



# Clinic Expectations

- While difficult, we would like this to be an interactive experience
- Mute your microphone
- Enter questions in the chat
- Use the hand raise function if you want to ask a question
- On some slides we may ask you a question, be prepared to answer if called on
- At the end of the clinic you will be given a code that you will enter into an attendance form to prove you attended the entire clinic



***Northern Virginia Swimming  
League***

**Stroke & Turn  
Recertification  
*Presentation***



# Expectations of a S&T Judge



- Be conscientious
- Know the rules of swimming
  - Study the USAS official rulebook
    - Know the current interpretations of these rules
- Be fair, impartial, and consistent in the application of these rules
- Call infractions when observed, and when there is no doubt as to your observation
- *“Benefit of the doubt” always goes to the swimmer!*



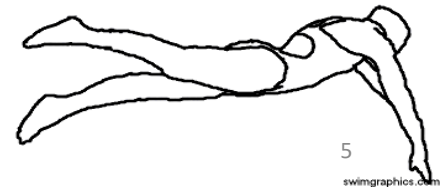
# Expectations of a S&T Judge

- **Be professional in manner**
  - **Uniform: white polo shirt over navy pants, shorts, or skirt**
    - **No jeans**
  - **No team logos**
  - **Be punctual**
    - **You should plan on arriving at least 45-60 minutes before the start of the meet**
      - **S&T briefing is usually held 20 minutes before the start of the meet**
  - **Refrain from cheering**
  - **Refrain from engaging with the swimmers unless it is in response to a direct question or to provide necessary instructions**



# Expectations of a S&T Judge

- **Be professional in manner**
  - Make calls quickly & decisively
  - Give explanation of calls clearly and succinctly to the Referee --- using the language of the rulebook
  - Make calls only within your jurisdiction
    - Referee will explain jurisdiction during pre-meet meeting
- ***Your professionalism will carry over and set the tone for both the swimmers and the spectators***





# Make the call!

- All of the above is of no use if you are afraid to make the call!
- Calls should be crisp and reflex in nature
- Upon observing an infraction raise one hand overhead for approximately 3-5 seconds for each possible violation
  - Do not wait for the swimmers to leave your jurisdiction to raise your hand
- Do not indicate to the swimmer, other officials, coaches, or spectators what lane you have called
- When reporting a violation, detail the event, heat number, lane number and violation to the Referee
- When explaining the call to the referee, do not “demonstrate” the violation





# Disqualifications

- **Can only be made by the official within whose jurisdiction the infraction has been committed**
- **Judges must personally observe the infraction**
- **Swimmers must be given the benefit of any doubt**
- **Judges must disregard the opinions of others**
- **Be sure a violation has occurred**





# Put the interests of the swimmer first

- Do not make the call think you may have been unduly influenced by “other” pressures such as:
  - A string of similar calls
  - Pressure to “make a call”
  - A situation from another swimmer
- Do not make the call if you are not sure of what you saw
- No “calibrated eyeballs”







# Avoid “Mental traps”

- **Whether or not a swimmer got an advantage or disadvantage does not matter**
- **Don’t wait to see an infraction twice before calling an infraction**
- **Judge the younger (8 & under) swimmers the same as the older swimmers**
- **Judge your child the same as other children**
- **Don’t infer- make the call that you see, NOT what you deduce**





# 2025 Rule Changes

- **The rule changes for 2025 do not impact the Stroke and Turn Judges**





# Rules Review – Freestyle

- Freestyle
  - **START:** Forward Start. Head must break the surface of the water by the 15 meter mark
    - In judging the 15 meter mark, the mark on side of pool is considered to be the official indicator of 15 meters
  - **STROKE:** Use of any swimming style
  - **URNS:** Upon completion of each length, swimmer must touch the wall at the end of the course with some part of their body (Note: a “hand touch” is NOT required)
  - **FINISH:** when any part of the swimmer touches the solid wall at the end of the pool





# Rules Review – Freestyle

- In the Freestyle, an 8 and under swimmer gets tired, stops, and hangs on to the lane line to rest. After a few breaths, the swimmer yanks forward on the lane line to get started again and finishes the races. The S&T raises a hand signaling a disqualification. Does the disqualification stand?





# Rules Review – Freestyle

- In the Freestyle, an 8 and under swimmer gets tired, stops, and hangs on to the lane line to rest. After a few breaths, the swimmer yanks forward on the lane line to get started again and finishes the races. The S&T raises a hand signaling a disqualification. Does the disqualification stand?

**Answer: Yes**

**Article 102.22.10 states “gripping lane dividers to assist forward motion is not permitted.”**





# Rules Review – Freestyle

- In the 50 meter freestyle event, after making the turn, the swimmer surfaces in the wrong lane. Because there was not a swimmer in that lane, the swimmer does not realize that s/he is in the wrong lane and finishes the race in the wrong lane. Should s/he be disqualified?





# Rules Review – Freestyle

- In the 50 meter freestyle event, after making the turn, the swimmer surfaces in the wrong lane. Because there was not a swimmer in that lane, the swimmer does not realize that s/he is in the wrong lane and finishes the race in the wrong lane. Should s/he be disqualified?

