



Richmond Metropolitan Aquatics League

www.swimrmal.org
rmalswim@gmail.com

Officials
Training

Stroke & Turn

Agenda

The Mission

The philosophy of officiating swimming

The How, Jurisdictions and the DQ Slip

Terminology – speak the same language

Technical Rules

IM and Relays

Mission “Why we do it”

- Establish and ensure a fun, fair environment where all swimmers can flourish
- Contribute to our children’s development
- Help the coaches help the swimmers
- Contribute to the sport’s development
- You meet some really nice people along the way
- We need your help



The philosophy of officiating swimming

1. The swimmer ALWAYS gets the benefit of the doubt.

(Penalty of “disqualification” is one of the most severe of any sport)

2. Everything is grounded in the rules. The rules determine what is allowed and what is not. - “Ugly but legal” - Officials are NOT coaches
3. Observe, do not inspect or scrutinize
4. Call what you see, and see what you call.
5. Observation should be fair, impartial, and consistent for all rules and all swimmers (all lanes/all heats/all ages/all skill levels)
6. Do not make calls which may have been unduly influenced by “other” pressures such as:
 - a) A string of similar calls, Pressure to “make a call”, A situation from another swimmer

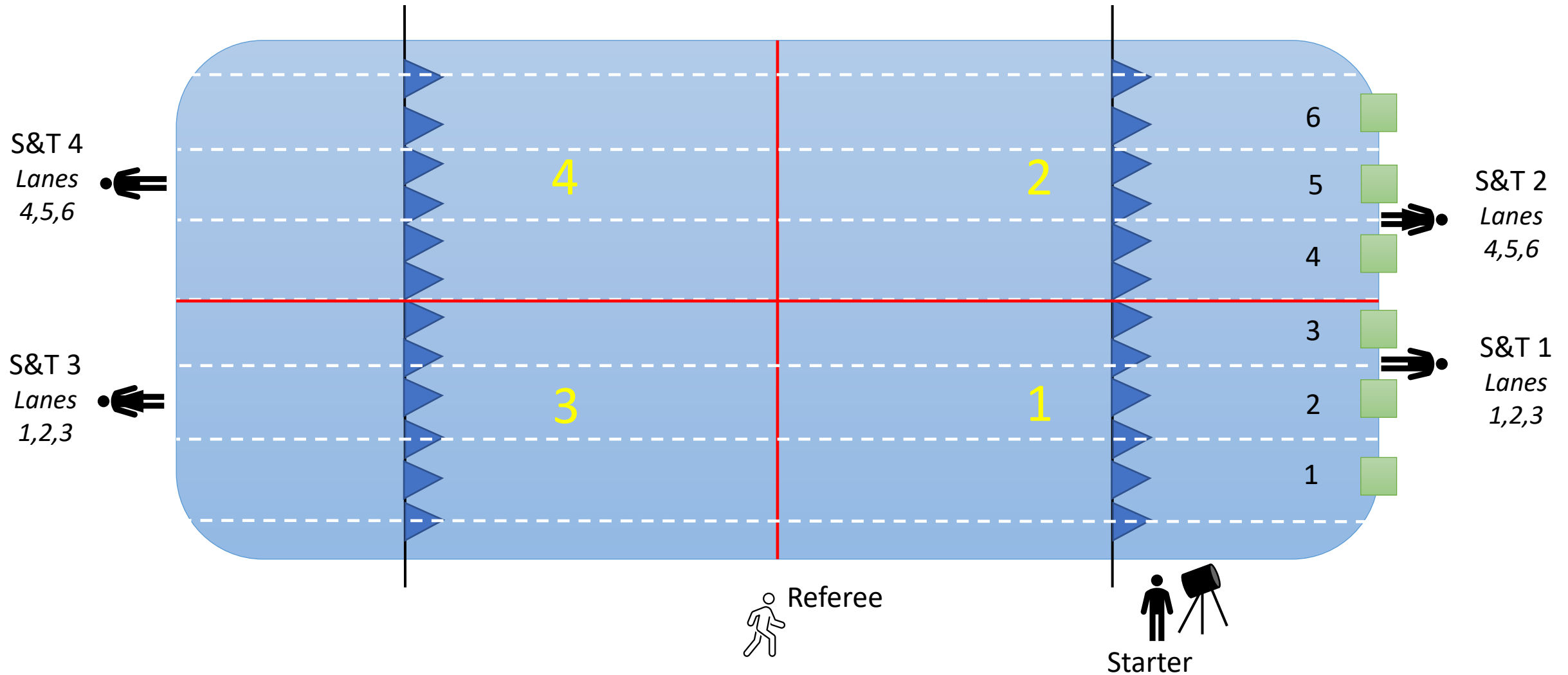
The philosophy of officiating swimming

1. Be willing to learn
2. Self evaluate to improve your craft
 - a) Review the stroke briefing before each meet
 - b) Reflect on your performance after the meet
 - c) Ask questions
3. Working builds confidence
 - a) Officials need practice just as competitors do
4. Maintain a positive attitude at all times
 - a) Enjoy what you do / Have Fun / Smile!

The how of officiating swimming

1. Step up immediately to the edge of the pool after the start if at the start end -- Be behind the blocks prior to the start
2. Be at the edge -- You will get wet!
3. Watch empty lanes to ensure equity from heat to heat
4. If the hand is not raised, then there is no call.
 - Prompt, confident, and decisive. Reflexive in nature.
 - Not enthusiastically or unsure
 - Raise your hand high and hold ~ 3-5 secs
 - A raised hand does not have to be a call
5. If there is doubt about what you saw, raise your hand.

