club, Buenaventura Swim Club, Buffalo Area Aquatic Club, Cape Fear Aquatic Club, Cascade Swim Club, Cheyenne Mountain Aquatics, Colorado Torpedoes, Columbia Aquatics Association, Coral Springs Swim Club, Cypress Fairbanks Swim Club, Downeast Family YMCA, East Carolina Aquatics, El Paso Aqua Posse, Elevation Athletics, Empire KC Swim Club, Enfinity Aquatic Club, Fairfax Foxes Swimming, Fishers Area Swimming Tigers, Flashes Aquatics, Flatiron Athletic Club, Flood Aquatics Swim Team, Fort Wayne Swim Team, Fox Swim Club, Frederick Area Swim Team, Front Range Barracudas, Great Illinois Swimmers, Gulf Coast Swim Team, Hickory Foundation YMCA Seahorse Swim Team, High Point Swim Club, Hilltop Aquatic Swim Team, Hockomock Area YMCA Lightning, Indiana Swim Club, JCC Bridgewater Tide, JCC Swimming, Jets Aquatic Club, Lakeside Aquatics Team, Lawrence County Aquatics, Long Reach Swim Club, Los Gatos Swim Club, Loyola Blakefield Aquatics, Magnolia Aquatic Club, Mako Aquatics, Martin County Swimming, Maryland Suburban Swim Club, Meridian Swimming Assoc., Metrowest YMCA Stingrays, Mexico Tiger Sharks, Mexico YMCA Mid-Mo Marlins, Mid-Cities Arlington Swimming, Missoula YMCA Swim Team, Mundelein Mustang Swim Club, Nation's Capital Swim Club, Naval Academy Aquatic Club, North Coast Aquatics, Northern Dutchess Aquatic Club, Northridge Area Swimming Assoc., NOVA of Virginia Aquatics, Inc, NSEA Swim, Nu Wave Swim Club, Oswego Laker Swim Club, Paseo Aquatics Swim

Team, Performance Aquatics, Pine Crest Swimming, Plainfield Community Aquatics, Portland Porpoise Swim Club, Pueblo Swim Club, Raleigh Swimming Association, Rappahannock Area YMCA Swim Team, Inc, Riptide, Sailfish Swim Club, Sailfish Swim Team, Salt Lake Swim Legends, San Gabriel Sea Gulls, Sandhills Sandsharks, Sarasota Tsunami Swim Team, Sarpy County Swim Club, Sea Dragon Aquatics, Sharks Swim Club, South Florida Aquatic Club, South Southeastern Swim Club, Louisiana Swim Team, Southwest Aquatic Team, Splash Club, Inc., St. Bernard Swim Club, Steel Aquatic Club, Sterling Stingrays Swim Club, Stingrays, Summit Swimming, Sun-shine Aquatics Swim Club, Swim Charleston, Swim Fort Lauderdale, Swim GSA, Swim Torrance, SwimMAC Carolina, Syracuse Chargers, TAC Titans, Team Charlotte Swimming, Team Eugene Aquatics-YMCA, Team Velocity, Thames Aquatic Club, The Fish, Tomball Area Swim Club, Town Wreckers Swim Team, Tri-city Channel Cats, Trident Swim Club, Washington Township Swim Club, Waterloo Swimming, West Texas Typhoon, Wichita Swim Club, WTRC Sharks Swim Team Inc., Y in Central Maryland, YMCA of Hagerstown, YMCA of Northwest North Carolina Riptyde, Y-Spartaquatics Swim Club.

**Will Sierra Nevada Swimming have a Club on this list next month?**

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## **Is it a Good Idea to Use Underwater Cameras for Swimming Competition?**

by Clark Hammond

It does not make sense to allow video or cameras to judge swimming unless you have cameras covering all lanes over a majority of the pool. We often are asked to look at the video on an iPhone or iPad and I am glad to do so for educational purposes, but I will not discuss what I see or whether or not I think an infraction took place. I will use it for deciding how to handle the call with the official or the CJ team regarding assignments.

The reasons for NOT using a single video of a single swimmer in a single race should be obvious - the rules are designed to provide fair and equitable conditions of competition for all swimmers.

To use a single video to overturn a call would be unfair to the rest of the participants. This is why we sparingly use underwater video under very specific requirements which covers all lanes in the same location. That way there is at least a presumption that all swimmers are being judged the same. The truth is however that the underwater cameras DO NOT cover all of the areas underwater and thus if an infraction occurs outside of the cameras view, then the deck referee must process the infraction just as if no cameras were used at all. This likely does not give the benefit to the swimmer since the leaning is to uphold the infraction unless there is some reason not to.

Candidly in 2012, I overturned a call at the finish. The turn judge called the swimmer underwater on the backstroke prior to the touch at the finish - a good call if the infraction occurred. The underwater cameras could not confirm or deny the call due to the angle. I actually saw that the swimmers keep his foot above the water at all times so I overruled the call. A very rare situation.

I also had a situation in 2000 in San Antonio at the US Open. A coach came and complained that their swimmer did not perform a downward kick in the breaststroke and had video to prove it. Joel asked me to view the video and I told the coach I could not overturn the call based on the situation but I would use it for instruction. At this time, you could not perform a downward kick at any time in the breaststroke and the official called the infraction off the wall at the turn end. In viewing the video, it was clear that the officials - a very large individual - completely clocked the location where the kick occurred and thus you could not even see a kick much less the water.

I had another situation where an Olympic swimmer was called for a violation of the 15-meter mark on the start of the backstroke. We happened to have a camera in the stands pointed towards the pool which allowed you to see the 15-meter mark with some clarity. It was clear on reviewing the video that the call was made on the wrong lane. And even the one that was close was still legal. I separately wanted to overturn the call, but could not because the camera was not on the 15-meter mark and there were not cameras covering the entire pool so that all of the swimmers had the same "judging". I even called one of my senior officials who lamented with me but confirmed that we just could not do it.

I went to the official and did everything I knew what to do to have him withdraw his call, but because I did not see it personally, I could not overturn it. You may say no brainer - the video proved bad call - fix it, but what if the same thing happened at the other end where I did not have a camera to save the swimmer. Would that be a fair venue? Of course not. So, you have to realize that while cameras could be an effective tool for protecting athletes from bad calls, it has to be done so that all athletes have the same benefit and it has to be done with very expensive equipment and operators like we use at trials and what is used in football.