**Answer: Yes**

**Article 102.22.4 states “a swimmer must start and finish in the same lane”. If the swimmer switched back to the correct lane prior to the finish s/he would not be disqualified.**





# Rules Review – Freestyle

- A swimmer got very tired on her 50 meter freestyle. She decided to stop and rest. By resting her feet touched the bottom of the pool. After the short rest, she sprang from the bottom of the pool and completed the race. Should she have been disqualified?







# Rules Review – Freestyle

•A swimmer got very tired on her 50 meter freestyle. She decided to stop and rest. By resting her feet touched the bottom of the pool. After the short rest, she sprang from the bottom of the pool and completed the race. Should she have been disqualified?

**Answer: Yes**

**Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in a disqualification (102.22.5)**





# Rules Review – Freestyle

•A younger “freestyler” just completed the only turn in the 50 meter freestyle but didn’t touch the wall. She started to swim and got as far as the middle of the pool when she decided to return to the turn end of the pool and touch without doing a flip turn. In the meantime the official raised his hand and wrote a disqualification slip. Was this a valid disqualification?





# Rules Review – Freestyle

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**Answer: No**

**Upon completion of each length the swimmer must touch the wall. She should not have been disqualified if she went back and touched the wall at the turn end prior to touching the wall at the finish end. The official was correct in raising their hand, but when the swimmer returned to the wall the DQ was no longer valid (101.5.3)**





# Rules Review – Backstroke

- **Backstroke**

- **START**: Swimmer will start in the water facing the start end of the pool

- **STROKE**: Standing in or on the gutter immediately after the start is not permitted.

- Swimmer must push off on their back and continue swimming on the back throughout the race.

- Some portion of the swimmer must break the surface of the water throughout the race.

- Once some part of the swimmers head passes the 5-meter mark immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch





# Rules Review – Backstroke

- Backstroke

- **TURNS**: Upon completion of each length, some part of the swimmer's body must touch the wall

- For the turn, the shoulders **may** turn past vertical to the breast. If the swimmer turns past vertical an immediate continuous single arm pull or simultaneous double arm pull may be used to initiate the turn

- The swimmer must have returned to a position on the back upon leaving the wall

- **FINISH**: When any part of the swimmer's body touches the wall. The swimmer must touch the wall while on the back





# Rules Review – Backstroke

- In a backstroke event, a swimmer touches the wall at turn while on his back, then stands up in the pool. The swimmer then pushes off the wall with their feet from the wall at the turn end, leaving the wall on their back. Is this a disqualification?





# Rules Review – Backstroke



- In a backstroke event, a swimmer touches the wall at turn while on his back, then stands up in the pool. The swimmer then pushes off the wall with their feet from the wall at the turn end, leaving the wall on their back. Is this a disqualification?

**Answer: No**

**Although the swimmer is no longer on their back as required by USA Swimming rule 101.4.2, this action is considered part of the turn and is thus legal**



# Rules Review – Backstroke

- A swimmer has gone past the vertical with the shoulder to execute a backstroke turn but is so close to the wall that he touches it without ever executing a somersault. He then pulls himself into the wall and hangs there, resting, before pushing off from the wall on his back. Is he disqualified because he did not do a somersault?







# Rules Review – Backstroke



- A swimmer has gone past the vertical with the shoulder to execute a backstroke turn but is so close to the wall that he touches it without ever executing a somersault. He then pulls himself into the wall and hangs there, resting, before pushing off from the wall on his back. Is he disqualified because he did not do a somersault?

**Answer: No**

**He is not required to make a somersault as part of the turning action. Once he has touched the wall with any part of his body, the turning action is finished. Therefore, if he does that any time before his pulling hand, in the water, gets back to his legs, there is no need to take some other turning action, such as a somersault**



# Rules Review – Backstroke



- A swimmer has gone past the vertical with the shoulder completes the backstroke turn but has failed to touch the wall; so he sculls back to the wall, pushes off (losing 0.3 seconds) and continues. The turn judge reports this as a disqualification. Is this a valid DQ?



# Rules Review – Backstroke



- A swimmer has gone past the vertical with the shoulder completes the backstroke turn but has failed to touch the wall; so he sculls back to the wall, pushes off (losing 0.3 seconds) and continues. The turn judge reports this as a disqualification. Is this a valid DQ?

**Answer: Yes**

**Article 101.4.2 says “Upon completion of each length, some part of the swimmer must touch the wall,” however, the turn must be continuous. Sculling back is not permitted in a continuous turn**



# Rules Review – Backstroke



- A swimmer starts her race and surfaces prior to the 15 meter mark. She then resubmerges and resurfaces, again prior to the 15 meter mark. Is this legal?



# Rules Review – Backstroke



- A swimmer starts her race and surfaces prior to the 15 meter mark. She then resubmerges and resurfaces, again prior to the 15 meter mark. Is this legal?

**Answer: No**

Once the head breaks the surface of the water by the 15 meter mark, the swimmer may not resubmerge regardless of the fact that the swimmer resurfaces again within the 15 meter mark. The rule states, “Some part of the swimmer must break the surface of the water throughout the race, except it is 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 after each turn. By that point the head must have broken the surface of the water. (rule 101.4.2)



# Rules Review – Backstroke

- A Stroke and Turn Judge makes a resubmerged call at the finish of the backstroke. The Team Rep speaks with the Referee mentioning that the swimmer was inside the flags when they submerged. The Referee investigates the call with the Judge, where he learns that the Judge did not observe the location of the swimmers head when they submerged. Should the call be upheld?





