

Judge of Strokes Inspector of Turns



STROKE AND TURN CLINIC (S/NC)

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TIME PERIOD: 2 - 2 1/2 HOURS

A. LOCATION OF THE CLINIC - EQUIPMENT AND SUPPLIES

- a) This clinic should be given at a location where a pool is available for demonstration.
 - Use a few senior swimmers for demonstrating legal and illegal strokes and turns.
 - I recommend giving the theory of the clinic first,
 - Then, use swimmers for demonstration to reinforce the theory and finally write the examination.
 - Use the FINA Stroke and Turn video available from Swim Alberta

B. HANDOUTS AND/OR OVERHEADS

- a) Judge of Stroke and Inspector of Turns Judge Philosophy
- b) Wording of Disqualification's
- c) Sample Disqualification Card
- d) Procedure for Disqualification
- e) The Strokes

C. ROLE DESCRIPTION AND POOL POSITION

1. Role Description

- i) Judges of Stroke - Rule Book **SW 2.6**

SW 2.6.1 *Judges of Stroke shall be located on each side of the pool.*

SW 2.6.2 *Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns to assist the Inspectors of Turns.*

SW 2.6.3 *Judges of Stroke shall report any violation to the Referee on signed cards detailing the event, lane number, the swimmer's name and the infringement.*

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ii) Inspector of Turns - Rule Book **SW 2.5**

SW 2.5.2 *Each Inspector of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning. The Inspectors of Turns at the start end of the pool, shall ensure that the swimmer comply with the relevant rules from the start and ending with the completion of the first arm stroke. The Inspectors of Turns at the finish end of the pool shall ensure that swimmers finish their race in accordance with the relevant rules.*

iii) Chief Inspector of Turns

- a) shall ensure that Inspectors of Turns fulfil their duties during the competition
- b) shall receive the reports from the Inspector of Turns if any infringement occurs and shall present them to the Referee immediately

2. Pool Position

- i) Judges of Stroke shall operate on both sides of the pool.
- ii) Inspector of Turns Rule Book **SW 2.5**
 - a) Should be stationed in the assigned lane(s) above the swimmer (especially important in a backstroke race).
- iii) Chief Inspector of Turns
 - a) Should be stationed at start and/or finish ends along side of pool.

D. RULES AND PHILOSOPHY

1. Rules Pertaining to the Position

- i) **SW 2.4** Chief Inspector of Turns
- ii) **SW 2.5** Inspector of Turns
- iii) **SW 2.6** Judges of Stroke
- iv) **SW 5** Freestyle
- v) **SW 6** Backstroke

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- vi) **SW 7** Breaststroke
- vii) **SW 8** Butterfly
- viii) **SW 9** Medley Swimming
- ix) **SW 10.1 – 10.15** The Race
- x) **CSW 2.1.6.1 -CSW 2.1.6.3** – Referee

- b) Use the rule book and handouts to carefully discuss the stroke.
 - i) Common to all strokes
 - ii) Freestyle
 - iii) Backstroke
 - iv) Breaststroke
 - v) Butterfly
 - vi) Individual Medley
 - vii) Relays
 - viii) Use the video from Swim Alberta
- c) Where possible, demonstrate legal versus illegal strokes and turns.

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E. HANDOUT

1. Judge of Stroke and Inspector of Turns Judging Philosophy

- i) Swim meets are for swimmers.
- ii) Officials should be unobtrusive and inconspicuous.
- iii) Officials should not be military or officious.
- iv) Officials will gain the respect of swimmers and coaches by being responsible, knowledgeable, and competent.
- v) Swimmers must be taken seriously at all levels.
 - They have worked hard to excel and may be under a great deal of pressure.
- vi) Officials must continue to learn and keep abreast of rule changes.
- vii) The rules exist to regulate "fair play".
- viii) The strokes are racing categories and are not styles to be marked.
- ix) Always give the benefit of the doubt to the swimmer.
- x) For competent stroke and turn judging, it is as important to learn what variations in strokes are legal as which are illegal.
- xi) The rules are designed to prevent an unfair advantage of one competitor over another.
- xii) Common sense will dictate whether a young competitor is merely warned or disqualified.
 - You are not a coach and therefore have no business discussing a swimmer's stroke unless it is illegal.
 - Unless the swimmer is a beginner, you may be doing him or her a disservice in not disqualifying an illegal stroke.
 - It is important for consistency that the Referee establishes the tolerances and procedures to be followed.

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2. PHILOSOPHY OF DISQUALIFYING

- i) If you feel uncomfortable having to disqualify anyone, or if you find yourself wanting to disqualify someone, ask for another job.
 - Not everyone is suited to judging and disqualifying.
- ii) Treat all competitors alike: young or old, superstar or novice.
 - Try to think of them as numbers in the water, not by name, club or country.
- iii) Treat all competitions alike:
 - disqualifying at a minor meet may save disqualification later at an important one.
 - If anything, judge major national or international meets with more leniency than normal, as is done in hockey or football playoffs.
- iv) Your responsibility is to see that no competitor gets an **UNFAIR ADVANTAGE** by doing something that is **SPECIFICALLY PROHIBITED** by the rules.
- v) Never warn - you could intimidate the swimmer.
 - An action is either prohibited, or if there is any doubt, it is legal.
- vi) Your presence should be felt, not seen, and seldom heard.
 - It should cause swimmers to avoid deliberate rule infringements and to provide them with the best possible competitive conditions.
- vii) Be **SURE** that you really saw what you thought you saw (remember that water levels change, and that light bends in water).
 - If there is **ANY** doubt, **ALWAYS GIVE THE SWIMMER THE BENEFIT.**

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F. PERFORMANCE OF THIS POSITION

1. Before the Meet

- i) Report to officials' room a minimum of 1 hour before the start of the meet.
- ii) Be present for meeting with the Referee which will be held 1/2 hour to 15 minutes before the session begins.
 - The Referee will discuss positioning and rotation of Judge of Stroke and Inspector of Turns judges.
 - He will discuss interpretation of stroke rules, degree of tolerance, and procedures for disqualifications.
 - The purpose of this meeting is to maintain consistency in Judge of Stroke and Inspector of Turns Judging during the meet.
- iii) Obtain clipboard with heat sheets, disqualification slips and pen.

2. During the Meet

- i) The Judges of Stroke located on the same side of the pool as the False Start Rope may be asked to operate the rope in any instance of a false start.
 - This Judge of Stroke must stand close to the rope during the starts.
- ii) As a Judge of Stroke:
 - a) For Freestyle, stand halfway down the side of the pool.
 - For other strokes, walk on the pool side in good view of the leading swimmers.
 - b) For backstroke, do not walk where you are staring into faces of the swimmers.
 - Give all lanes equal attention.
 - Do not concentrate on the closest.