Lastly, another problem with most situations is that the camera only catches what is happening above the water and thus the use of cameras only above water is probably only half the story and likely even less since the majority of infractions occur under the surface.

So, I am a fan of using the cameras like we do at trials and other elite meets, but would not want to lessen the requirements for coverage as a method to review calls.

Below was added by Kathleen Scandary, our National Officials Chair

Of course, it is important to note that when using the cameras, the call from the deck initiates the view of video. The call is handled in three ways, confirmed by video, overturned by video, or the view is inconclusive and therefore, goes back to the deck Referee for a decision. I believe it has been a positive part of competition with elite (national) level swimmers where selection and records are on the line.



## **Jr. Coach Membership Frequently Asked Questions**

**What age can a Jr. Coach be?** Jr. Coaches can ONLY be 16 or 17 years of age.

**Do Jr. Coaches have to complete all the non-athlete coaching requirements?**

Jr. Coaches are required to complete everything but a background check (CPR, Athlete Protection Training, Online and In-Water Safety Training and Foundations of Coaching 101 (1<sup>st</sup> year coaches) and FOC 201 & Rules and Regulations (2<sup>nd</sup> year coaching)

**Once a Jr. Coach turns 18 years of age, how long do they have to complete a background check?**

The Jr. Coach has 30 days from the time they turn 18 to complete a background check. They will receive an email notification 30 days prior and another one 15 days prior to turning 18, letting them know that they must complete the background check within 30 days after turning 18.

**If a current athlete member becomes a Jr. Coach member, do they have to pay a second membership fee?**

If the athlete is registered as a Premium member (not a Flex or Outreach member) for the current registration period, the second USA Swimming membership fee is waived if both memberships are under the same LSC. NOTE: LSCs are not obligated to waive their LSC membership fees that are in addition to USA Swimming membership fees.

**Is a Jr. Coach allowed to be on deck without another non-athlete coach member on deck?**

No, there must be present another non-athlete coach member who is in good standing.

**Can a Jr. Coach member be designated as a head coach for a USA Swimming club member?**

No, a Jr. Coach cannot be designated as a head coach of USA Swimming club member





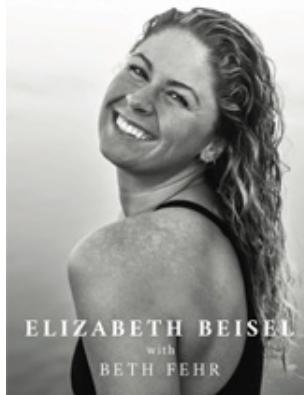
## Writing Her Memoir Gives Elizabeth Beisel New Perspective About Swimming and Life

By Mike Watkins//Contributor | Thursday, February 20, 2020

Even though she was a journalism major at Florida and kept a journal since she was little, Elizabeth Beisel never thought about writing a memoir of her swimming and life experiences before or after she retired in 2017.

It wasn't until, after several speaking engagements and swim clinics where she talked about her own experiences as an Olympic swimmer, she was told by attendees that she should really write down these stories chronicling the successes and failures of her athletic career in a book.

### SILVER LINING



That book, *Silver Linings*, was released nationwide last week and has received a very positive response, especially within the swimming world.

"That encouragement from swimmers and parents really got me thinking about it, seriously thinking about it," said Beisel, who retired from swimming at the conclusion of the 2017 World

Championships. "It really hadn't occurred to me that my experiences were any more special than anyone else's, so who would want to read a book about me?"

"But then when people came up to me after a speaking engagement or clinic and told me they loved hearing my story, and I should think about writing a book of my stories, I thought maybe I did have something to say. The seed was planted."

As someone who has never been short on words, Beisel said she sat down just a couple of weeks after her climb up Mount Everest in early 2018 and started putting together an outline.

It wasn't long after that when she began to start recollecting her swimming experiences – delving deeply into her memories and reliving both good and not-so-good experiences.

Along the way, she reached out to past coaches, teammates, family, friends and even competitors to pick their brains and get a more well-rounded perspective about her races, her wins, her losses and her swimming experiences in general.

"It was unexpected at first, but when I talked to (former coaches) Chuck (Batchelor) and Gregg (Troy), they gave me a completely different perspective of my experiences, and that helped flesh out my stories even more," said Beisel, who finished the manuscript for the book with co-author Beth Fehr last year.

"At that time, I was so focused on my races and race outcomes that I had tunnel vision and only saw my version of my experiences. When I talked to Chuck and Gregg, they were able to provide an outside view of what they remembered seeing me go through, and that made my stories stronger and richer. It was an important part of the book."

Another important part of the book for Beisel was introspectively looking back on her positive and not-so-positive memories and experiences and taking a long hard look at what the outcomes really meant in her swimming career.

One she said she didn't fully appreciate at the time was her silver-medal-winning swim in the 400 individual medley at the 2012 Olympics in London.

At the time, she said she felt disappointed that she didn't swim faster (even though she swam a personal best time) to push herself to win gold.

But while writing the book, she said she began to really analyze and appreciate all that she did prior to and during the race to accomplish what she did.

"(As I was writing) I realized that I did that several times in my career – not appreciating my accomplishment when it happened; I felt very bad for my past self," she said. "I think it's because I'm so naturally competitive – always have been – that I couldn't allow myself to appreciate my accomplishments because then I would be accepting something other than the best."

"But I realized through the writing process that I did my best, and my best should have always been good enough for me. Part of that was never allowing myself to believe my own hype and to

not get a big head. At the same time, however, I never truly understood just how good I actually was. But, again, it often takes a change in perspective to realize these things."

Another funny story that popped up as Beisel started thinking through her book content was how swimming and sports can often come full circle.

When she was 8, she attended her first clinic with Amanda Beard shortly after the 2000 Olympic Games in Sydney. During the clinic, Beard looked at the group of young swimmers and said one of you will be an Olympian one day – and that really got me thinking about the possibility seriously.

Fast forward to the 2008 Olympics, and Beisel and Beard were on the Beijing Olympic team together, and Beisel, not quite 16 yet, tapped Beard on the shoulder.

"I reminded her about that clinic and how her words positively impacted me to want to also be an Olympian like her," Beisel said. "I had forgotten about that until I started thinking through the book, and I found a picture of me holding one of her medals. That was particularly special for me."

Upon completion and publishing of *Silver Linings*, Beisel said she heard from several past National, World and Olympic team members with congratulations and good wishes – as well as a few words of encouragement and concern because, while these events were happening, they only knew Beisel as the friendly, gregarious swimmer who always smiled and was always happy.