# Rules Review – Backstroke



- A Stroke and Turn Judge makes a resubmerged call at the finish of the backstroke. The Team Rep speaks with the Referee mentioning that the swimmer was inside the flags when they submerged. The Referee investigates the call with the Judge, where he learns that the Judge did not observe the location of the swimmers head when they submerged. Should the call be upheld?

**Answer: No**

**Once some part of the swimmers head passes the 5-meter mark immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch (rule 101.4.2)**



# Rules Review – Backstroke



- A swimmer in a pool with a wide ledge stands on it and the start and his feet are underwater but his hands are above the knees of the swimmer who is acting as his “legs”. Neither the referee nor the starter correct the swimmer; however, after the start the Stroke and Turn judge calls the swimmer for a stroke violation since the athlete’s toes were curled over the lip of the gutter after the start. Is this a valid DQ?





# Rules Review – Backstroke



- A swimmer in a pool with a wide ledge stands on it and the start and his feet are underwater but his hands are above the knees of the swimmer who is acting as his “legs”. Neither the referee nor the starter correct the swimmer; however, after the start the Stroke and Turn judge calls the swimmer for a stroke violation since the athlete’s toes were curled over the lip of the gutter after the start. Is this a valid DQ?

**Answer: No**

**In the NVSL, swimmers may curl their toes over the gutter for the start. The referee and/or starter should have corrected the swimmer during the start for the hands above the “leg’s” knees infraction or disqualified him if he “stood” in the gutter after the start. The S&T Judge does not have jurisdiction over either of these calls.**



# Rules Review – Backstroke

- In the backstroke event, a swimmer stands up in the middle of the course. He does not walk or spring from the pool bottom, but rests and then resumes swimming. Is there a disqualification?





# Rules Review – Backstroke



- In the backstroke event, a swimmer stands up in the middle of the course. He does not walk or spring from the pool bottom, but rests and then resumes swimming. Is there a disqualification?

**Answer: Yes**

**Once the swimmer stands, he is no longer on his back. The rulebook states “The swimmer shall push off on his back and continue swimming on the back throughout the race.” Moreover, a swimmer is not permitted to stand on the bottom during any stroke other than freestyle (102.22.5)**



# Rules Review – Backstroke



- **After passing under the flags and preparing for a turn during a 50 meter backstroke event, a swimmer turns past vertical towards the breast and extends his arm while kicking. He does not take an arm pull but continues to kick into the wall then executes a flip turn, leaving the wall on his back. Should he be disqualified?**



# Rules Review – Backstroke



- After passing under the flags and preparing for a turn during a 50 meter backstroke event, a swimmer turns past vertical towards the breast and extends his arm while kicking. He does not take an arm pull but continues to kick into the wall then executes a flip turn, leaving the wall on his back. Should he be disqualified?

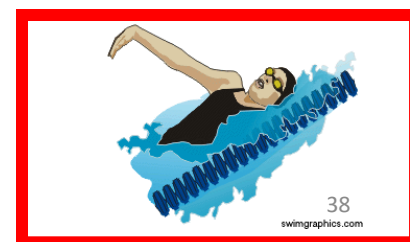
**Answer: Yes**

**The swimmer should be disqualified for a non-continuous turning action. As there is no initiation of the turning action after the shoulders pass vertical, the turning action is not continuous. The fact that the swimmer was kicking has no bearing on the disqualification (101.4.3)**



# Rules Review – Backstroke

- In an 8&U 25 meter backstroke event, the stroke judge recommends disqualification based on the fact that the swimmer swam elementary backstroke and not a “Crawl” backstroke. Should the swimmer be disqualified?





# Rules Review – Backstroke

•In an 8&U 25 meter backstroke event, the stroke judge recommends disqualification based on the fact that the swimmer swam elementary backstroke and not a “Crawl” backstroke. Should the swimmer be disqualified?

**Answer: No**

**The backstroke rules do not specify any particular stroke or kick requirement, only that the race be swum on the back. There is no requirement that the stroke must be “crawl” or that the kick be a flutter kick. (Rule 101.4.2)**





# Rules Review – Backstroke



- A swimmer was disqualified in the backstroke event when she stopped using the butterfly kick after the start and after each turn of the vent. Was this DQ correct?





# Rules Review – Backstroke



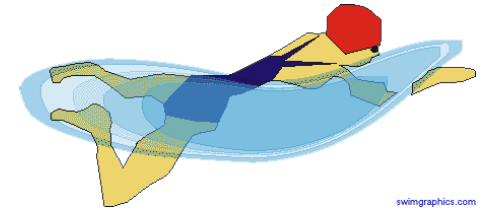
•A swimmer was disqualified in the backstroke event when she stopped using the butterfly kick after the start and after each turn of the vent. Was this DQ correct?