Jurisdiction and Official Placement on the Deck



The DQ Slip

USA SWIMMING DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
ARMS: NON-SIMULTANEOUS (1J) _____ MISCELLANEOUS RECOVERY (1F) _____
TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NO TOUCH AT TURN (2I) # _____
PAST VERTICAL AT TURN: _____
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2U) _____
TOES OVER LIP OF GUTTER AFTER THE START (2P) _____
HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____
NOT ON BACK OFF WALL (2K) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
ARMS: PAST HIP LINE (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
ELBOWS RECOVERED OVER WATER (3I) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD THE BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3Q) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NO TOUCH AT TURN (4K) # _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # _____ OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE _____

RELAYS
STROKE INFRACTION: (61-64) # _____ SWIMMER # _____
EARLY TAKE OFF SWIMMER (66-68) # _____
CHANGED ORDER (6P): SWIMMER _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS
FALSE START (7O) _____ DECLARED FALSE START (7P) _____
DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____
OTHER (7S-Z): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____
rev. (7/19)

DESK/REFEREE

USA SWIMMING DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

Must fill out
prior to signing

Must be filled
out before
giving to coach

The S&T judge always fills out the red and can fill out the green, if known. The computer operator must make sure that the green is filled out before DQ slip is given to the swimmer's coach.

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____
rev. (7/19)

DESK/REFEREE

The referee
should make
sure that
coaches are
notified in a
timely manner



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Heat Sheet DQ Example

DIT = Delay
Initiating Turn

Kicking
No body
undulation

Heat 2 of 4 Finals Starts at 09:35 AM			
1	Franklin, Missy	16	SRVA-VA
2	Lochte, Ryan	15	WAC-VA
3	Phelps, Michael	16	SRVA-VA
4	Ledecky, Katie	17	SRVA-VA
5	Dressel, Caeleb	17	SRVA-VA
6	Soni, Rebeca	15	SRVA-VA
7	Coughlin, Natalie	16	BASS-VA
8	Hoff, Katie	15	WAC-VA
Starts at 09:38 AM			