The book revealed that wasn't always the case.

"(Allison) Schmitt read the book in one sitting and called me in tears because she had no idea I was going through what I was during our time together at the Olympics," she said. "I heard from Katie Hoff and Kara Lynn Joyce with similar thoughts. They both told me they didn't know that I experienced what I did and reveal in the book."

We're all together at these meets and, because we've been taught to focus on our races and not be open about how we're feeling so we don't show any vulnerability, we often have no idea what each other is experiencing and going through. All I showed them was this outgoing, happy façade, but I had other things happening that I didn't want anyone to know about."

Beisel said she's ecstatic she made it through the book-writing experience, and that the final product is very close to what she envisioned at the beginning of the process.

But it was the surprises along the journey that really made this project truly worthwhile.

"This book was cathartic for me in many ways because it not only helped me work through some past feelings I had ignored or forgotten about but it allowed me to connect with my swimming in a way I hadn't done before," she said.

"I wrote this not only for me but to hopefully inspire young swimmers and athletes (and parents) to know that there are successes and failures in sports and life. It's all about how we choose to use them to improve that makes us true champions in sports and life."

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## *Here Are Some Photos of Working Officials for the Month of February!!*



SMST 2020 Winter Splash  
February 1-2, 2020



Mentoring at the Splash and enjoying it!!



DART Super League Champs  
February 8-9, 2020



Shasta Y Sharks Winter Classic  
February 15-16, 2020



WAC Spring Tri Meet  
February 22-23, 2020



2020 Last Chance Qualifier  
February 21-23, 2020

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## My "ONE BIG THING" From Being Out & About

By Bill Rose



My one big thing for the month of February took place at the SMST meet on February 1st, where Jasmine T. Guzeldere of the Chico AquaJets missed her race in the 100 Freestyle and was then seeded in the last heat, in an open lane. She came in first by 50 yards and didn't want to keep the Heat Winner Prize, so she gave it to the second-place winner. That is my one big thing for the month of February. Way to go Jasmine!!

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## SIERRA NEVADA SWIMMING LSC BOARD MEETING

Please plan to attend our Board of Directors Meeting  
and get involved!

Meeting Date: Monday, March 16, 2020

Time: 7:00 PM to 9:00 PM

**Hosted by:** Sierra Nevada Swimming

**Location:**  
**Mike Shellito Indoor Pool**  
**10210 Fairway Drive**  
**Roseville CA 95678**

**Google Directions:**

<http://maps.google.com/maps?hl=en&rlz=&q=10210+Fairway+Drive+%09%09%09%09%09Roseville+CA+%C2%A095678&um=1&ie=UTF-8&hq=&hnear=0x809b21eebfaf01b:0x21418f190250e36a,10210+Fairway+Dr,+Roseville,+CA+95678&gl=us&daddr=10210%20Fairway%20Dr,%20Roseville,%20CA%2095678&sa=X&ei=MpxHUNWICJHSiAL-yoHYDw&ved=0CCIQwwUwAA>

**Contact Information:** Alex Ongaco <[alex.ongaco@snswimming.org](mailto:alex.ongaco@snswimming.org)>

**Remember: Silence is consent!!**

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**IF YOUR TEAM WOULD LIKE TO HOST A STROKE  
AND TURN CLINIC FOR THE 2020 SWIMMING  
YEAR PLEASE CONTACT**

**MELISSA SZPIK SERRAO AT: [officialmelissasn@gmail.com](mailto:officialmelissasn@gmail.com)**

The new 2020 swimming year will start on September 1st, and Stroke and Turn Clinics will be offered at many places throughout our LSC after the USA Swimming Convention ends on Sunday, September 15, 2019.

An “Athlete Protection Training” online program and a Criminal Background Check will be required for all first-time non-athlete volunteers, Officials and Coaches, before your 2020 USA Swimming membership becomes valid. The clinics that will be offered in early September and October will be for the 2020 swimming year.

**After the 2018 USA Swimming Convention, there were many 2019 yearly-required clinics offered. Many past certified Officials didn't think they needed to attend a clinic in the calendar year of 2018, for the swimming year of 2019. They were mistaken. DON'T LET THIS HAPPEN TO YOU for the 2020 swimming year.**

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**Hope you worked enough sessions in the swimming year of 2019 to maintain your current certification in 2020. Check the requirements below.**

**USA Swimming Minimum Standards  
Guidelines  
*For Utilization By*  
Local Swimming Committee (LSC) Officials  
Mission**

To develop and conduct mentoring programs to recruit, educate, train and certify USA Swimming officials to provide high quality and consistent officiating for our athletes.

The goal of having all Local. Swim Committees (LSC) adopt these minimum standards for certification of Officials is to set standards, that when applied, will accomplish the following:

- \* ensure a clear and consistent knowledge of the rules
  - \* provide sufficient time in training to assure familiarity with all levels of competition
  - \* provide opportunity to work on the deck and advance through the certification process
  - \* allow automatic acceptance at the Stroke & Turn level between all LSCs meeting the USA Swimming Minimum Standards Guidelines
- \* ensure professionalism in all aspects of the word "team" while in attendance at a swim event both on and off the deck

The sessions referred to in the guidelines should be of duration to assure sufficient time to observe a significant number of swimmers and should contain a complete schedule of events to provide the opportunity to observe all strokes.

LSC's may set minimum standards for additional positions such as Referee (Non-Starter), Clerk of Course, Timing Judge, Equipment Operator, etc.

Any exception to these minimum standards must be approved by the National Officials Chair who may stipulate appropriate conditions for each exception.

\* May not Officiate at a Session in Which They are Competing or Coaching

### **TIMER (Minimum Age 11)**

Education & Training	None except pre-meet briefing Performance monitored by Chief Timer and/or Referee during meet.
Evaluation & Certification	<b>Certify</b> after passing USA Timer's test and <b>satisfactory performance</b> at one meet.
Renewal	Based on satisfactory performance.