**Answer: No**

**The backstroke rules do not specify any particular stroke or kick requirement, only that the race be swum on the back. There is no requirement that the stroke must use a butterfly kick. (Rule 101.4.2)**



# Rules Review –Breaststroke



- Breaststroke**

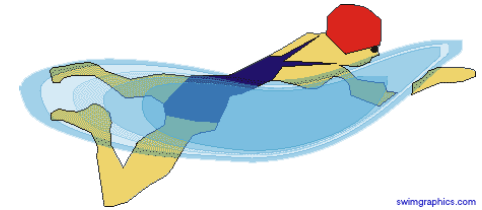
- START:** Forward start

- STROKE:**

- From the beginning of the first arm stroke after the start and each turn, the body must be kept on the breast
    - The arms must move simultaneously without any alternating movement
    - Hands are pushed forward together from the breast on, under or over the water and must be brought back on or under the water surface
    - The elbows shall be under the water except for the final stroke before the turn, during the turn, and for the last stroke at the finish of the race
    - The hands shall not be brought back beyond the hipline except during the first stroke after the start and each turn



# Rules Review –Breaststroke



- Breaststroke**

- STROKE:**

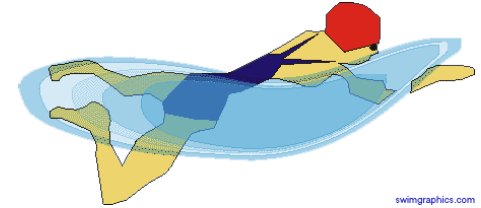
- Some part of the swimmer's head must break the water surface at least once during each complete stroke cycle of one arm stroke and one leg kick (in that order) except at the first cycle after the start and each turn
    - The swimmers head must break the water surface **before** the hands turn inward at the widest part of the second stroke
    - During the first cycle after the start and each turn, the swimmer may take one arm stroke completely back to the legs, may initiate one butterfly kick followed by one breaststroke kick while wholly submerged

- KICK:**

- All vertical and lateral movements of the legs shall be simultaneous
    - Feet must be turned outward during the propulsive part of the kick
    - Scissors, alternating, or downward butterfly kick is not permitted (except during first complete stroke cycle as previously described)
    - Breaking the surface with the feet shall not merit a disqualification



# Rules Review –Breaststroke



- Breaststroke**

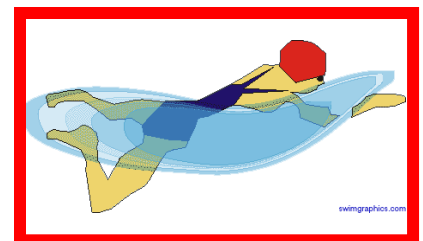
- TURNS and FINISH:**

- Touch must be made with both hands simultaneously at, above or below the water surface**
      - Both hands do NOT need to be on the same level**
    - The hands must be separated at the touch (cannot be stacked on top of each other). Incidental contact at the fingers is not a concern**
    - Head may be submerged after the last arm pull prior to the touch, provided it breaks the water surface at some point during any part of the last complete or incomplete stroke cycle**
    - Once a touch has been made, the swimmer may turn in any manner desired**
    - The shoulders must be at or past the vertical towards the breast when the swimmer leaves the wall**



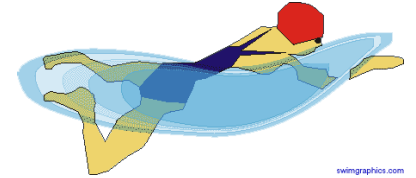
# Rules Review – Breaststroke

- A swimmer swims breaststroke the entire length of the pool crossing his arms in front each time he pulls. He is consistent in his pulling technique. Is this legal?





# Rules Review – Breaststroke



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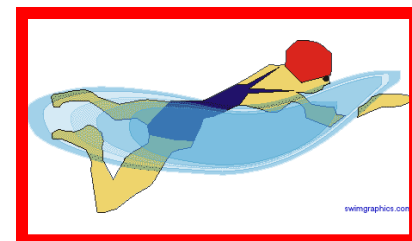
**Answer: Yes**

**Changes to rule 101.2.2, in 2023, removed the requirement for arms to be in the same horizontal plane.**



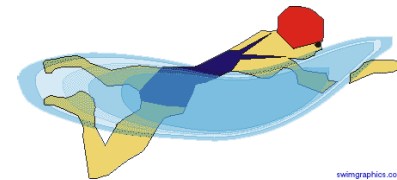
# Rules Review – Breaststroke

- A breaststroke swimmer moves his hands in a sculling or flipper movement at the end of the first arm stroke after the start and also after the turn. Should he be disqualified?





# Rules Review – Breaststroke



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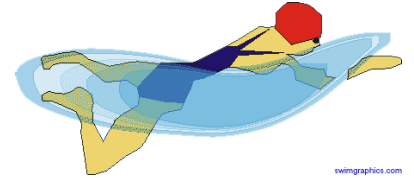
**Answer: No**

**No, he should not be disqualified. This is legal provided “The arms shall move simultaneously without any alternating movement”. A sculling motion of the hands only as part of the arm stroke is not considered the beginning of a new stroke (101.2.2)**





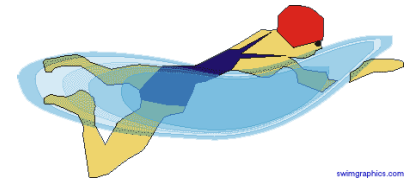
# Rules Review – Breaststroke



- A swimmer with partial paralysis is swimming breaststroke. Because of his disability, he is unable to turn his toes out when he kicks. How should he be judged?