Drawing of
distance
from wall

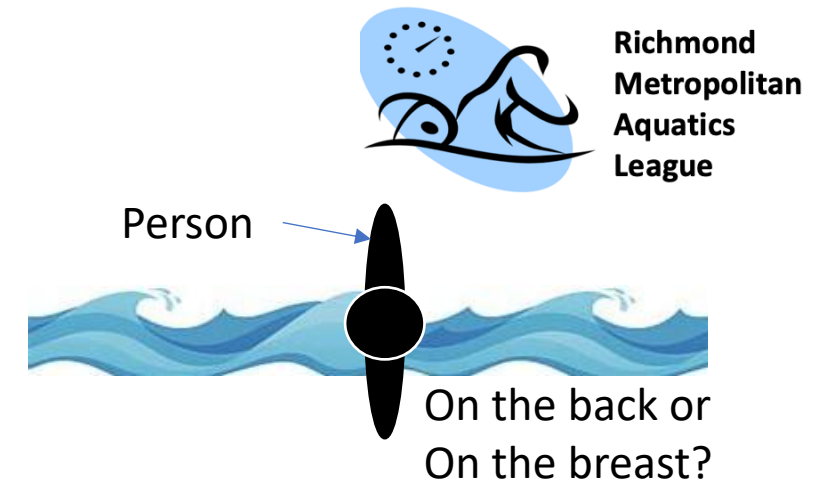
Notice lane number circled / Infraction Identified / notes to help explain the call

Definitions

- Arm—That part of the body that extends from the shoulder to the wrist
- Body—The torso, including the shoulders and hips
- Simultaneously—Occurring at the same time
- May—Permissive, not mandatory
- Shall—Mandatory

Definitions

- Vertical—Perpendicular to the water surface
- On the Back—Position of the body when the shoulders are at or past vertical towards the back
- On the Breast—Position of the body when the shoulders are at or past vertical towards the breast
- Propulsive—Having the power to propel
- Scissor Kick—Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick



Definitions

- **Touch**—Contact with the end of the course
- **Turn**—A point where the swimmers reverse or change direction
- **Finish**—The instant that a swimmer touches the wall at the end of the prescribed distance
- **Wall**—Vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course

Think of all strokes in the following pieces

1. The Start
2. The Stroke / Arms
3. The Kick
4. The Turn
5. The Finish

Links to USA Swimming Videos on YouTube



How to officiate breaststroke: <https://youtu.be/6ZXUEfP-Agc>

How to officiate butterfly: <https://youtu.be/4ajQQQnSKQ0>

How to officiate backstroke: <https://youtu.be/v5IjKFBIY18?t=60>

How to officiate freestyle: <https://youtu.be/baQJzcnG3oQ>

How to officiate the Individual Medley: https://youtu.be/6w452d_ZcAA

Technical Rules

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Individual Medley
- Relays

Please pause this video and watch...



How to officiate freestyle: <https://youtu.be/baQJzcnG3oQ>

Freestyle

Start

- Forward start.

Stroke/Kick

- Any style may be used.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns/Finish

- Some part of swimmer must touch the wall at completion of each length or required distance.

DQ Slip--Freestyle



FREESTYLE

NO TOUCH AT TURN (4K) # ✓

HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

Swimmer returns
underwater and
gains distance via
propulsive motion

- Walking on/springing from bottom
- Pulling on lane lines
- Swimmer leaves the pool when they lose contact with the water = DNF
- Keep an eye out for distressed swimmers

Please pause this video and watch...



How to officiate backstroke: <https://youtu.be/v5IjKFBIY18?t=60>

Backstroke

Start

- In water facing start end

Stroke/Kick

- Any style as long as swimmer remains on the back.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

[Officiating Backstroke](#)