### **ADMINISTRATIVE OFFICIAL (Minimum Age 18)**

Education & Training	Formal clinic training. Must take USA Administrative Official test. On-the-deck apprenticeship with at least one (1) mentor who has a minimum of one (1) year certification as Administrative Official, Administrative Referee, or Referee) for a minimum of two (2) sessions.
Evaluation & Certification	<b>Certify</b> after passing USA Administrative Officials test and <b>satisfactory performance</b> at one meet. <b>Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training</b> before officiating as an Administrative Official.  <b><i>Sierra Nevada Swimming:</i></b> After above training, must have the recommendation of the Trainer before being granted certification.
Renewal	Based on satisfactory performance. <b>Sierra Nevada Swimming:</b> <i>Attend yearly Administrative Official clinic, work a minimum of two meets* and take the Administrative Official Recertification test every other year.</i>

\*meets are defined as being listed as the AO or AR on the Meet Announcement or being an Assistant AO or Assistant AR at the meet.

### **STROKE & TURN JUDGE (Minimum Age 18\*)**

Education & Training	Formal clinic training. Must take USA Swimming Stroke & Turn/Timer test. On-the-deck apprenticeship with at least two (2) mentors (who have a minimum of one (1) year certification as a Stroke and Turn Judge) for a <b>minimum of six (6) training sessions</b> .  (Cannot make a disqualification during those sessions).
Evaluation & Certification	<b>Evaluation by</b> evaluator/mentor and/or Referee to be reported to LSC Officials Chair or their designee.

**Must complete** certification within one year from date of clinic.  
**Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training before officiating as a Stroke and Turn Judge.**

#### Renewal

Attending a yearly clinic and taking the re-certification online test every other year.

**To maintain certification, must work a minimum of four (4) sessions per year in Stroke & Turn or higher capacity.**

**If the renewal is for the year after receiving the initial S/T certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Stroke & Turn Judge for the first time.**

Based on continuing USA Swimming membership and satisfactory performance.

### **RELAY TAKE-OFF JUDGE (Minimum Age 18\*)**

Education & Training      **Must be certified Stroke & Turn Judge**

Evaluation & Certification      Considered part of Stroke & Turn Judge certification.  
                                        Must have a minimum of **one (1) year experience as a certified Stroke & Turn Judge.**

Renewal      Same as Stroke & Turn Judge

### **CHIEF JUDGE (Minimum Age 18\*)**

Education & Training      **Must be certified Stroke & Turn Judge**

Evaluation & Certification      Considered part of Stroke & Turn Judge certification.  
                                        Must have a minimum of **one (1) year experience as a certified Stroke & Turn Judge.**

Renewal      Same as Stroke & Turn Judge

### **STARTER (Minimum Age 18\*)**

Education & Training      **Must attend yearly clinic.**

**Must take USA Swimming Starters online test and be a current member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training.**

**Must serve a minimum of six (6) training sessions on the deck at two (2) different meets with at least two (2) different mentors approved by the LSC Officials Chair or their designee.**

**Must have worked as a certified Stroke & Turn Judge for a minimum of five (5) sessions and one (1) swimming year.**

Evaluation & Certification **Certification based on** recommendation of the mentor(s) and/or Referee(s).

Renewal Attending a yearly clinic and taking the re-certification Starter online test every other year.

**To maintain certification, must work a minimum of four (4) sessions per year in Starter or higher capacity.**

**If the renewal is for the year after receiving the initial Starter certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Starter for the first time.**

Based on continuing USA Swimming membership and evaluation.

### **REFEREE (Minimum Age 21\*)**

Education & Training **Must attend** referee's clinic and **apprentice** on-the-deck for a **minimum of six (6)** training sessions at **three (3)** sanctioned meets with at least **two (2)** different referees.

Previous certification as a Stroke & Turn Judge and Starter.

Can begin Deck Referee training after becoming a Certified Starter, who has worked the minimum four (4) sessions as a Starter and taken the battery of online tests, mentioned below.

Recommend **being familiar** with the positions of Announcer, Clerk of Course, Starter, Stroke & Turn Judge, Chief Judge, Timer, Timing Judge and Meet Marshal.

**Must pass** USA Swimming Officials tests (**Stroke & Turn/Timer, Timing Judge, Clerk of Course, Administrative Referee, Starter and Referee**) with a grade of **at least 80% within the past 24 months** and be a current member of USA Swimming.

Evaluation & Certification **Certification based on** recommendation of the mentor(s) and/or Referee(s).

Renewal Must attend yearly clinic and **take and pass the re-certification Referee test** every other swimming year. If a Starter, it is recommended to take the re-certification Starter online test every other year as well.

**To maintain certification, must work a minimum of six (6) sessions per year in Starter or higher capacity with a least one session as Referee.**

**If the renewal is for the year after receiving the initial Referee certification, the above mentioned six (6) sessions are in addition to the six (6) minimum training sessions worked to become a certified Deck Referee for the first time.**

Based on continuing USA Swimming membership and evaluation by the LSC Officials Chair or their designee.

**It is a REQUIREMENT to attend a yearly clinic to start the process of becoming a certified Official once again for the new swimming year.**

**REMEMBER: attend one of these yearly-required clinics when we host clinics in your neighborhood. Don't wait for us to come back. We might not be able to come back a second time.**

**ALL Officials have to attend yearly clinics!!**

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**Future Administrative Official Clinics on the Calendar.**  
**There are presently NO 2020 Admin Official Clinics on the calendar.**

\*\*\*\*\*

**Future Stroke and Turn Clinics on the Calendar.**  
**There are presently NO 2020 Stroke and Turn Clinics still on the calendar.**

\*\*\*\*\*

**TAKE YOUR MARK**  
**A**  
**STARTER AND DECK REFEREE WORKSHOP**

**REQUIRED OF ALL STARTERS AND DECK REFEREES OR FOR THOSE OFFICIALS WANTING TO BE A STARTER OR DECK REFEREE IN THE FUTURE**

**There are NO 2020 Starter/Deck Referee Workshops still on the calendar.**

\*\*\*\*\*

### **Taking the Online tests**

The online test is an every-other year requirement.

**FOR THE 2020 USA SWIMMING YEAR,  
THERE ARE 15 STROKE AND TURN JUDGES WHO NEED TO COMPLETE  
THEIR STROKE AND TURN/TIMER RE-CERTIFICATION TEST!! IN  
ADDITION, THERE IS ALSO  
2 CERTIFIED REFEREES WHO HAVE TO COMPLETE THERE RE-  
CERTIFICATION REFEREE TEST**

**REMEMBER**, these renewal tests have to be completed and passed by January 1, 2020.

**Even though we started the 2020 swimming year way back in September, we are now still using the 2019 Rulebook on all online tests.**

The 2019 Rulebook can be downloaded from the USA Swimming web site if you like, but in most cases, you do not need the whole Rulebook for your test. The Rules and Regulations is one book that can be seen on the web site, in its entirety, for free.