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- Unless told otherwise by the Referee, judge only in your half of the pool, from the start till the start of the last armstroke on the approach to a turn, and from the completion of the first armstroke after a turn through to the finish touch.

iii) As an Inspector of Turns:

- a) Stand over, or immediately to the side of the lanes being judged.
 - Get close enough that your view is not obstructed by the blocks or the end walls.
 - Unless told otherwise by the Referee, judge from the beginning of the last armstroke on the approach to the wall, the touch, and the push-off through to the completion of the first armstroke leaving the wall. Do not judge the turn itself - from touch to push-off is a free zone.
- b) Stay seated when not judging.
- c) Confer with another Judge of Stroke/Inspector of Turns Judge or the Referee when in doubt.
 - Try to watch each other's turns to get a second opinion.
 - If there is any element of doubt, the benefit of the doubt goes to the swimmer.

iv) As the Chief Inspector of Turns:

- a) Stand at start or turns end along side in a position where you have a view of all lanes.
 - (1) Receive and review all disqualification from Inspectors of Turns.
 - (2) Discuss the infraction,
 - (3) make a decision as to whether to proceed with a DQ.
 - (4) Ensure the DQ slip is filled out correctly and take it to the Referee.
 - (5) The Referee will review the DQ and make a final decision as to whether or not to make a disqualification.
- b) Chief Inspector of Turns will then inform swimmer, coach or team member.

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- c) Chief Inspector of Turns must ensure that all Inspectors of Turns are in the correct position and are doing their job accurately.
- d) Chief Inspector may be asked to brief Inspectors of Turns prior to the session re Turns rules, tolerances and procedure for disqualification.

3. After the Meet

- i) **BE AVAILABLE** in case you have made a DQ during the last 1/2 hour of the meet – in case of a Protest.

G. PROCEDURE FOR DISQUALIFICATION - SW 2.1.6

1. When Disqualifying:

- i) Do not be obvious nor indicate to the swimmer that an infraction has occurred until he has finished his race.
- ii) Use the correct form to inform Chief Place Judge and Recorder
 - a) disqualification slip and/or time as instructed
- iii) Write up correctly
 - a) Heat, Lane
 - b) Swimmers Name & Club
 - c) Time
 - d) Infraction - correct wording (meters) - write what was illegal
 - e) Signature
 - f) Note on Time Card
- iv) Report to the Referee immediately after the race.
 - a) Inspector of Turns should report to the Chief Inspector of Turns if one is being used.
- v) Notify the swimmer of the infraction after he is out of the water, verifying the swimmer's name and club.
 - a) If this is not possible, notify the coach.

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- b) Disqualification's should be made within 15 minutes of the infraction to be valid.
 - (1) If announcer is used, the lane of the DQ will be announced
- c) If you are unable to locate the swimmer or the coach concerning a disqualification, report to the Referee.
 - (1) Disqualification will stand, providing all reasonable efforts to notify the coach or swimmer have been made. **CSW 2.1.6.3**
- vi) When discussing an infraction with the swimmer, talk only about what was incorrect.
 - a) Do not discuss what the swimmer should have done as this constitutes coaching.
- vii) Complete a disqualification form and/or mark the time card in the manner being used to indicate a disqualification.
 - a) This will serve to notify the Chief Place Judge, and the Recorder as well.
- viii) Other than when made by the Referee, a disqualification shall only be made by an official who personally observed it within their assigned sphere of responsibility.

H. PROCEDURE FOR CERTIFICATION

- a) Complete Judge of Stroke and Inspector of Turns Clinic
- b) Work at 2 sessions along with an experienced qualified Judge of Stroke and Inspector of Turns Judge.
 - These sessions should be such that all four strokes are observed.
- c) Once qualified, gain more experience!
 - Experience at many meets of different calibre is needed in order to feel confident in this position.

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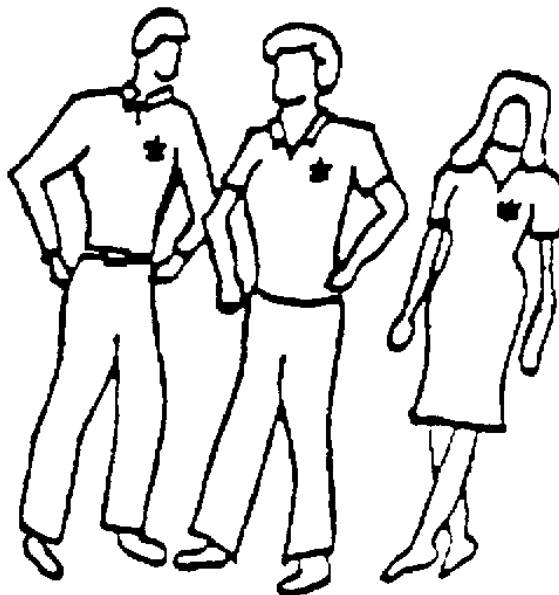
I. HEAD LANE TIMEKEEPER

- a) Present this clinic in conjunction with stroke and turn clinics.
- b) This position is assumed by an official who is a certified Judge of Stroke/Inspector of Turns as well as a Level 1 official.
 - i) A Head Lane Timekeeper is simply a Timekeeper/Inspector of Turns Judge.
- c) Other duties include assigning the various timer responsibilities prior to the start of the meet. These duties include:
 - taking splits
 - ringing the bell on distance events (**SW 2.5.4**)
 - recording times
 - relay take-overs
 - checking swimmer's name, (order of relays)
- d) If this clinic is given alone review the turn infractions for the four strokes as well as the medley at the end of this clinic. Review the **RESPONSIBILITIES OF TIMEKEEPERS** (Level 1 Clinic) and discuss the importance of Head Lane Timekeepers attending the pre-meet briefings for Timekeepers and Inspector of Turns.
- e) Allow sufficient time to complete the test and take up the answers.

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J. STROKE AND TURN JUDGING AT SWIM MEETS

- a) Arrive on time (at least one half hour before meet starts).
- b) Dress in white.
 - i) If all Officials are dressed the same no one will stand out. Bring a pencil and a rule book.
- c) Report to Referee on arrival.
 - i) Determine the zone you are to cover and the method of reporting disqualification's.
 - ii) Get a program and disqualification forms (if in use).



1. PHILOSOPHY OF DISQUALIFYING

- i) If you feel uncomfortable having to disqualify anyone, or if you find yourself wanting to disqualify someone, ask for another job.
- ii) Not everyone is suited to judging and disqualifying.
- iii) Treat all competitors alike:
- iv) young or old, superstar or novice.
 - Try to think of them as numbers in the water, not by name, club, or company.
- v) disqualifying at a minor meet may save disqualification later at an important one.
- vi) If anything, judge major national or international meets with more leniency than normal, as is done in hockey or football playoffs.
- vii) Your responsibility is to see that no competitor gets an **UNFAIR ADVANTAGE** by doing something that is **SPECIFICALLY PROHIBITED** by the rules.

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- viii) Never warn – you could intimidate the swimmer.
 - An action is either prohibited, or if there is any doubt, it is legal.
- ix) Your presence should be felt, not seen, and seldom heard.
 - It should cause swimmers to avoid deliberate rule infringements and to provide them with the best possible competitive conditions.
- x) Be SURE that you really saw what you thought you saw (remember that water levels change, and that light bends in water).
 - If there is ANY doubt, **ALWAYS GIVE THE SWIMMER THE BENEFIT.**

2. MECHANICS OF JUDGING

- i) As a Judge of Strokes:
 - a) For Freestyle – Stand halfway down the side of the pool.
 - b) For Other Strokes
 - (1) Walk on the pool side in good view of the leading swimmers.
 - (2) For Backstroke, do not walk where you are staring into the faces of the swimmers.
 - c) Give all lanes equal attention.
 - (1) Do not concentrate on the closest.
 - d) Unless told otherwise by the Referee,
 - (1) judge in your half of the pool, when four Judges of Strokes are utilized, each covers half of the assigned lanes.
 - (2) from the start till the start of the last arm stroke on the approach to a turn, and

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(3) from the completion of the first arm stroke after a turn through to the finish touch.

ii) As an Inspector of Turns:

a) Stand over, or immediately to the side of the lanes being judged.