# Rules Review – Breaststroke



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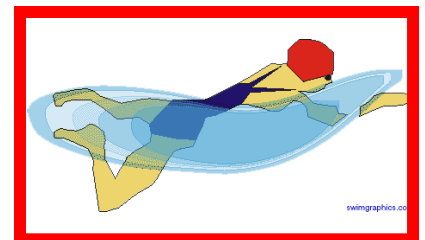
**Answer: No**

**A swimmer should not be judged by an inability to conform to the able bodied definition. Swimmers should be judged in the areas where they can compete.**



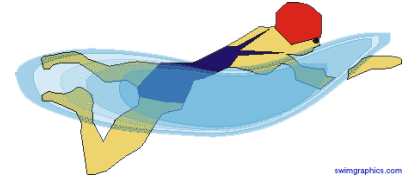
# Rules Review – Breaststroke

- During the 9-10 girls breaststroke, the swimmer in lane 4 drops her shoulder before the turn but touches simultaneously with both hands, but on different levels. The Stroke and Turn Judge disqualifies her for her shoulders not being in line with the water. Will the Referee accept this call?





# Rules Review – Breaststroke



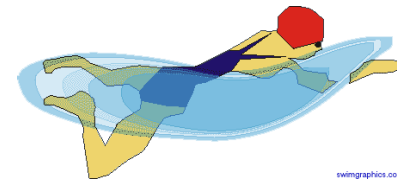
•During the 9-10 girls breaststroke, the swimmer in lane 4 drops her shoulder before the turn but touches simultaneously with both hands, but on different levels. The Stroke and Turn Judge disqualifies her for her shoulders not being in line with the water. Will the Referee accept this call?

**Answer: No**

**There is no requirement that the shoulders be in line with the water. (101.2.2)**



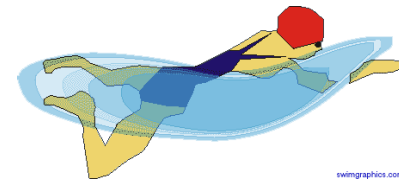
# Rules Review – Breaststroke



- A S&T Judge watches a very good 12 year old girl in breaststroke and notices, after the turn, she is barely past vertical toward the breast when her feet leave the wall, she comes to a position on the breast just as she takes the first arm pull, and her head surfaces just before her hands turn inward at the widest part of the second stroke. He goes to the swimmer after the race, informs her of these observations and warns her that, in each case, she was “almost illegal”.



# Rules Review – Breaststroke



•A S&T Judge watches a very good 12 year old girl in breaststroke and notices, after the turn, she is barely past vertical toward the breast when her feet leave the wall, she comes to a position on the breast just as she takes the first arm pull, and her head surfaces just before her hands turn inward at the widest part of the second stroke. He goes to the swimmer after the race, informs her of these observations and warns her that, in each case, she was “almost illegal”.

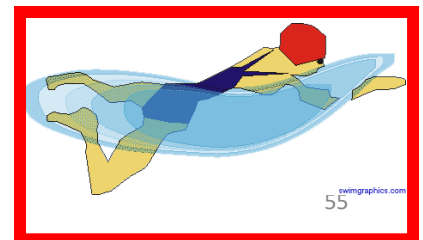
**Answer:**

**It is not illegal to be almost illegal- in fact, it may be desirable. The S&T judges are reminded that they are judges of legality, not style. Additionally, a S&T judge should never speak to a swimmer, rep, coach or parent.**



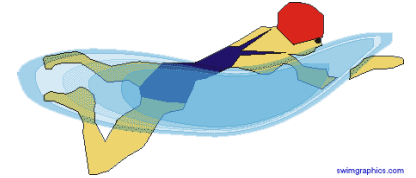
# Rules Review – Breaststroke

- In a breaststroke turn, the swimmer touches with his left hand and then touches immediately after with his right hand. The S&T judge raises a hand signaling a disqualification. The Team Rep argues that the turn is legal because both hands were on the wall at the same time. Does the DQ stand?





# Rules Review – Breaststroke



•In a breaststroke turn, the swimmer touches with his left hand and then touches immediately after with his right hand. The S&T judge raises a hand signaling a disqualification. The Team Rep argues that the turn is legal because both hands were on the wall at the same time. Does the DQ stand?

**Answer: Yes**

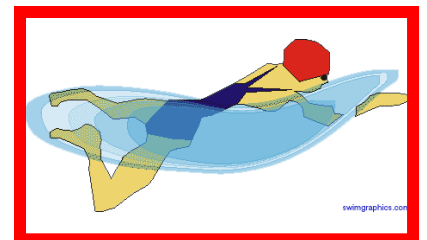
**The rule is very clear (101.2.4) “At each turn, touch shall be made with both hands separated and simultaneously...” Therefore, the hands must touch at the same time, not one after another**





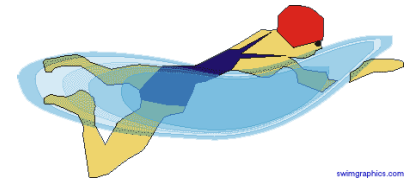
# Rules Review – Breaststroke

- After the swimmer dives in at the start, takes a legal arm pull, followed by a downward butterfly kick, followed by another arm pull that brings the swimmer to the surface, completes with a legal breaststroke kick, at which point the swimmer begins the normal breaststroke pull/kick cycle. Is this legal?