**Looking for the current Rulebook:**

When you are on the USA Swimming Home web page, click on **FOR YOU** at the top of the web page. Look for **OFFICIALS** in the middle of the web page, then click on **OFFICIALS**. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **OFFICIALS QUICK LINKS**.

Choose **Rules and Regulations** and click on **Rules and Regulations**.

The 2019 Rulebook appears. Run your mouse down at the bottom of the cover page, to choose how you want to download your book to your desktop (Open in PDF in Preview or Save PDF to download folder). I chose Open in PDF in Preview for my Apple product.

\*\*\*\*\*

### **REMEMBER PAST CERTIFIED OFFICIALS**

After you have attended your 2020 Swimming Clinic, you will receive a message from me reminding you about taking an online test if this is your year to take the re-certification test. This is one of the requirements to complete in order to be certified to work the deck after January 1, 2020.

**TAKE YOUR 2020 ONLINE TESTS NOW!!**

The online tests have all been aligned with the 2019 Rulebook and are waiting just for you.

Use your 2019 Rules and Regulations now to take your 2020 required online test.

**Officials: When taking your on-line tests, please...**

**TAKING THE ON-LINE SWIMMING TESTS**  
**<http://www.usaswimming.org>**

1. Once you are on the USA Swimming web site, look for "**SIGN IN**" at the top of the web page and then click on **SIGN IN**.
2. If this is your first time on this webpage, fill in the information needed to become a member and then click on **SIGN IN**. This step is only done the first time you **SIGN IN** on the USA Swimming web site.
3. When you return to the USA Swimming web page, click on **FOR YOU** at the top of the web page.
4. Look for **OFFICIALS** in the middle of the web page, then click on **OFFICIALS**.
5. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on **OFFICIALS ONLINE TESTING**. Please read all the information on this page. You may want to print these instructions for further use.
6. Now you are ready to start a test. At the bottom of this page, you will click on **START AN ONLINE TEST - CLICK HERE** at the bottom of this screen. On my screen it is in **RED**.
7. You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Click on **Select A Test** and drag your mouse until the test you want is highlighted. At the top of this drag-down menu make sure your pick is the correct one; there are 32 tests to choose from. In most cases, if you are taking your first online test, your test will be the Certification Stroke and Turn/Timer test.
8. You will then have to click on the "**I agree**" box, saying that you understand that if you don't complete your test, by a certain date, it will be automatically deleted. Now click on **NEXT**.

9. You are now taken to a page with your personal information. You must verify that the information provided is correct. You may make any changes necessary and then click "**SAVE INFORMATION & PROCEED TO TEST**"

10. The next page you are taken to is getting closer to taking the test. You now have 2 choices:

**Choice one:** Click on **START TEST** button, to start test.

**Choice two:** click on "**PRINT BLANK VERSION OF TEST.**" You can print a version of the test, so you can study at your leisure and mark up your printed version of the test with the correct answers, which can be found in your current Rulebook. When you click on this choice, you will get a PDF copy of the test. You have to go one step further to print the test and that is to look for the small icon of a printer in the top right-hand corner of the Adobe PDF document shown on the screen. Click on the little printer icon. Your copy in PDF form should now be on your desktop. That is where I save my PDF documents.

**When using Choice one** and you have clicked on **START TEST**, the first question will appear. When you have made your choice and clicked on that choice, click on "**NEXT.**" If you now click on "**NEXT,**" you will see the second question of your test. If you don't have time to finish the whole test, one question at a time, make sure you click on "**SAVE & RESTART LATER.**" The web site will remember which test you have chosen **only** if you have clicked on "**SAVE & RESTART LATER".**

11. I have heard that if you answer just the first question before you click on "**SAVE & RESTART LATER**" and then **SIGN OFF**, you will be assured of returning to this same test the next time you have more time to spend completing the test. By mistake, if you don't save the test properly, the questions will not be in the same order, with the questions and answers being randomly chosen.

12. Looking at the first question, answer the multiple-choice answer. When completed with the first question, click on the "[NEXT](#)" button. If you have to stop for some reason and start later, click on the "[SAVE & RESTART LATER](#)" button.
13. You will have to look for the small 'X' at the top right-hand corner of the page. Click on this to close the test for now.
14. If you want to take the test off line at your leisure by using the printed version of your test, you may look for [Print Blank Test](#), click on that and you can then make a printed copy of your test.
15. Click [SIGN OUT](#) at the top of the web page, if you want to take the test at a later date. Take the test off line at your leisure by using the printed version of your test.
16. When you are ready to take the test again, you need to return to the USA Swimming web page, by following the steps you used at the start of this instruction. If you have forgotten, here it is again.
- Click on [FOR YOU](#) at the top of the web page.
- Look for **OFFICIALS** in the middle of the web page and then click on [OFFICIALS](#).
- You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on [OFFICIALS ONLINE TESTING](#). Please read all the information on this page. You may want to print these instructions for further use.

Now you are ready to start the test once again. At the bottom of this page, you will click on **START AN ONLINE TEST - CLICK HERE** at the bottom of this screen. On my screen it is in **RED**.

You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Your test, the Certification Stroke and Turn/Timer test, should appear in the box shown.

You will now click on **RESUME** to start the test once again.

17. By clicking on **RESUME**, you will be able to put your correct answers to the test that was saved and waiting for its answers. When you resume your test at a later date, the system will take you to the first question. If you want to go to where you left off, type in the number of the question that you want to start with, in the little box and click on the "**Go**" button. It will take you directly to the first question in need of an answer. **You might want to check and make sure the answers are in the order that they are listed on your printed test. If you didn't save and restart later correctly, most of the time the questions will be in the same order, but the multiple-choice answers might be randomized. Double-check your choices.**

18. Now you can continue to answer the questions in the same fashion.

**Please check and make sure you have answered all the answers correctly.**

When you get to the last question on the test, you can double check by clicking on the "**PREVIOUS**" button. If you click on the "**SAVE & RESTART LATER**" button, you may want to double check later.

19. When you have **double-checked** your answers, submit for grading by clicking on the "**End Test/Submit for Grading**" button. If you click on the "**End Test/Submit for Grading**" button, you will be finished with this test and receive a grade. Before your test will be graded, another

window will show up on your computer screen, when it asks you if you are sure you want to end this test? Just click on [OK](#). The LSC Officials Chair will receive the results at the same moment the Test Taker receives their score, which is seconds after the "[End Test/Submit for Grading](#)" button is clicked.