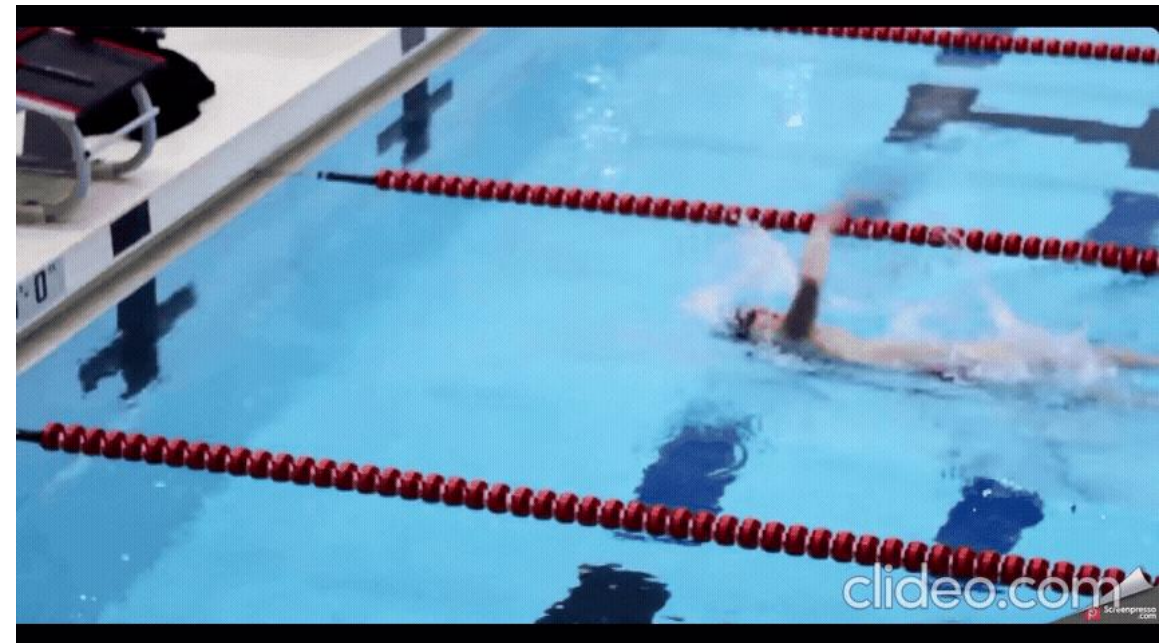
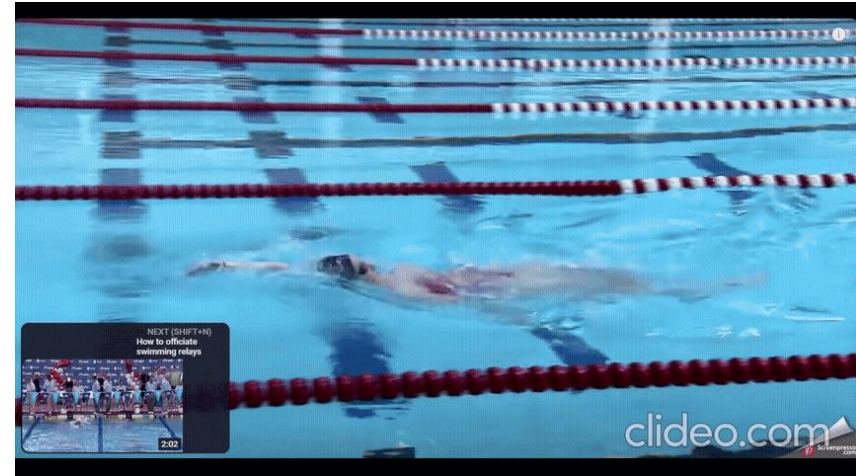
Backstroke



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Turns

- During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
- Some part of the swimmer must touch the wall at the completion of each length.
- Shoulders at or past vertical toward back when feet leave wall.