# Rules Review – Breaststroke



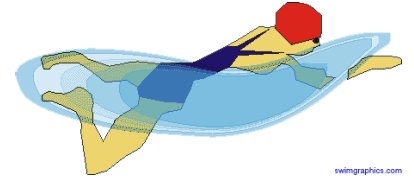
•After the swimmer dives in at the start, takes a legal arm pull, followed by a downward butterfly kick, followed by another arm pull that brings the swimmer to the surface, completes with a legal breaststroke kick, at which point the swimmer begins the normal breaststroke pull/kick cycle. Is this legal?

**Answer: No**

**Per rule 101.2.3 “After the start and each turn a single butterfly kick which must be followed by a breaststroke kick is permitted”. The swimmer did not follow the butterfly kick with a breaststroke kick so they should be disqualified.**



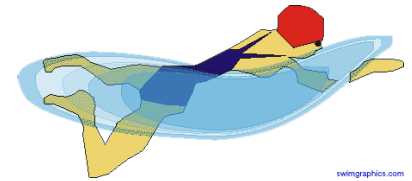
# Rules Review – Breaststroke



- A swimmer says he sprained his ankle and cannot turn his foot out in the breaststroke kick. Should he be disqualified if he does not turn his toes out in the propulsive part of the kick?



# Rules Review – Breaststroke



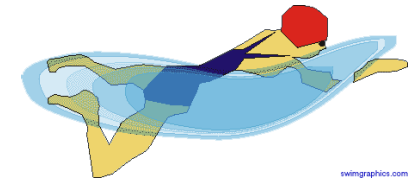
•A swimmer says he sprained his ankle and cannot turn his foot out in the breaststroke kick. Should he be disqualified if he does not turn his toes out in the propulsive part of the kick?

**Answer: Yes**

**This does not qualify as a disability which is defined in Article 105 as “a permanent physical or mental impairment that substantially limits one or more major life activities”. No exceptions to the breaststroke rule is, therefore warranted.**



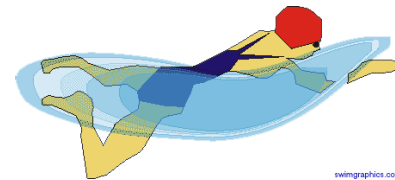
# Rules Review – Breaststroke



•While swimming the breaststroke, a swimmer touches the wall at the turn with both hands at the same time. However, the swimmer's left hand was at the top of the wall while his right hand touched well below the surface of the water. The turn judge raised her hand and the swimmer was disqualified. Was this correct?



# Rules Review – Breaststroke



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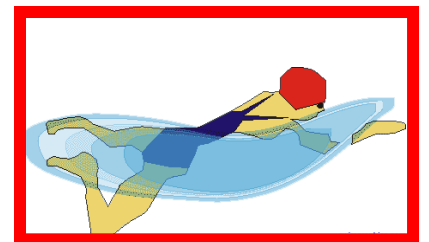
**Answer: No**

The breaststroke rule states that “the touch shall be made with both hands separated and simultaneously at, above or below the water surface”. This allows the swimmers hands to be on different levels when they touch the wall. They still need to touch the wall at the same time. *(Note: in most NVSL pools there is a small lip that extends slightly beyond the pool wall, a simultaneous touch of the lip and the wall below it meets the requirement of this rule).* 101.2.4



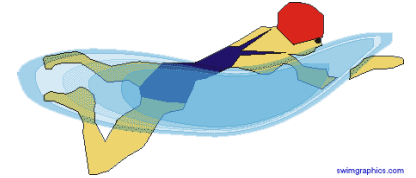
# Rules Review – Breaststroke

- Coach Smith is teaching his swimmers to do what he believes is a faster technique of getting to the wall on the breaststroke finish. He wants his swimmers when they are inside the backstroke flags to stay completely under the water and not take any breaths. It takes several complete cycles while wholly submerged before the swimmers touch. Is it legal?





# Rules Review – Breaststroke



•Coach Smith is teaching his swimmers to do what he believes is a faster technique of getting to the wall on the breaststroke finish. He wants his swimmers when they are inside the backstroke flags to stay completely under the water and not take any breaths. It takes several complete cycles while wholly submerged before the swimmers touch. Is it legal?

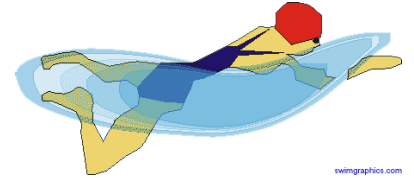
**Answer: No**

**During the swim some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of 1 arm stroke and 1 leg kick.**





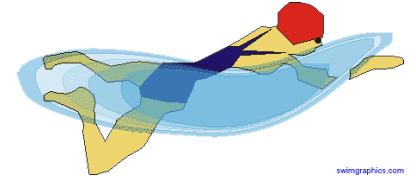
# Rules Review – Breaststroke



- When a swimmer left the wall at the first turn of the 50 meter breaststroke he was on his back and was disqualified. Should the swimmer have been disqualified?