20. Remember: Haste makes waste or Measure twice and cut once. Once you have submitted your answers, it is too late for changes.

21. You will get immediate results as well as the LSC Officials' Chairperson. Now the screen that shows is your completed test results. You can review your results by clicking on "[Review Results](#)." Your computer will download a PDF copy of the test. You will have to retrieve it where downloads are found on your computer. If you click on "[Return to Test Selection](#)" you will return to the location where all of the tests that you have taken are kept. This is the window where you selected the test to start this test taking process. You can review the test that was just taken by clicking on "[View](#)" which can be found on the right of the screen, on the same line as this most recent taken test.

22. Remember, each time you take another test, you will have to answer all the same information that was asked of you the first time, when you selected a test and started that test.

23. Click [SIGN OFF](#) at the top of the web page when you are finished.

## COMMON MISTAKES

DID YOU CHECK TO MAKE SURE THAT YOU HAVE MARKED YOUR RESPONSES ON THE SAME TEST THAT YOU DOWNLOADED?

WERE THE MULTIPLE CHOICE ANSWERS IN THE SAME SPOT AS THE TEST YOU DOWNLOADED?

**YOU CAN GO BACK AND CHECK ANY QUESTION BY CLICKING ON  
“GO” AFTER YOU INPUT THE NUMBER OF THE QUESTION YOU WANT  
TO CHECK.**

**MAKE SURE YOU HAVE DOUBLE CHECKED YOUR RESPONSES BEFORE  
YOU CLICK ON SUBMIT!!**

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**IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC  
FOR THE NEW YEAR, PLEASE CONTACT  
MELISSA SZPIK SERRAO AT: [<officialmelissasn@gmail.com>](mailto:<officialmelissasn@gmail.com>)**

**ALL Officials have to attend a yearly clinic!!**

**Most of the clinics we hold are between October and December, with a few more in January of the new calendar year. Most Officials want to be certified before the previous certification expires on the last day of the calendar year (12/31/??).**

**If this is your year, besides attending a clinic, paying your non-athlete fees, completing or renewing your Criminal Background Check and completing your Athlete Protection Training, there is another requirement for some of you!!**

**That requirement is taking your on-line re-certification test.**

**The 2019 Rules and Regulations (Rulebook) is now in effect for all on-line tests.**

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**Now that you are certified, you may work other  
USA Swimming, LSC's or Sierra Nevada  
Swimming meets in  
March of 2020.**

\*\*\*\*\*

**Meet Date:            March 6-8, 2020**

**Type of Meet:** Sierra Nevada 14 & under Junior Olympics

**Hosted by:** Vacaville Swim Club

**Location:** Walter Graham Aquatic Center  
1100 Alamo Drive  
Vacaville, CA 95687

**Directions:** From Eastbound Interstate 80: Alamo Drive Exit, stay to the right. Turn right at the second light, Marshall Rd. (McDonald's). Pool and parking on the left. Westbound Interstate 80: Alamo Drive exit, stay to the right. Turn right at the light (Alamo Dr.) Turn right at the third light, Marshall Rd. (McDonald's). Pool and parking is on the left.

**Google Directions:** Use the web site below to look at a map of the area around the Walter Graham Aquatic Center.

[http://maps.google.com/maps?hl=en&expIds=17259,17311,22713,24472,25854,25901,25907,26087,26095,26144,26158,26209,26218,26339,26446,26512&sugexp=ldymls&tok=KhY8AIo0Mqi7olxJk-yLw&xhr=t&q=1100+Alamo+Dr+Vacaville,+CA+95688&cp=33&rlz=1G1GGLQ\\_ENUS264&um=1&ie=UTF-8&hq=&hne=1100+Alamo+Dr,+Vacaville,+CA+95687&gl=us&daddr=1100%20Alamo%20Dr,%20Vacaville,%20CA%2095687&ei=3iGJTJ6oA4aqsAOXpoiVCg&sa=X&oi=geocode\\_result&ct=directions-to&resnum=1&sqi=2&ved=0CBUQwwUwAA](http://maps.google.com/maps?hl=en&expIds=17259,17311,22713,24472,25854,25901,25907,26087,26095,26144,26158,26209,26218,26339,26446,26512&sugexp=ldymls&tok=KhY8AIo0Mqi7olxJk-yLw&xhr=t&q=1100+Alamo+Dr+Vacaville,+CA+95688&cp=33&rlz=1G1GGLQ_ENUS264&um=1&ie=UTF-8&hq=&hne=1100+Alamo+Dr,+Vacaville,+CA+95687&gl=us&daddr=1100%20Alamo%20Dr,%20Vacaville,%20CA%2095687&ei=3iGJTJ6oA4aqsAOXpoiVCg&sa=X&oi=geocode_result&ct=directions-to&resnum=1&sqi=2&ved=0CBUQwwUwAA)

**Contact Information:** Morgan Doran <[mpdoran@ucanr.edu](mailto:mpdoran@ucanr.edu)>

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**Meet Date:** March 19-20, 2020

**Type of Meet:** South Western Age Group Regionals (SCY Trials and Finals)

**Hosted by:** Clovis Swim Club

**Location:** Clovis West Olympic Swimming Complex  
Clovis West High School  
1070 E. Teague  
Fresno, CA 93720

**Directions:** Use the website below to look at a map of the area around the CLOVIS WEST OLYMPIC SWIMMING COMPLEX

<https://www.google.com/maps/dir/'/1070+E+Teague+Ave,+Fresno,+CA+93720/@36.8608024,->

**119.7646044,16z/data=!4m5!4m4!1m0!1m2!1m1!1s0x809442ead56d892d:0x497b9892ae80b49a**

**Contact Information:** Mark Bennett (559) 327-9247 <[coachmark76@gmail.com](mailto:coachmark76@gmail.com)>

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**Meet Date:** March 28, 2020

**Type of Meet:** LCM AGO CCA OPEN

**Hosted by:** California Capital Aquatics

**Location:** Roseville Aquatic Center  
Woodcreek High School  
3051 Woodcreek Oaks Blvd.  
Roseville, CA

**Directions:** Use the web site below to look at the map of the area around Woodcreek High School. <http://maps.citysearch.com/location/1238713?>

#### **Directions to the Roseville Aquatics Complex:**

Traveling East on I-80, exit at Riverside. Turn left on Cirby, right on Foothills, left on Baseline and right on Woodcreek Oaks. Traveling about half a mile to Woodcreek High School and the pool. The Aquatics Complex is on the left at the intersection of McAnally and Woodcreek Oaks.