Backstroke



Finish

- Some part of swimmer must touch the wall while on the back.
- Swimmer can be completely submerged prior to the finish touch once head has passed the backstroke flags

DQ Slip--Backstroke

From Entry
to Surfacing

From Surfacing
to last stroke
prior to turn

Last stroke
in, wall, to
heads up

Last stroke
in to finish

BACKSTROKE

START ____ SWIM ____ TURN ☒ FINISH ____

NO TOUCH AT TURN (2I) # ____

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2S) ____ DELAY INITIATING TURN (2T) ☒

MULTIPLE STROKES (2U) ____

TOES OVER LIP OF GUTTER AFTER THE START (2P) ____

HEAD DID NOT BREAK SURFACE BY 15m (2N) ____ RE-SUBMERGED (2R) ____

NOT ON BACK OFF WALL (2K) ____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) ____

OTHER (2T): _____

"Delay" means that there are no
body motions to initiate the turn

More than one stroke after
swimmer is on the breast

Swimmer returns underwater
and gains distance via propulsive
motion

Swimmer is on the breast

- Arm pull can be slooowww
- Wall can break the turn
- Swimmer cannot scull back if swimmer failed to touch the wall

Please pause this video and watch...



How to officiate butterfly: <https://youtu.be/4ajQQQnSKQ0>



Butterfly

Start

- Forward start

Stroke

- Body kept on breast.
- Multiple kicks permitted but **first arm pull must bring swimmer to the surface.**
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
- **Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.**



Butterfly



Kick

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.

Turns/Finish

- Shoulders at or past vertical toward breast when the swimmer leaves the wall.
- Touch should be made with **both hands separated and simultaneous** at, above, or below the water surface.

Butterfly & Breaststroke



DQ Slip--Butterfly

From Entry
to Surfacing

From Surfacing
to last stroke
prior to turn

Last stroke
in, wall, to
heads up

Last stroke
in to finish

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 (1H) _____

NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____

NOT TOWARD THE BREAST OFF WALL (1M) _____

HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____

OTHER (1T): _____

Pull initiated, but arms
recovered under the water

Swimmer returns underwater
and gains distance via propulsive
motion

Please pause this video and watch...



How to officiate breaststroke: <https://youtu.be/6ZXUEfP-Agc>



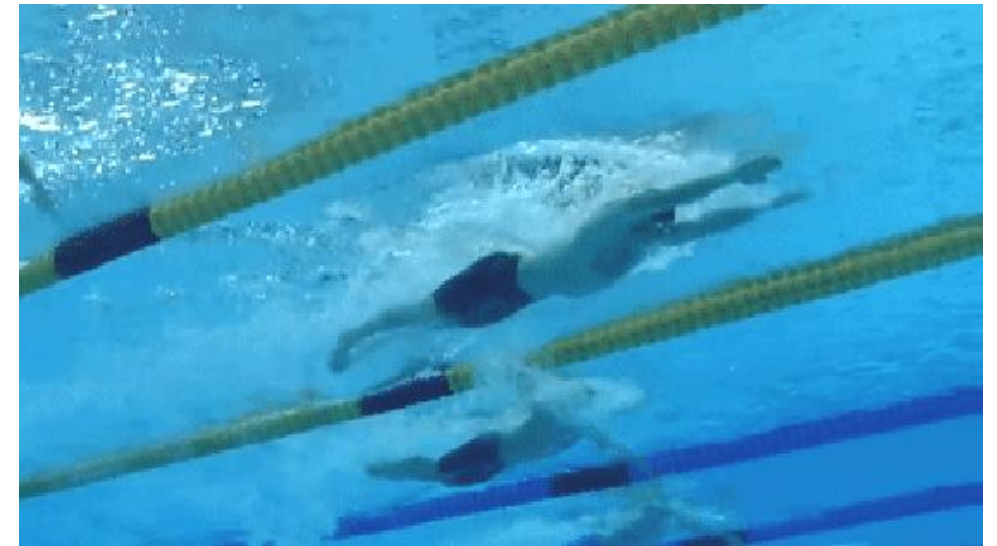
Breaststroke

Start

- Forward start.

Stroke

- Body kept on breast.
- Stroke cycle is **one arm pull** and **one leg** kick in that order.
- Simultaneous arm movement.
- After start and each turn **one arm stroke may be completely back to legs**. Head must break surface at **widest part of second pull**.
- **Recovery by the hands from the breast**-on, under, or over the water. Elbows under water except last stroke before turn or finish.