# Rules Review – Breaststroke



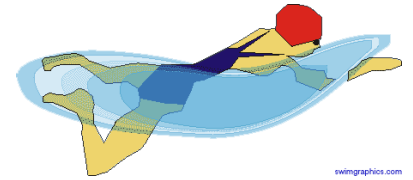
•When a swimmer left the wall at the first turn of the 50 meter breaststroke he was on his back and was disqualified. Should the swimmer have been disqualified?

**Answer: Yes**

**The swimmer needs to be on his breast when he leaves the wall. This should be judged by observing when the feet leave the wall, and then looking at the position of the shoulders which should be at or past vertical towards the breast**



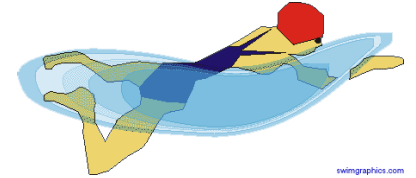
# Rules Review – Breaststroke



- Although a breaststroker's head breaks the surface of the water during each cycle, she was disqualified at a recent meet for not taking a breath during each cycle. Is this a valid DQ?



# Rules Review – Breaststroke



•Although a breaststroker's head breaks the surface of the water during each cycle, she was disqualified at a recent meet for not taking a breath during each cycle. Is this a valid DQ?

**Answer: No**

**There is no requirement to breathe at any specific point of any swim. The rulebook state, "some part of the swimmer's head shall break the surface of the water at least once during each complete stroke cycle of one arm and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged." 101.2.2**



# Rules Review – Butterfly



## •Butterfly

### • START: Forward Start

- After the start and each turn, the swimmer must remain on the breast
- One or more leg kicks are permitted *but only one arm pull underwater*, which must bring the swimmer to the surface
- The swimmer must break the water surface by the 15 meter mark

### • STROKE:

- Both arms must be brought forward over the water and pulled back simultaneously

### • KICK:

- All up and down movements of the legs and feet must be simultaneous
- The position of the legs and feet need not be on same level, but they shall not alternate in relation to each other
- A scissors or breaststroke kicking movement is *not* permitted



# Rules Review – Butterfly



- **Butterfly**

- **TURNS and FINISHES:**

- **The body shall be on the breast**
    - **Same Touch rules as Breaststroke**
    - **Once a touch has been made, the swimmer may turn in any manner desired, but the prescribed form must be attained from the beginning of the first arm pull**



# Rules Review – Butterfly

- At the start of the butterfly event, a swimmer incorrectly believes that there has been a false start. She stands up in the pool, but realizing that no one else has stopped, she resumes swimming. Is there a disqualification?





# Rules Review – Butterfly

•At the start of the butterfly event, a swimmer incorrectly believes that there has been a false start. She stands up in the pool, but realizing that no one else has stopped, she resumes swimming. Is there a disqualification?

**Answer: yes**

**Article 102.22.5 says that any swimmer who stands up in a stroke other than freestyle will be disqualified**







# Rules Review – Butterfly

- In the butterfly event, a swimmer misjudges the wall. He finishes the race with his head only. Should he be disqualified?





# Rules Review – Butterfly

•In the butterfly event, a swimmer misjudges the wall. He finishes the race with his head only. Should he be disqualified?

**Answer: Yes**

**Per Article 101.3.5 a two handed touch is required for the finish of the butterfly event**





# Rules Review – Butterfly

- Near the finish in a butterfly race, a swimmer starts his final stroke and finds himself too close to the wall to make a full recovery, so he ducks his head under and reaches forward simultaneously with both hands under water from the breast to touch. Is this legal?





# Rules Review – Butterfly

•Near the finish in a butterfly race, a swimmer starts his final stroke and finds himself too close to the wall to make a full recovery, so he ducks his head under and reaches forward simultaneously with both hands under water from the breast to touch. Is this legal?

**Answer: No**

**This is illegal according to Article 101.3.2. “Both arms must be brought forward over the water...”**





# Rules Review – Butterfly

- In the 15-18 boys butterfly, a swimmer comes off the turn on his back with his arms fully extended and does two dolphin kicks before rolling onto his breast and taking his first arm pull. Is he disqualified?





# Rules Review – Butterfly

•In the 15-18 boys butterfly, a swimmer comes off the turn on his back with his arms fully extended and does two dolphin kicks before rolling onto his breast and taking his first arm pull. Is he disqualified?

**Answer: Yes**

**While Article 101.3.2 indicates that a swimmer “is permitted one or more leg kicks” after the start and each turn, Article 101.3.4 stipulates that “the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall”**





# Rules Review – Butterfly

- During the 13-14 boys butterfly, the swimmer in lane 3 dives in at the start and swims 20 meters underwater with only dolphin kick propelling him. Should he be disqualified?





# Rules Review – Butterfly

•During the 13-14 boys butterfly, the swimmer in lane 3 dives in at the start and swims 20 meters underwater with only dolphin kick propelling him. Should he be disqualified?