I-5 travelers: Take I-5 north past Sacramento and Arco Arena. Stay in the right lanes and exit to Hwy 70/99; proceed approximately 5 miles north. Turn right at the second stoplight (Riego Road) and travel east approximately 10 miles to Woodcreek Oaks. Turn left and travel half a mile to Woodcreek High School and the pool. The Aquatics Complex is on the left at the intersection of McAnally and Woodcreek Oaks.

Traveling west on I-80, exit at Hwy 65 to Lincoln/Marysville. Travel about 1 mile to Pleasant Grove Blvd. Exit. Turn left on Pleasant Grove Blvd. Travel about three miles to Woodcreek Oaks and turn left on Woodcreek Oaks. The pool is on the right hand side at the intersection of McAnally and Woodcreek Oaks.

**Contact Information:** Sami Waheed <[meetdirector@ccaswimming.org](mailto:meetdirector@ccaswimming.org)>

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# **OFFICIALS: ASK YOUR QUESTIONS!!**

**- Changed March 1, 2020 -**

## **Often Asked Questions by USA Swimming Officials**

**Is there any way I can get a jump on renewing my athlete protection training, I work construction and with the lack of rain this winter and the above average temperatures I have been super busy and also with our summer season starting the same week it would be easier for me to get my renewal done sooner than later.**

You can renew it three months before it expires if you want and I heard that the renewal of the APT takes only 45 minutes to complete and not over two hours like the original one did.

**My USA swimming membership is no longer active. I wonder if you can tell me what I can do for that.**

You need to take and pass the re-cert S/T test and take the Concussion Course. When the Concussion Course is completed please send me the completion certificate.

**Do you have to wait until your APT is expired date in order to retake it. I tried to take it today but it will not let me.**

I have heard that you can't take the renewal or refresher course, before it is 90 days out. According to Gina Mensay, who works at USA Swimming, the refresher course is available 90 days out from expiration. You should be able to take the renewal course.

**Do Meet Directors and Chaperones need to take the Concussion Course?**

No, only if you are registered as official or coach.

**I am still waiting for my official rule book. I was told it would be sent by mail. I signed up in September, I believe, but the book still has not arrived. Any suggestions?**

The new 2020 Rulebook will be coming to each of our mailboxes either this month or next. It doesn't go into effect until May 1, 2020 anyway, so you will have to continue to use the 2019 Rulebook on the website, until May 1, 2020.

**An official SR/DR at sectionals has applied for an evaluation "educational". Do you know how many minimum sessions he needs to complete? I looked on the USA web site but couldn't find anything.**

For any evaluation to be valid, the person has to work four sessions of the OQM. For N2 evaluations, the person has to work those four sessions, but will only be evaluated for three of the four sessions. For N3 evaluations, the person has to work those four sessions and will be evaluated during those four sessions. I have an existing document, which lists the requirements that the Official needs before requesting an evaluation. There is also a new document, stating that Educational Evaluations have to be agreed to be an Educational Evaluation before the evaluation takes place. If someone doesn't do well at a N2 or N3 evaluation, it can't be changed to an Educational Evaluation after the evaluation is over.

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## **SWIMMING SITUATIONS**

**I have shared with you some of the situations that appear in the newly revised Stroke and Turn situations which can be found at:**

**<https://www.usaswimming.org/docs/default-source/officialsdocuments/officials-training-resources/situations-and-resolutions/stroke-and-turn-situations-and-resolutions-revised-3-20-2018.pdf>**

**- Changed March 1, 2020 -**

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**1.** At a local championship meet, a Coach noticed that many swimmers were dropping their shoulders after the final arm pull prior to the touch. The Coach believes and has taught his swimmers that they must keep their shoulders level with the water until the touch is made. Is the Coach correct in his belief?

**Recommended Resolution:** No, the Coach is incorrect. The only requirement of the shoulders in the butterfly is that “the swimmer’s shoulders must be at or past vertical toward the breast.”

**Applicable Rule:** 101.3.2

**2.** In the 200-yard butterfly, a swimmer approaching the finish takes a stroke, recovers, and then dives for the wall with a powerful butterfly kick. As part of the dive, he submerges completely prior to touching the wall. The Official raises his hand. Should the Deck Referee accept the call?

**Recommended Resolution:** As long as the Official can clearly see that the entire body of the swimmer is fully submerged, the call should be accepted. This, however, would be extremely difficult to observe; once the Official shifts his observation to the hands for the touch, it would be very difficult to accurately observe whether the swimmer’s hips or feet are breaking the surface of the water. The rules require that the swimmer’s head must break the surface of the water by the 15-meter mark, and, after that, “the swimmer must remain on the surface until the next turn or finish.”

**Applicable Rule:** 101.3.2

**3.** In a 13-14 100-yard butterfly event, the Turn Judge calls a disqualification because the swimmer in Lane 6 was not on her breast when leaving the wall at the first turn. Upon further investigation, the Referee determines that the Judge observed the following sequence of events:

- The Turn Judge picks up the swimmer in Lane 6 as the swimmer is headed away from the wall.
- The Turn Judge sees that the swimmer is not on her breast.
- The Turn Judge shifts her eyes to the feet of the swimmer and sees that they are off the wall.

Should the swimmer be disqualified?

**Recommended Resolution:** The swimmer should not be disqualified. The rule requires, “After the start and after each turn, the swimmer’s shoulders must be at or past vertical toward the breast.” In the sequence that was described, it is possible that the swimmer’s feet were still on the wall when the Turn Judge observed the swimmer not on the breast. By the time the Turn Judge’s eyes had shifted to the feet of the swimmer, the swimmer had left the wall. To give the swimmer the benefit of the doubt, the Turn Judge must first observe the swimmer leave the wall and then check the position of the shoulders.

**Applicable Rule:** 101.3.2

**4.** At the local aquatic center, not all of the 15-meter marks on the lane lines are aligned, and there is some variation between the lanes. At the start of the butterfly, the swimmer in Lane 4 dives in and kicks underwater with a legal butterfly kick. His head does not break the surface of the water by the 15-meter mark in his lane;

however, it does break the surface of the water by the 15-meter marks in Lanes 2 and 7. Should the swimmer be disqualified?