(1) Get close enough that your view is not obstructed by the blocks or the end walls.

(2) **GET WET!**

b) Unless told otherwise by the Referee,

(1) judge during the touch, commencing from the beginning of the last arm stroke on the approach to the wall on a turn, and during the push-off through to the completion of the first arm stroke following the departure from the wall.

(2) Do NOT judge the turn itself.

(3) From touch to push off it is a **FREE ZONE**.

c) **Stay seated when not judging.**

iii) When Disqualifying:

a) Do not be obvious until the race is over. (Let the swimmer carry on normally in case you should be over ruled.)

b) Tell the Referee immediately after the race (Inspector of Turns should tell the Chief Inspector of Turns Judge if being used).

c) Tell the swimmer after he is out of the water, or his coach (preferred for young or new swimmers) that the swimmer was disqualified and why, verifying at the same time the correct name of the swimmer involved.

d) Say what he did that was prohibited. Do **NOT** say what you think he should have done. **DO NOT COACH.**

e) Do this within 15 minutes to allow time for a protest.

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(1) If you cannot find swimmer or coach, see the Referee.

f) Inform Recorder, usually by filling in a disqualification form, and sending it with the time cards.

b)

RIGHT

WRONG

<p>DISQUALIFICATION FORM</p> <p>Event 5 Heat 3 Lane 4</p> <p>Name "Jane Doe"</p> <p>Reason:</p> <p><i>Legs – downward dolphin thrust at 10 to 40 meters</i></p> <p>Judge: "J.S."</p>	<p>DISQUALIFICATION FORM</p> <p>Event 5 Heat 3 Lane 4</p> <p>Name "Jane Doe"</p> <p>Reason:</p> <p><i>Dolphin kick</i></p> <p>Judge: "J.S."</p>
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K. THE STROKE RULES - COMMON TO ALL STROKES

1. SW 10 THE RACE

i) LEGAL

- a) Swimmer must complete distance
- b) Swimmer must complete race in same lane he started in
- c) Must touch end wall at each turn
- d) Turn must be made from wall and swimmer must not take a step or stride from bottom of pool
- e) May stand on bottom during freestyle events but shall not walk

ii) INFRACTION

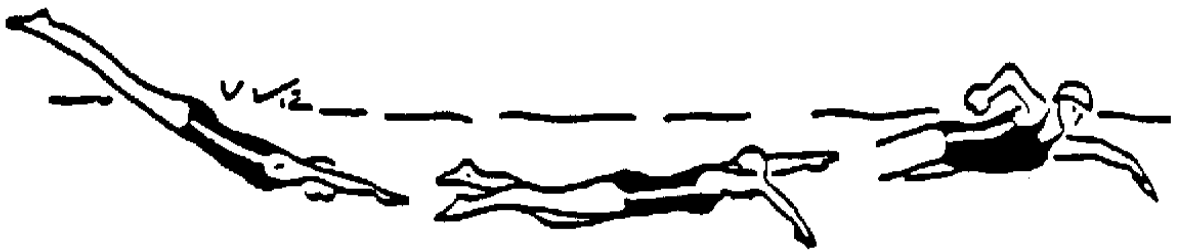
- a) Swimmer did not complete race - Got out of water after _____ metres.
- b) Swimmer in lane 4 completed race in lane 5.
- c) Failure to touch
- d) Turn made before reaching end wall
- e) Swimmer stepped in direction of course after turn
- f) Walking along bottom during freestyle
- g) Standing during backstroke, breast, or fly
- h) Obstructing another swimmer by swimming across lane or otherwise interfering with another swimmer.
- i) Failure to surface at the 15 meter mark, at the start and following the turn (Except Breaststroke)

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2. FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.



Normal (but not o

i) Stroke Judging:

- **WATCH** for any infractions common to all strokes above.

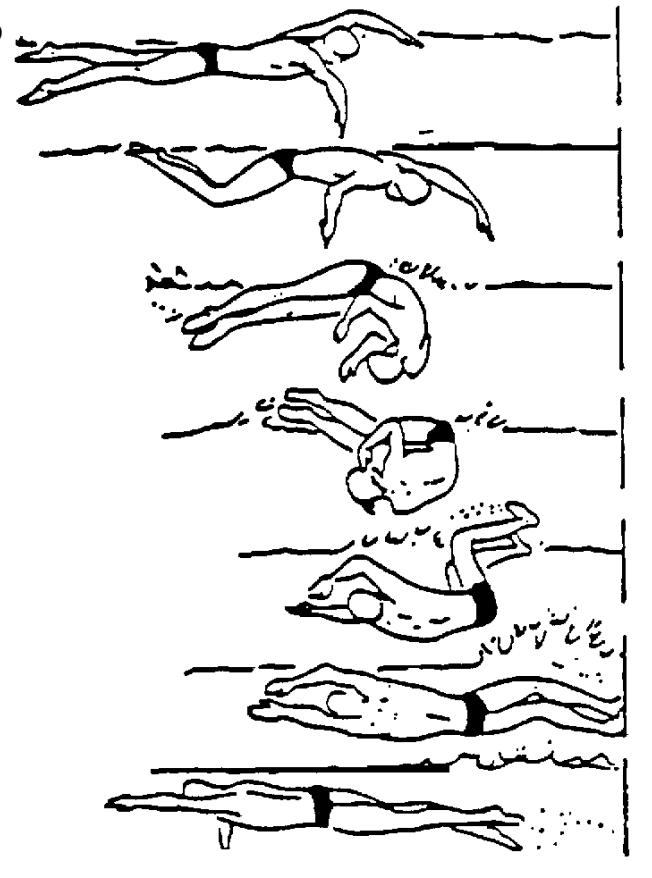
ii) Finish Touch or Turn Judging:

- **WATCH** that the swimmer touches the end wall with some part of his body.

iii) Normal turn (other styles may be seen):

a) During Touch:

- **WATCH** that the swimmer touches the end wall with some part of his body.



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b) During Push-off:

- If swimmer surfaces in wrong lane he is allowed to return to proper lane without penalty.

iv) Surface 15m at start and following turn

SW 5.3 *Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.*

3. BACKSTROKE

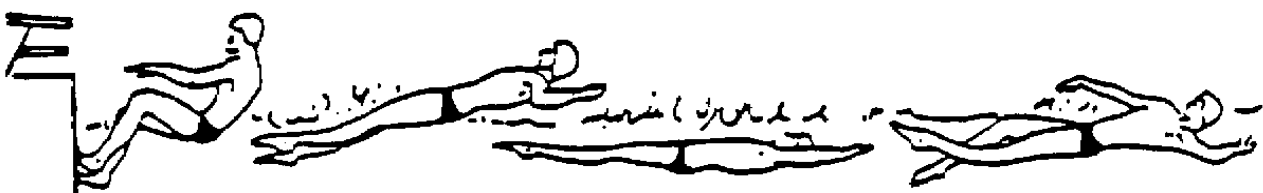
SW 6.1 *The swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.*

SW 6.2 *At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in **SW 6.4**. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.*

SW 6.3 *Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.*

SW 6.5 *Upon the finish of the race the swimmer must touch the wall while on the back.*

- i) Virtually any stroke or combination may be used as long as it is swum on the back.
- Except for the special touch rules it is back freestyle.