Courtesy of myswimpro.com

Officiating Breaststroke

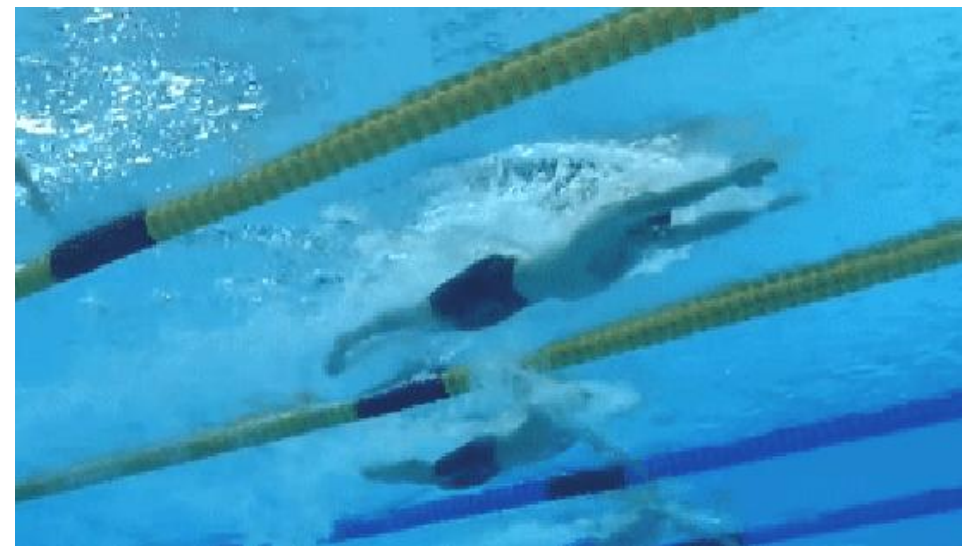
Breaststroke



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Kick

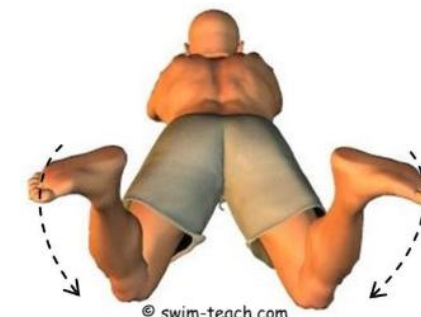
- After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
- Movement of the legs shall be simultaneous.
- Feet turned out during propulsive part of kick.
- No alternating, scissors, or butterfly kick, except as stated, is allowed.



Courtesy of myswimpro.com

Turns/Finish

- Shoulders at or past vertical toward breast when feet leave wall.
- Touch shall be made with both hands separated and simultaneously.
- At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
- Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.
- Once a touch has been made, the swimmer may turn in any manner



Butterfly & Breaststroke



DQ Slip--Breaststroke

From Entry
to Surfacing

From Surfacing
to last stroke
prior to turn

Last stroke
in, wall, to
heads up

Last stroke
in to finish

BREASTSTROKE START ____ SWIM ☒ TURN ____ FINISH ____
KICK: ALTERNATING (3A) ____ BUTTERFLY (3C) ____ SCISSORS (3D) ____
ARMS: PAST HIPLINE (3E) ☒ NON-SIMULTANEOUS (3F) ____
TWO STROKES UNDER (3G) ____ ~~NOT IN SAME HORIZONTAL PLANE (3H) ____~~
ELBOWS RECOVERED OVER WATER (3I) ____
TOUCH: ONE HAND (3J) ____ NOT SEPARATED (3N) ____
NON-SIMULTANEOUS (3L) ____ NO TOUCH (3K) ____
NOT TOWARD THE BREAST OFF WALL (3M) ____
CYCLE: KICK BEFORE PULL (3Q) ____ HEAD NOT UP (3P) ____
DOUBLE PULLS/KICKS (3S) ____
OTHER (3T): _____

At turn, some part of the body other than
the hands touch, or no touch at all

Head does not break the
surface during a cycle

Please pause this video and watch...



