



Working as an Stroke & Turn Judge Trainee:

- Find a meet: train at the meets where your kids swim, train at zone specific meets, or train at meets on the CSI schedule ([www.ColoradoSwimming.org](http://www.ColoradoSwimming.org))
- Check in with the Meet Referee upon arrival at a meet. Inform the referee of the position you're training for. You may train only for the position of Stroke & Turn Judge.
- Trainees are not permitted to train at Championship Meets.

Official's Zone Representative: \_\_\_\_\_

Rev Date: 9/10/2015

## Stroke and Turn Official's Skills Checklist

The following items should be covered during your training period. Please bring up with your mentor if you have not been exposed to them during briefings or your on-deck mentoring.

### **Who and Responsibilities:**

- Stroke and turn judge
- Stroke judge
- Turn judge
- Starter
- Chief Judge
- Deck referee
- Administrative Referee
- Meet Referee
- Timers & Administrative Officials
- Equipment operators
- Clerk of course

### **Philosophy:**

- Benefit of the Doubt
- Advocates of the Athletes
- We are Teachers and Mentors

### **Freestyle:**

- Start
- Stroke
- Turns
- Finish
- How to count laps during distance races

#### **Violations**

- Failure to touch at turns with any part of the body
- Finishing in wrong lane
- Walking or springing from bottom
- Propulsion off lane lines or side of pool
- 15 meter

### **Backstroke:**

- Start
- Stroke
- Turns
- Finish
- Violations:**
- Toes over gutter after start.
- Head not breaking surface before or at 15m
- Propulsion off lane lines or sides of pool
- Non-Continuous Turns.
- Missed wall and sculls back
- Failure to return to or past vertical before leaving wall
- Turning shoulders past vertical towards breast during race
- Turning shoulders past vertical towards breast at finish.
- Re-submergence prior to the finish

### **Individual Medley:**

- Order –butterfly, back, breast, free
- Violations:**
- Rules for each stroke apply for that segment of the race
- Finish rules apply when changing from one stroke to another
- Swimming any variation of back, breast or fly stroke in free leg
- Individual stroke violation
- Failure to swim proper order of strokes

### **Relays:**

- Individual stroke violations
- Free relay
- Medley relay –back, breast, butterfly and free
- **Violation:**
- Individual stroke violations
- Individual stroke finish violations
- Failure to swim proper order of strokes
- Freestyle leg of medley relay is any stroke other than breast, back or fly
- Failure to swim required distance
- Early Take Off. How to complete relay take-off forms

### **Observation Procedure:**

- What is your jurisdiction
- Where do you stand for each stroke
- Scanning of all lanes
- Deck appearance and uniformity

### **Disqualification Procedure:**

- Raise arm overhead when you observe infraction
- Call what you see not what you think you saw
- Rescinding a DQ
- DQ slip and how to complete one
- Radio Protocol for a DQ
- Write DQ slip when all swimmers out of your jurisdiction
- Notification of disqualified athlete

### **Breaststroke:**

- Start
- Stroke
- Turns
- Finish
- Violations:**
- Hands brought back past hipline except for first stroke after start or turn
- Head not breaking surface during some part of each stroke
- Arms pull not simultaneous or not in same plane
- Elbows underwater except at turns and finish
- Head does not break surface before the hands turn inward at the widest part of the second stroke
- Out-of-cycle stroke or kick
- Non-simultaneous touch or 1-hand touch at turn or finish, hands not separated at touch for turn or finish
- Scissors kick, butterfly kick or alternating kick
- Body not on breast or toward the breast.
- Body not at or past vertical toward breast when leave wall
- Propulsion off lane lines or sides of pool

### **Butterfly:**

- Start
- Stroke
- Turns
- Finish
- Violations:**
- Head does not break surface before or at 15m.
- Non-simultaneous arm stroke
- Scissors, alternating, breaststroke kick
- One-handed or non-simultaneous touch at turns and finish
- Hands not separated at touch for turn or finish
- Underwater arm recovery
- Propulsion off lane lines or sides of pool