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ii) Stroke Judging:

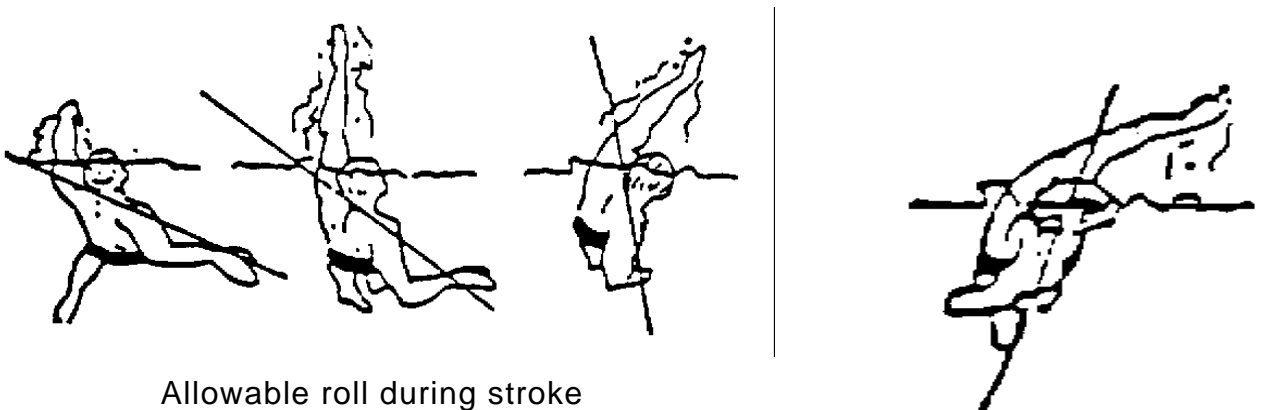
- **WATCH** for any infractions common to all strokes.
- **WATCH** that the swimmer remains on his back for the whole race.

iii) The shoulders may roll to the vertical.

- **WATCH** that the head surfaces at the 15 metre mark after the start and after each turn.
- **WATCH** that some part of the swimmer breaks the surface throughout the race other than at the start and turns.

iv) Finish Touch:

- **WATCH** that the swimmer touches with the foremost part of his body. (head, shoulder, arm, or hand ONLY.)



Allowable roll during stroke

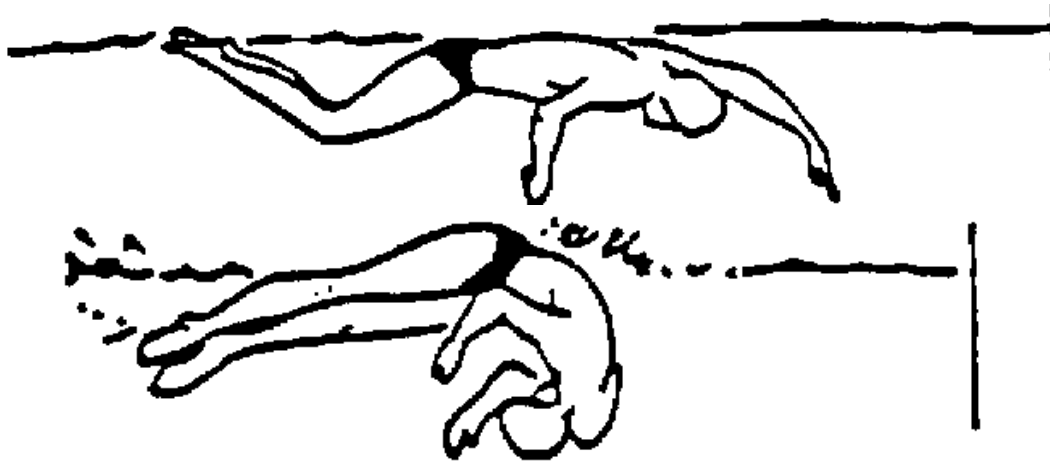
Infraction: Rolling beyond vertical, except when initiating the turn

i) Turn Judging

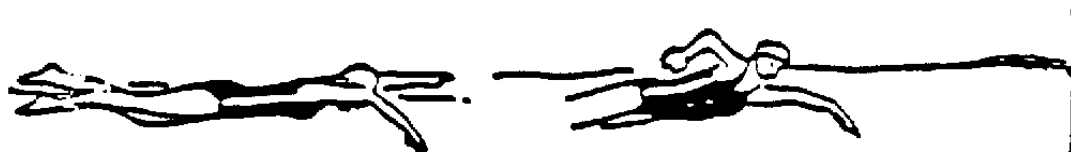
SW 6.4 *During the turn the shoulders may be turned over the vertical to the breast, after which a continuous single arm pull or continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. When executing*

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the turn there must be a touch of the wall with some part of the swimmers' body.



ALLOWABLE – Double arm pull to execute turn

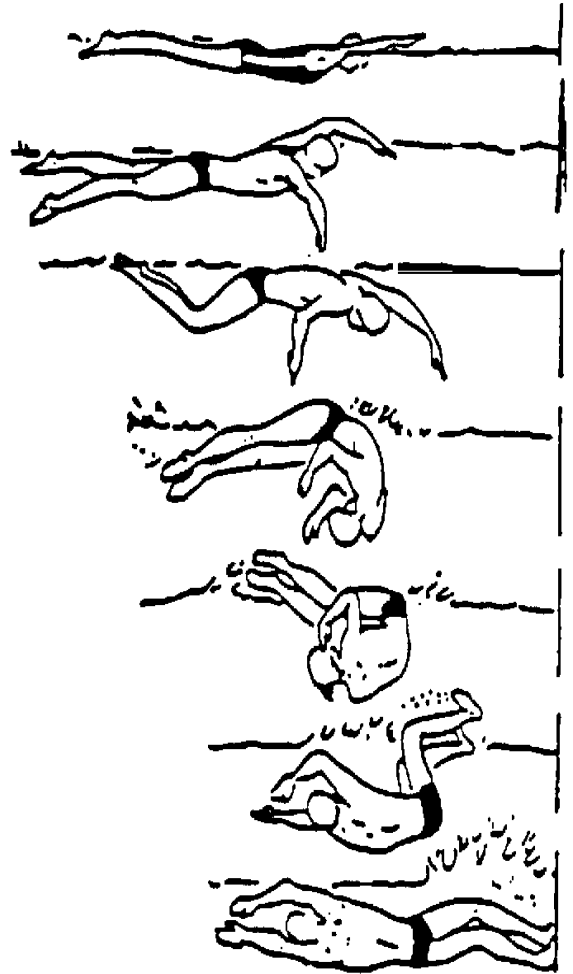


INFRACTION – More than one single arm or double arm pull before executing turn

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i) Normal Turn

- May roll past vertical to the breast.
- May take a continuous single arm pull or a continuous double arm pull to initiate the turn.
- Must commit to a continuous turning action once the upper shoulder rotates beyond the vertical towards the breast.
- The swimmer must have returned to a position on the back upon leaving the wall.
- The head must surface at a distance of not more than 15 metres after the start and at each turn.