How to officiate the Individual Medley: https://youtu.be/6w452d_ZcAA

Individual Medley

Start

- Forward start

Stroke/Kick

- Rules for each stroke apply.
- Must swim $\frac{1}{4}$ of event distance as prescribed in stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.
- May not swim in the style of the other three strokes during the freestyle leg.

Turns/Finish

- Transition turns conform to the finish rules for the stroke.
- When transitioning from the breaststroke to freestyle, the swimmer must be on the breast before any stroke or kick

DQ Slip--IM



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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 (1H) ____
NON-SIMULTANEOUS (1L) ____ NO TOUCH (1K) ____
NOT TOWARD THE BREAST OFF WALL (1M) ____
HEAD DID NOT BREAK SURFACE BY 15m (1N) ____ RE-SUBMERGED (1R) ____
OTHER (1T): ____

BACKSTROKE START ____ SWIM ____ TURN ____ FINISH ____
NO TOUCH AT TURN (2I) # ____
PAST VERTICAL AT TURN:
DELAY INITIATING ARM PULL (2S) ____ DELAY INITIATING TURN (2T) ____
MULTIPLE STROKES (2U) ____
TOES OVER LIP OF GUTTER AFTER THE START (2P) ____
HEAD DID NOT BREAK SURFACE BY 15m (2N) ____ RE-SUBMERGED (2R) ____
NOT ON BACK OFF WALL (2K) ____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) ____
OTHER (2T): ____

BREASTSTROKE START ____ SWIM ____ TURN ____ FINISH ____
KICK: ALTERNATING (3A) ____ BUTTERFLY (3C) ____ SCISSORS (3D) ____
ARMS: PAST HIPLINE (3E) ____ NON-SIMULTANEOUS (3F) ____
TWO STROKES UNDER (3G) ____ NOT IN SAME HORIZONTAL PLANE (3H) ____
ELBOWS RECOVERED OVER WATER (3I) ____
TOUCH: ONE HAND (3J) ☒ NOT SEPARATED (3N) ____
NON-SIMULTANEOUS (3L) ____ NO TOUCH (3K) ____
NOT TOWARD THE BREAST OFF WALL (3M) ____
CYCLE: KICK BEFORE PULL (3Q) ____ HEAD NOT UP (3P) ____
DOUBLE PULLS/KICKS (3S) ____
OTHER (3T): ____

FREESTYLE
NO TOUCH AT TURN (4K) # ____
HEAD DID NOT BREAK SURFACE BY 15m (4N) ____ RE-SUBMERGED (4C) ____

INDIVIDUAL MEDLEY
STROKE INFRACTION(S) # 3J OUT OF SEQUENCE (5P) ____
FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE ☒

Swimmer is
swimming on the
back during the
freestyle leg

One Hand Touch in
the breaststroke = 3J

Relays

Freestyle Relay

- Freestyle rules apply.
- Each swimmer must swim $\frac{1}{4}$ of distance.

Medley Relay

- Rules pertaining to each stroke apply.
- Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of **Backstroke, Breaststroke, Butterfly, and Freestyle**.
- **May not swim in the style of the other three strokes during the freestyle leg.** (*must be past vertical towards the breast for kicks and pulls*)

Takeoffs

- Swimmer's feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.
- **Toes to Touch.** (*toes of starting swimmer to touch of incoming*)



DQ Slip--Relays

RELAYS

STROKE INFRACTION: (61-64) # 3f SWIMMER # 3

EARLY TAKE OFF SWIMMER (66-68) # _____

CHANGED ORDER (6P): SWIMMER _____ STROKE _____

OTHER (6T): _____



Richmond Metropolitan Aquatics League

Thank you

www.swimrmal.org
rmalswim@gmail.com