



# CCSL Stroke & Turn Judge Training

Summer 2009

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# CCSL S&T Judge Training 2009



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# Officials Responsibilities



- Fairness and consistency
  - Watch all swimmers equally
  - Benefit of the doubt ALWAYS goes to the swimmer
- Observe swims and report any violations they see
- REMEMBER -- SWIMMERS DISQUALIFY THEMSELVES. YOU ARE ONLY RECORDING IT.
- Be professional – don't cheer for your favorite swimmers when you are officiating.

# Calling Only What You See



- Only call what you are **POSITIVE** you saw, not what you think you may have seen or what you did not see
  - For example, on breaststroke or butterfly turns, it is not that you did not see two hands touching, it is that you saw one hand not touch or you saw that the hands did not touch simultaneously
- Therefore, the benefit of the doubt goes to the swimmer
- Just because it's ugly doesn't necessarily make it illegal.

# Rules Covering The Four Strokes



## --Across All Strokes—

- Swimmers CANNOT stand on the bottom or stop and hold onto the lane line
  - Exception -- they can stand in the freestyle, as long as other rules are not broken – they can stand on the bottom or hold onto the lane line, however, swimmer can not push off bottom or lane line
- Definition of vertical – look at the two shoulders relative to each other
- Water movement versus body movement
- Measure with your eyes, not with a microscope
- Definition of simultaneous – hands / feet need to move at the same time, but this does not have to be on the same plane.

# Rules Covering The Four Strokes



## --Butterfly--

- Start
  - Forward
- Stroke
  - Body on breast
  - After start and each turn, swimmer's shoulders must be at or past vertical toward the breast
  - Swimmer permitted 1 or more leg kicks, but only one arm pull under water
  - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
  - From beginning of first arm pull, swimmer's shoulders must be in line with water surface
  - Arms must break the surface of the water each arm stroke
  - Arm stroke must be simultaneous
- Kick
  - All up and down leg and foot movements must be simultaneous
  - Relative position of legs cannot change (but you must see **the change**) -- alternating, scissors and breaststroke kicks are not permitted
  - Propulsion must come from top of feet
- Turns
  - Body shall be on breast at turns
  - Touch shall be made with both hands simultaneously
  - After hand touch is made, swimmer may turn in any manner desired
- Finish
  - On the breast
  - Touch shall be made with both hands simultaneously

# Rules Covering The Four Strokes



## --Backstroke--

- Start
  - Backward
  - Toes can be under or over the water, but toes cannot be over the lip of the wall or curled over the top of the wall
- Stroke
  - After start and each turn, swimmer's shoulders must be at or past vertical toward the back
  - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
- Kick
  - Any kick is legal
- Turns
  - Upon completion of each length, some part of swimmer must touch the wall
  - Turning motion must be continuous
  - During the turn the shoulders MAY BE turned past the vertical toward the breast after which ONE continuous single or double arm pull may be used to execute the turn
    - It is ONE PULL NOT A CERTAIN DISTANCE
  - Once body has left position on the back, there shall be no kick or arm pull that is independent of the continuous turning action
  - Shoulders must be at or past vertical toward back when leaving the wall
- Finish
  - On the back

# Rules Covering The Four Strokes



## --Breaststroke--

- Start
  - Forward
- Stroke
  - Body on breast
  - Arms move simultaneously
  - Hands push forward from breast
  - Hands brought back on or under the water
  - Hands cannot go beyond the hipline, EXCEPT during the first stroke after the start and after each turn (Pullout)
  - Some part of the head must break water surface at least once during each complete arm stroke-leg stroke combination
    - EXCEPT after the start and after each turn swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged
    - Head must break water surface before hands turn inward at widest part of second stroke

# Rules Covering The Four Strokes

## --Breaststroke (continued)--



- Kick
  - All vertical and lateral leg movements must be simultaneous
  - Feet must be turned outward during propulsive part of kick movement
  - Scissors, flutter and butterfly kick are not permitted during the swim portion of the race
- Turns
  - Body shall be on breast at turns
  - Touch shall be made with both hands simultaneously
  - After touch is made, swimmer may turn in any manner desired
  - Shoulders must be at or past vertical toward breast when leaving the wall
  - After the start and after each turn, while wholly submerged, the swimmer MAY take one arm stroke completely back to the legs and one leg kick
  - Head must break water surface before hands turn inward at widest part of second stroke
  - After the start and after each turn swimmer MAY take a single downward butterfly kick followed by a breaststroke kick (only while the body is wholly submerged)
- Finish
  - On the breast
  - Touch shall be made with both hands simultaneously

# Rules Covering The Four Strokes



## --Freestyle--

- Start
  - Forward
- Stroke
  - In any event designated “freestyle,” swimmer may swim any style
    - EXCEPT in a medley relay or individual medley event; then freestyle means any style other than butterfly, breaststroke and backstroke
  - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
- Kick
  - Any kick is legal
- Turns
  - Upon completion of each length the swimmer must touch the wall
  - Swimmer can turn in any fashion
- Finish
  - Race is completed when any part of the swimmer touches the wall

# Rules Covering IMs and Relays



- INDIVIDUAL MEDLEY
  - Stroke order is butterfly, backstroke, breaststroke, freestyle
  - Rules governing each particular stroke are applied to that part of the race
  - The key is that it is four finishes, not four turns
- RELAYS
  - Order for medley relay is backstroke, breaststroke, butterfly, freestyle
  - Any stroke, other than backstroke, breaststroke or butterfly, may be used in the freestyle relay
  - Rules governing each particular stroke are applied to that part of the race
  - It is four finishes, not four turns
- RELAY TAKE-OFFS
  - The team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified
    - In other words, watch the swimmer's hand touch the wall
    - Once you see the hand touch the wall, look up and make sure the feet are leaving the block.



# ← Key Points To Remember

- ← Benefit of the doubt ALWAYS goes to the swimmer
- ← Simultaneous does not necessarily mean same plane
- ← Just because it's ugly doesn't necessarily mean illegal
- ← HAVE FUN!