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4. BREASTSTROKE

SW 7.1 *From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.*

SW 7.2 *All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.*

SW 7.3 *The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.*

SW 7.4 *All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.*

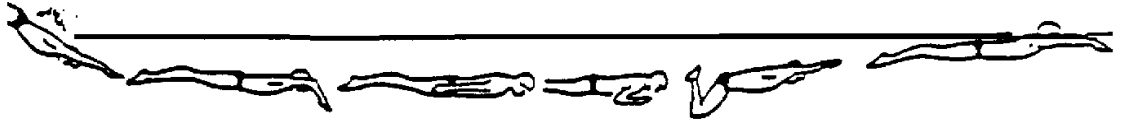
SW 7.5 *The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.*

SW 7.6 *At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The 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 cycle preceding the touch.*

SW 7.7 *During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that after the start and after each turn, the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.*

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i) Normal Start:

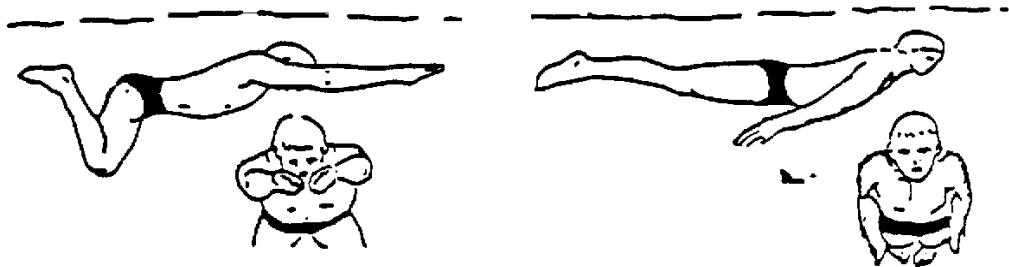


i) Stroke Judge:

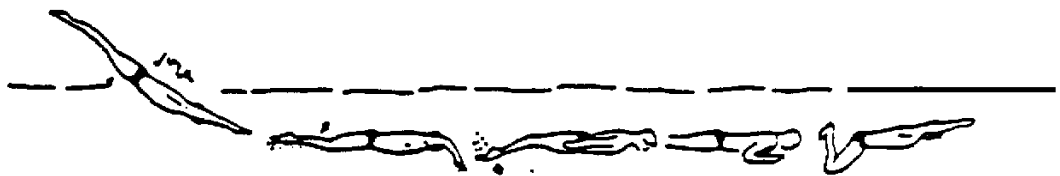
- **WATCH** for any infractions common to all strokes.

ii) At Start:

- **WATCH** that head breaks the surface of the water before the hands turn inward at the widest part of the second stroke.
- **WATCH** that the swimmer does not make a **DELIBERATE**

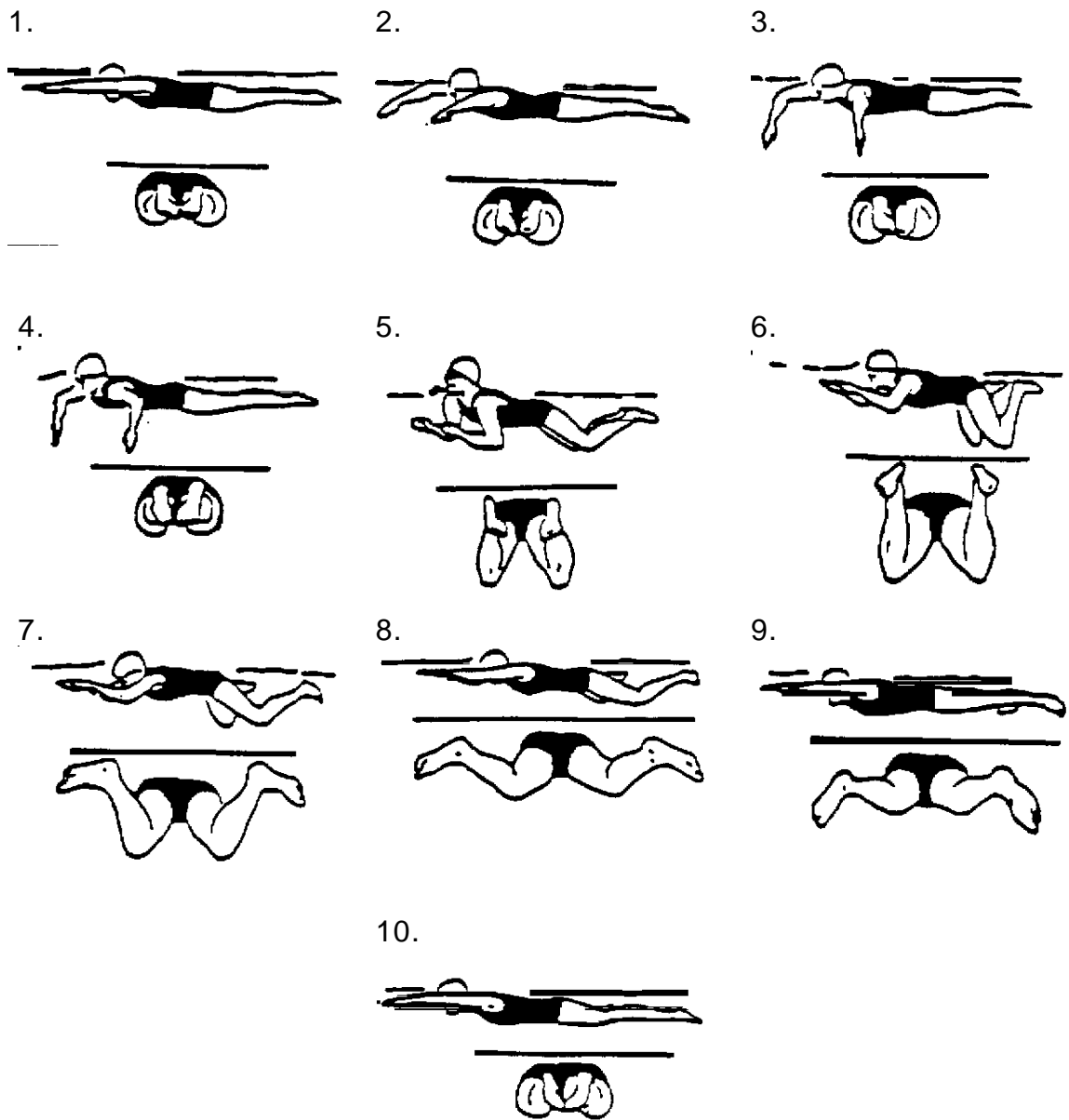


INFRACTION: Head under water during completion of second arm pull dolphin kick (the legs may undulate in the water current without penalty).