**Recommended Resolution:** No, the swimmer should not be disqualified. The Official should use the most generous of the 15-meter markings (within reason) to ensure that all swimmers receive the benefit of the doubt. If one or more marking is missing or severely out of alignment, the Referee should determine which mark will be used for the judging of the 15-meter distance.

**Applicable Rule:** 101.3.2

5. During a butterfly race, a swimmer realizes that her goggles have come loose. After taking a legal butterfly stroke, she simultaneously brings her hands forward under the water to adjust her goggles, meanwhile performing a legal butterfly kick to stay afloat. Should she be disqualified?

**Recommended Resolution:** Yes. The rule states, “Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.” The swimmer was not in compliance with this rule.

Applicable Rule: 101.3.2

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## TAKING THE ON-LINE TESTS

- Changed March 1, 2020 -

The examples this month are some of the questions from the Referee Re-Certification test, which will now be answered with the 2019 Rulebook.

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1. For a Mixed Gender Freestyle Relay, which of the following is correct? **1579.3**

- A. Freestyle finish rules apply.
- B. The team of four (4) swimmers on each Team, each to swim one-fourth of the prescribed distance using any desired stroke(s).
- C. The team must consist of two (2) males and two (2) females.
- D. All of the above.

**Hint:** Please review references 101.7.1 and 101.7.3 for the correct answer.

\*\*\*\*\*

2. In a timed finals meet, how many individual events may a swimmer compete per day? **494.14**

- A. Not more than three (3) individual events per day.
- B. Not more than six (6) individual events per day.
- C. Not more than five (5) individual events per day.
- D. Not more than four (4) individual events per day.
- E. None of the above.

**Hint:** Please review reference 102.2.3 for the correct answer.

\*\*\*\*\*

3. In a meet where a combination of preliminary and final events and timed finals are scheduled, an athlete plans on competing in a combination of both individual timed final events and individual preliminary and final events in one day. What is the maximum total number of individual events that this swimmer may compete in for that day? **467.29**

- A. Not more than five (5) individual events per day.
- B. Not more than three (3) individual events per day.
- C. Not more than six (6) individual events per day.
- D. None of the above.

**Hint:** Please review reference 102.2.6 for the correct answer.

\*\*\*\*\*

4. In a preliminaries and finals event, how are the times achieved in a swim-off used to seed the finals heats? **302.24**

- A. The swim-off times shall be the official times used in seeding the swimmers in finals.
- B. The swimmers may use either the time achieved in the swim-off or the time achieved in their original preliminary heats.
- C. For the seeding of finals, the times used for the swimmers involved shall be the times achieved in their original preliminary heats.
- D. None of the above.

**Hint:** Please review reference 102.5.2 for the correct answer.

\*\*\*\*\*

5. Who may cancel or postpone a meet or an event, if, after commencement, conditions preclude the possibility of safely and effectively conducting the meet or the event? **1724.2**

- A. The Meet Committee.
- B. The Meet Director.
- C. The Meet Referee.
- D. The Team Lead Chief Judge.

**Hint:** Please review reference 102.7.4B for the correct answer. [2019N]

\*\*\*\*\*

6. What optional instructions may the Starter give? **927.12**

- A. Announce the event.
- B. Advise the heat when a swimmer will be attempting to achieve a time at an initial distance.
- C. For backstroke starts, give the command, "Place your feet."
- D. All of the above.

**Hint:** Please review reference 102.12.2 for the correct answer.

\*\*\*\*\*

7. What duties shall the Referee assign to the Relay Take-Off Judges if dual relay take-off judging is used?  
**1395.9**

- A. Shall judge whether the swimmer is moving from the back of the starting platform to the front of the starting platform prior to the departing swimmer leaving the starting platform.
- B. Shall judge whether the incoming swimmer touched the wall legally, for the finish, before the departing swimmer leaves the starting platform.
- C. Judge shall raise both hands when the last competitor of the heat is in the water before signaling an observed early take-off violation.
- D. Shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool, and the judges shall independently report infractions in writing without the use of the infraction hand signal.
- E. Shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool, and the judges shall independently report infractions verbally without the use of the infraction hand signal.

**Hint:** Please review references 102.13.6A and 102.13.6B for the correct answer.

\*\*\*\*\*

8. In order for a disqualification to be upheld, what actions must take place? **420.26**

- A. Except for the Relay Take-off Judges when dual confirmation relay take-off judging is used, the Referee, Stroke, Turn, or Relay Take-off Judge upon observing an infraction, shall immediately raise one hand overhead, unless the meet is being conducted under FINA procedures.
- B. The Judge shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction observed.
- C. A disqualification can be made only by the Official within whose jurisdiction the infraction has been committed.
- D. All of the above.

**Hint:** Please review references 102.22.1, 102.13.3 and 102.13.4 for the correct answer. [2018C]

\*\*\*\*\*

9. In the event of a disqualification the Referee or designated official calling the infraction must do what?  
**140.14**

- A. Inform a teammate of the disqualification.
- B. Inform the swimmer or coach, otherwise the disqualification is invalid.
- C. Immediately raise one hand overhead and make every reasonable effort to seek out the swimmer or his/her coach and inform them as to the reason for the disqualification.

**Hint:** Please review references 102.22.1 and 102.22.2 for the correct answer.

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**10.** If video replay footage from cameras is used to review stroke or turn infractions called on the deck, which of the following individuals must approve it in writing in advance of the competition? **1667.2**

- A.** Officials Chair.
- B.** Program & Events Committee Chair or designee.
- C.** Meet Referee.
- D.** All of the above.

**Hint:** Please review reference 102.22.15 for the correct answer. [2019C]

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1. The correct answer is “D” for the multiple-choice answer.
2. The correct answer is “B” for the multiple-choice answer.
3. The correct answer is “B” for the multiple-choice answer.
4. The correct answer is “C” for the multiple-choice answer.
5. The correct answer is “A” for the multiple-choice answer.
6. The correct answer is “D” for the multiple-choice answer.
7. The correct answer is “D” for the multiple-choice answer.
8. The correct answer is “D” for the multiple-choice answer.
9. The correct answer is “C” for the multiple-choice answer.
10. The correct answer is “B” for the multiple-choice answer.

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If you have any questions that you would like to ask, just e-mail Bill Rose at: <[cbrose@omsoft.com](mailto:cbrose@omsoft.com)>