STROKE AND TURN CLINIC (S/NC)

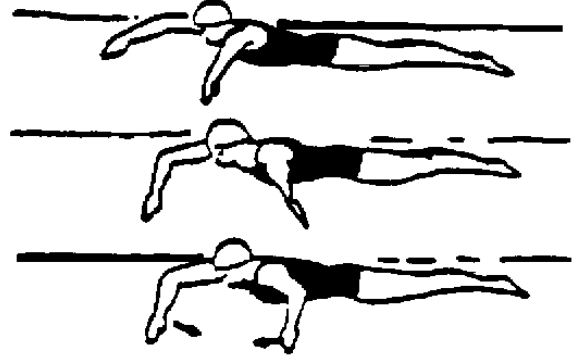
i) Normal stroke:



STROKE AND TURN CLINIC (S/NC)

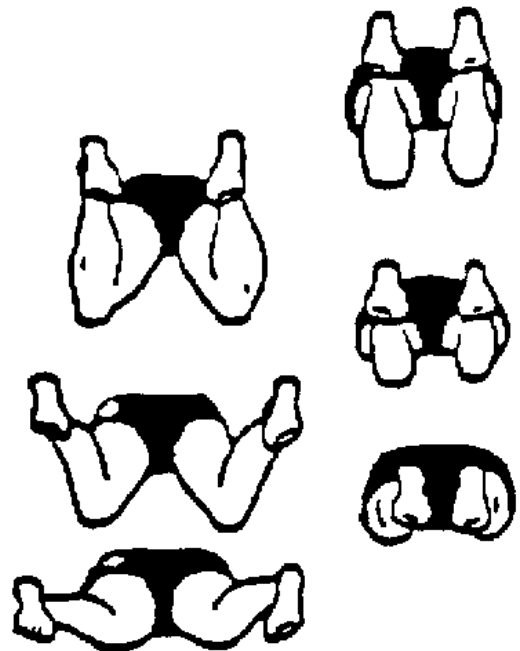
i) Stroke Judging:

- **WATCH** that the body is kept on the breast.
- **WATCH** that all movements of the arms are **SIMULTANEOUS** and in the same horizontal plane.
- **WATCH** that all movements of the legs are **SIMULTANEOUS** and in the same horizontal plane and without alternating movement.



INFRACTION: Arm movement not simultaneous.

- **WATCH** that the feet are turned outwards in the backward movement.



INFRACTION: Feet not turned outward.
i.e. imparting a downward dolphin thrusting motion

STROKE AND TURN CLINIC (S/NC)

- **WATCH** that a part of the head surfaces during each stroke cycle of pull and kick.

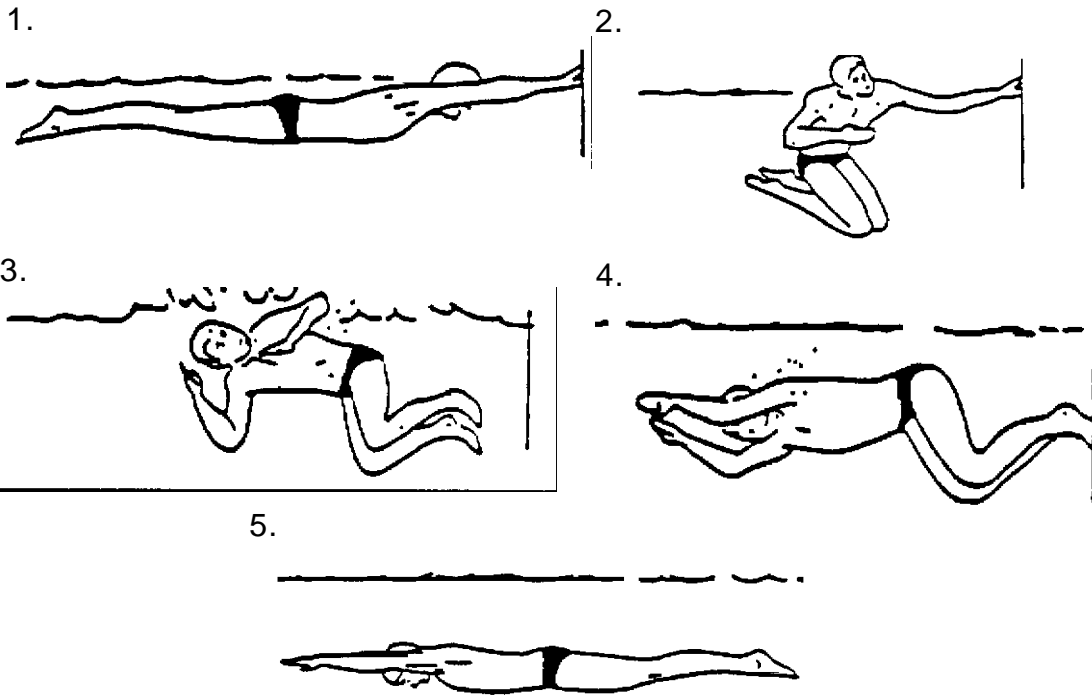


Head must break surface during stroke cycle.



INFRACTION: Head does not break water surface during stroke cycle.

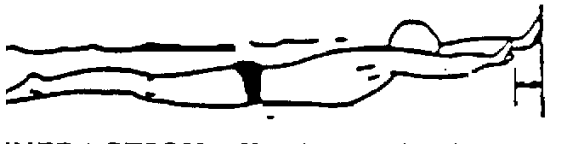
i) Normal turn:



STROKE AND TURN CLINIC (S/NC)

i) During Touch:

- **WATCH** that the touch is made with both hands **SIMULTANEOUSLY**.



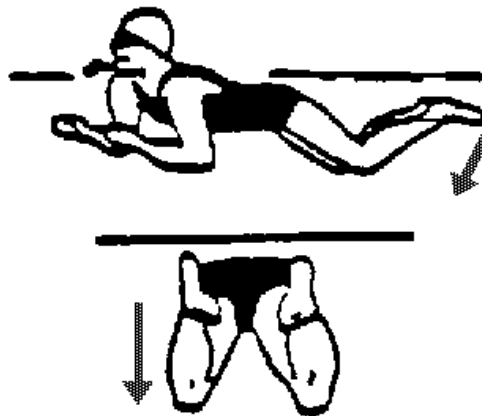
INFRACTION: Hands not simultaneous.



ALLOWABLE: Hands not at same level:

i) During Push-off:

- **WATCH** - Swimmer may take one arm pull and one leg kick and may commence the second arm pull as long as head surfaces at completion of propulsive phase of arm pull.
- **WATCH** that the swimmer does not make a **DELIBERATE** downward dolphin kick (the legs may undulate in the water current without penalty).



INFRACTION: Deliberate downward Dolphin Kick

If swimmer surfaces in the wrong lane, he is allowed to return to proper lane, using one breaststroke underwater arm pull, without penalty.

STROKE AND TURN CLINIC (S/NC)

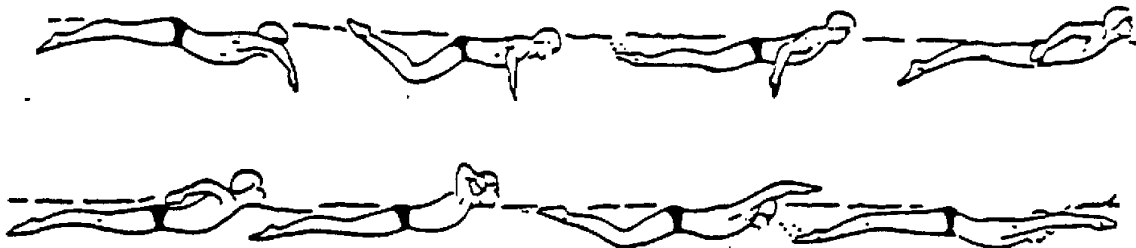
5. BUTTERFLY

SW 8.1 From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms must be brought forward together over the water and brought backward simultaneously. **WATCH** that the body is on the **BREAST** with both shoulders in the same **HORIZONTAL PLANE** (except at turns and finish).

SW 8.3 All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but no alternating movements are permitted.

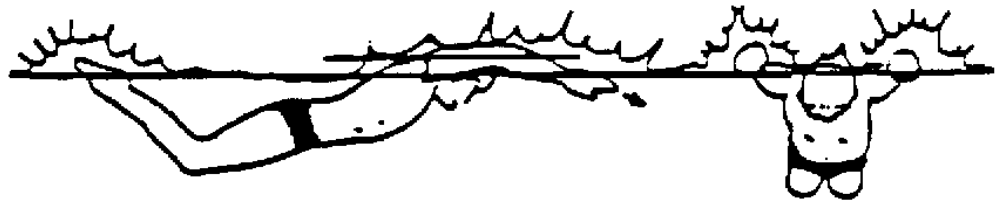
i) Normal stroke:



i) Stroke Judging:

- **WATCH** for any infractions common to all strokes.
- **WATCH** that the swimmer takes no more than one armstroke while totally submerged. He may kick as often as desired.
- **WATCH** that both arms are brought forward **OVER** the water **SIMULTANEOUSLY** and brought backward through the water **SIMULTANEOUSLY**.
- **WATCH** that the body is on the **BREAST** with both shoulders in the same **HORIZONTAL PLANE** (except at the turns and finish).

STROKE AND TURN CLINIC (S/NC)

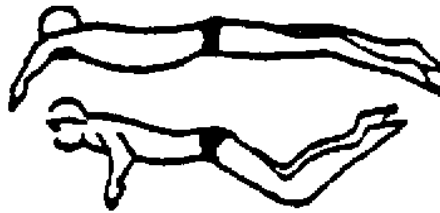


ALLOWABLE: Arm recovery over the GENERAL water level for most of the stroke

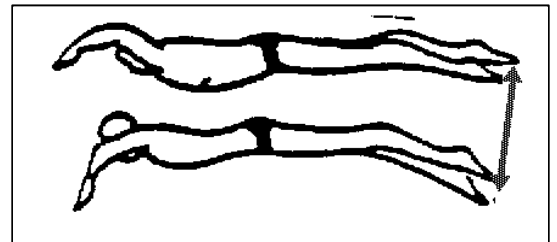


INFRACTION: Arm recovery not OVER the water

- **WATCH** that the legs do not **ALTERNATE** with each other. One is allowed to be carried higher than the other.



ALLOWABLE: One leg higher.



INFRACTION: Legs alternating.

In Canada and International competition, (but not in USA) a competitor may use a breaststroke kick and change back and forth without penalty.

STROKE AND TURN CLINIC (S/NC)

i) Finish Touch:

- **Watch** that the swimmer does not recover his arms **UNDERWATER** in order to touch out.



INFRACTION: Arms recovered **UNDER** the water

- **WATCH** that touch is made with both hands **SIMULTANEOUSLY**.



ALLOWABLE: Hands not at the same level

STROKE AND TURN CLINIC (S/NC)

i) Turn Judging:

Normal turn:

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

1.



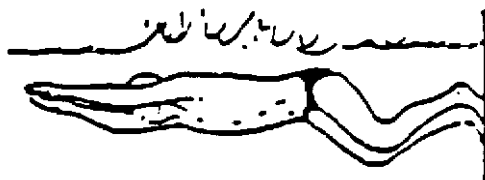
2.



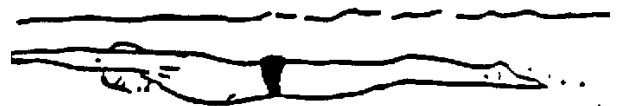
3.



4.



5.



STROKE AND TURN CLINIC (S/NC)

ii) During Touch:

- **WATCH** that the swimmer does not recover his arms **UNDERWATER** in order to touch out.



INFRACTION: Arms not recovered OVER the water.

- **WATCH** that the touch is made with both hands **SIMULTANEOUSLY**.



ALLOWABLE: Hands not at the same level.



INFRACTION: Hands not simultaneous.

i) During Touch:

- **WATCH** that the swimmer takes no more than one armstroke while he is totally submerged.
- A swimmer who surfaces in the wrong lane may return to proper lane without penalty if he maintains butterfly form.

STROKE AND TURN CLINIC (S/NC)

6. MEDLEY RACES

SW 9.1 *In Individual Medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.*

SW 9.2 *In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.*

INDIVIDUAL MEDLEY	MEDLEY RELAY
Butterfly	Backstroke
Backstroke	Breaststroke
Breaststroke	Butterfly
Freestyle	Freestyle

i) Stroke Judging:

- **WATCH** for any infractions common to all strokes.
- **WATCH** that the swimmers swim the strokes in the proper order.
- **WATCH** that the swimmer swims each leg according to the rules of that stroke. Last touch of each stroke must be a finish touch.
- The rules state that the last leg shall be freestyle **other then** butterfly, backstroke or breaststroke.

STROKE AND TURN CLINIC (S/NC)

ii) Turn Judging:

a) Normal turns:

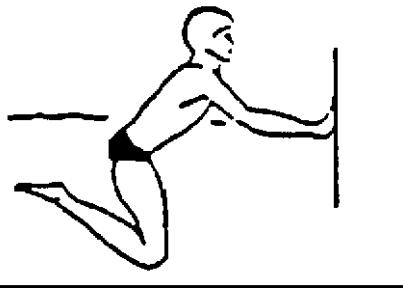
SW 9.3 *Each section must be finished in accordance with the rule which applies to the style concerned.*

(1) BUTTERFLY TO BACKSTROKE

1.



2.



3.



4



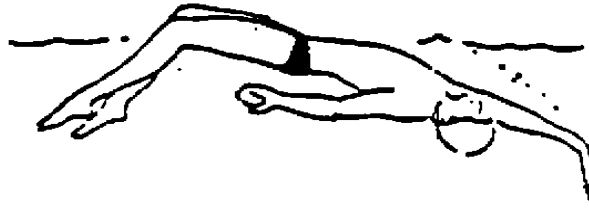
STROKE AND TURN CLINIC (S/NC)

ii) BACKSTROKE TO BREASTSTROKE

1.



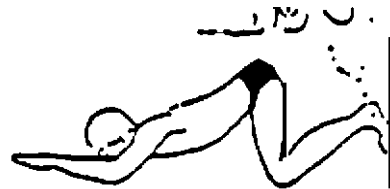
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4.



5.



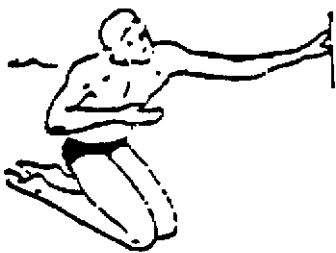
STROKE AND TURN CLINIC (S/NC)

i) BREASTSTROKE TO FREESTYLE

1.



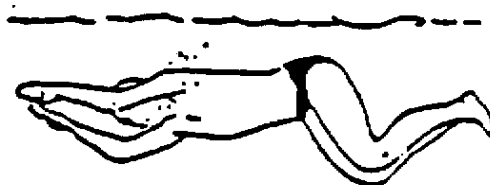
2.



3.



4.



5.



i) During Turn:

- **WATCH** that the swimmer makes the approach and touch according to the rules of the incoming stroke.
- **WATCH** that the swimmer touches according to the rules of finishing touches when changing from one stroke to another.

ii) During Push-off:

- **WATCH** that the swimmer makes the push-off according to the rules of the outgoing stroke.

STROKE AND TURN CLINIC (S/NC)

L. DEMONSTRATION BY SWIMMERS:

- OF LEGAL AND ILLEGAL STROKES AND TURN (DONE AT POOL SIDE)
- Show the FINA video on Stroke and Turn

STROKE AND TURN CLINIC (S/NC)

M. THE STROKES

HAND OUT

LEGAL	INFRACTION
Freestyle SW 5	
<ul style="list-style-type: none"> - Any stroke or combination of strokes - Touch wall with any part of body - Medley must swim front crawl 	<ul style="list-style-type: none"> - Failure of the head to surface at the 15m mark on start and turns - Did not touch wall - Swam stroke other than front crawl in IM or Medley relay
Medley Swimming SW 9	
<ul style="list-style-type: none"> - Individual Medley-order of strokes is Butterfly, Backstroke, Breaststroke and Freestyle (Front Crawl) - Medley Relay – order of strokes is Back, Breast, Butterfly, Freestyle (Front Crawl) - Each section must be finished in accordance with rules of the stroke concerned 	<ul style="list-style-type: none"> - Swim in incorrect order of strokes in individual medley or Medley Relay - Failure of the head to break the surface at the 15m mark at start and at the turn (except Breast) - Failure to touch on back on turn from backstroke to breast stroke - Rotation of shoulder past 89 degrees before Backstroke touch on turn from Backstroke to Breaststroke
Backstroke SW 6	
<ul style="list-style-type: none"> - Position on back (roll up to but not including 90 degrees) except when executing a turn - Part of swimmer breaks the water throughout race except after start and turns - Head surfaces at 15 metres after start and turns - One arm-pull or double arm-pull after turning past vertical to execute turn - Touch wall on back at finish - Head submerged during turn 	<ul style="list-style-type: none"> - Roll past 89 degrees before executing a turn - Roll past 89 degrees when toes leave wall after executing a turn - Swimmer submerged at any time during race - Head surfaces at distance more than 15 meters after start or turn - Two or more arm-pulls after turning past vertical to execute turn - Rotation past vertical before finish touch

STROKE AND TURN CLINIC (S/NC)

LEGAL	INFRACTION
Breaststroke SW 7	
<ul style="list-style-type: none"> - Body on breast and both shoulders in line with the normal water surface from beginning of first arm-pull after start and turns - Hands pushed forward together on, under or over water and brought back on or under water - All movements simultaneous and in same horizontal plane with no alternating movement - Feet turned outwards during the propulsive part of the kick - Breaking surface of water with feet - Touch with both hands simultaneously at, above or below water. Hands may be at difference levels - Head breaks surface of water during each complete cycle of one arm stroke and one leg kick - After the start and turns swimmer may take one armstroke back to legs. - Head breaks surface of water before hands turn inward at widest part of 2nd stroke 	<ul style="list-style-type: none"> - Body rotates from breast (side, back) after first arm-pull after start and turns - Non-simultaneous movements of arms or legs. (scissor kick, flutter kick or dolphin kick) - Breaking surface of water with feet followed by downward dolphin kick - Non simultaneous touch - One hand touch - Failure to touch with hands - Head submerged during one or more stroke cycles - Swimmer takes 2 arm strokes back to legs after the start or turn - Head submerged after hands turn inward at widest part of 2nd stroke - Hands brought back beyond the hipline during swim.

STROKE AND TURN CLINIC (S/NC)

LEGAL	INFRACTION
Butterfly SW 8	
<ul style="list-style-type: none"> - Body on breast at all times except when executing a turn - Shoulders in line with water surface from beginning of first armstroke after start and after each turn - Both arms are brought forward together over the water and brought backward simultaneously - Simultaneous up and down movements of legs and feet in the vertical plane (dolphin or whip kick) - Feet & legs may be at different levels, but no alternating movements - Touch with both hands simultaneously at, above or below water surface - Hands may touch at different levels - At start and at turns swimmer may take one or more leg kicks and one arm-pull which must bring him to the surface. - Under water kicking on the side is allowed during the turn 	<ul style="list-style-type: none"> - Body NOT on breast (side, back) before turn - Body not on breast (side, back) from beginning of 1st armstroke after start and after each turn - Arms do not clear water surface - Non-simultaneous movement of arms - Flutter kick, scissor kick - Feet & legs at different levels with alternating movements of feet and legs - One hand touch - Failure to touch with hands - Non simultaneous touch - Two or more arm-pulls after start or turns before surfacing - Head surfaces at distance more than 15 meters after start or turn - Shoulders not inline with the normal water surface at the beginning of the first armstroke.

STROKE AND TURN CLINIC (S/NC)

LEGAL	INFRACTION
Common to all strokes	
The Race SW 10	
<ul style="list-style-type: none"> - Swimmer must complete distance - Swimmer must complete race in same lane he started in - Must touch end wall at each turn - Turn must be made from wall and swimmer must not take a step or stride from bottom of pool - May stand on bottom during freestyle events but shall not walk 	<ul style="list-style-type: none"> - Swimmer did not complete race - Got out of water after ____ metres. - Swimmer in lane 4 completed race in lane 5. - Failure to touch - Turn made before reaching end wall - Swimmer stepped in direction of course after turn - Walking along bottom - Standing during backstroke, breast, or fly - Obstructing another swimmer by swimming across lane or otherwise interfering with another swimmer - Pulling on Lane Rope - Failure of the head to break the surface at the 15m mark after the start and following the turns (except breast stroke)

STROKE AND TURN CLINIC (S/NC)

N. WORDING FOR DISQUALIFICATION'S

1. A GUIDE FOR JUDGE OF STROKE AND INSPECTOR OF TURNS

i) **FREE STYLE:**

- a) Failure to touch (25M - 50M, etc.)

ii) **BACKSTROKE:**

- a) Failure to touch, (state meters).
- b) Non continuous turn
- c) Failure of the head to surface at 15 metres after start or after turns.
- d) Roll more than 90 degrees when toes leave wall after turn.
- e) Failure to break surface of water during every stroke.
- f) Two or more freestyle strokes taken after rolling past 90 degrees at turn.
- g) Did not finish on the back.

iii) **BUTTERFLY:**

- a) Non simultaneous touch (one hand after the other), (state meters).
- b) Flutter kick either on turn or during length.
- c) Underwater arm recovery at touch (meters).
- d) Uneven arm-pull.
- e) Roll to back at _____ meters after turn.

iv) **BREAST:**

- a) Non simultaneous touch (meters).
- b) Two under water arm pulls before head surfaces.
- c) Scissors kick.
- d) Alternating arm movement.
- e) Downward dolphin kick (meters).
- f) Failure of head to surface during each stroke cycle.
- g) Failure of head to surface at end of propulsive of second armstroke on start/or after turns.
- h) Arms below hip line during swim phase.

v) **INDIVIDUAL MEDLEY:**

- a) Shoulders rolled past 90 degrees before finish touch before change to breaststroke.

vi) **RELAY TAKE-OVER**

- a) #___ swimmer's toes left blocks before # ___ swimmer touched out hand ___ c.m. from wall

vii) **ALL STROKES**

- a) Did not finish - climbed out of pool at _____ metres.
- b) Walked in desired direction during ___ metre lap of ___ metre swim.
- c) Pulled self along lane rope ___ lap of ___ metre swim.
- d) Failure of the head to surface at the 15m mark (**except for Breast Stroke**)