**Answer: Yes**

**Article 101.3.2 requires that the head must break the surface of the water by the 15 meter mark in the butterfly. This holds true for the freestyle and backstroke as well**







# Rules Review – Butterfly

•A swimmer in a 11-12 50 meter butterfly with insufficient strength to lift her arms completely over the water during the recovery phase of her stroke, pushes her arms forward with elbow and part of her forearm remaining in the water, but with the remainder of her forearm, her wrists, and her hands clearly out of the water. The Stroke Judge signals a disqualification for failure to “bring the arms forward over the water” as required by Rule 101.3.2. The Referee overrules the call and explains that as long as any part of the arm recovers over the water the recovery requirement is met. Correct ruling?





# Rules Review – Butterfly

•A swimmer in a 11-12 50 meter butterfly with insufficient strength to lift her arms completely over the water during the recovery phase of her stroke, pushes her arms forward with elbow and part of her forearm remaining in the water, but with the remainder of her forearm, her wrists, and her hands clearly out of the water. The Stroke Judge signals a disqualification for failure to “bring the arms forward over the water” as required by Rule 101.3.2. The Referee overrules the call and explains that as long as any part of the arm recovers over the water the recovery requirement is met. Correct ruling?

**Answer: No**

First, the arm is defined as that body part running from the tip of one’s shoulder to the wrist. So, by definition, this swimmer’s arms did not recover over the water. The Referee erred by saying that the rule was satisfied if any part of the arm recovered over the water. There is no requirement that there be visible space between the water and the recovering arms.





# Rules Review – Butterfly

- A swimmer likes to keep his feet separated while kicking to the surface of the water at the beginning of the butterfly. He was disqualified for not having his feet and legs together while he was doing the butterfly kick. Is this a valid disqualification?





# Rules Review – Butterfly

•A swimmer likes to keep his feet separated while kicking to the surface of the water at the beginning of the butterfly. He was disqualified for not having his feet and legs together while he was doing the butterfly kick. Is this a valid disqualification?

**Answer: No**

**The legs or the feet do not need to be on the same level (101.3.3)**





# Rules Review – Butterfly

- When swimming the butterfly, a swimmer's right leg is slightly higher than her left leg. The legs move upwards and downward simultaneously and do not alternate in relation to each other. Is this legal?





# Rules Review – Butterfly

•When swimming the butterfly, a swimmer's right leg is slightly higher than her left leg. The legs move upwards and downward simultaneously and do not alternate in relation to each other. Is this legal?

**Answer: Yes**

The rule states "All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other." For the kick to be considered alternating, the official must observe one foot moving up while the other foot is moving down. 101.3.3





# Rules Review – Butterfly

•A swimmer in the 50 yard butterfly takes a simultaneous two-arm pull, kicks several times with her arms at her sides, brings both arms simultaneously forward over the water, keeps her arms stretched out in front of her for several kicks and then does another simultaneous two-arm pull. She repeats this process throughout the swim. Should she be disqualified?





# Rules Review – Butterfly

•A swimmer in the 50 yard butterfly takes a simultaneous two-arm pull, kicks several times with her arms at her sides, brings both arms simultaneously forward over the water, keeps her arms stretched out in front of her for several kicks and then does another simultaneous two-arm pull. She repeats this process throughout the swim. Should she be disqualified?

**Answer: No**

**There should be no disqualification. There is no rule requiring an arm stroke between the kicks. The swimmer may kick as many times as desired between strokes as long as both legs kick simultaneously. 101.3.2, 101.3.3**







# Rules Review – Butterfly

•A swimmer in the 50 meter butterfly enters the water at the start and swims on her side without going past vertical toward the back. She performs a kick with both legs moving simultaneously without altering but moving from side to side. The turn judge at the start end calls a disqualification stating that the swimmer did not perform a kick with an up and down motion. Should the DQ be accepted?





# Rules Review – Butterfly

•A swimmer in the 50 meter butterfly enters the water at the start and swims on her side without going past vertical toward the back. She performs a kick with both legs moving simultaneously without altering but moving from side to side. The turn judge at the start end calls a disqualification stating that the swimmer did not perform a kick with an up and down motion. Should the DQ be accepted?

**Answer: No**

**The view of the kick as to up and down is relative to the swimmer's body (103.3.2, 103.3.3)**





# Rules Review – Individual Medley and Relays

- Individual Medley/Relays

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
- In the NVSL, “freestyle” means any manner or style and **can** include a previously swam stroke
  - Per USA swimming “freestyle” **cannot** be swam in the manner previously swam
- Rules pertaining to the individual strokes govern DQs
- The turns from one stroke to another are considered **finishes, NOT turns,** and are to be judged accordingly
  - Example- when going from backstroke to breaststroke they must finish the backstroke on the back, and come off the wall with shoulders at or past vertical towards the breast



# Rules Review – Individual Medley and Relays

- During the 13-14 girls 100 meter individual medley the swimmer in lane 3 is on her back when she touches the wall at the end of the backstroke leg and remains on her back until after she leaves the wall in the breaststroke leg but immediately turns over onto her breast before making a pull after her feet have left the wall. Should she be disqualified?





# Rules Review – Individual Medley and Relays

•During the 13-14 girls 100 meter individual medley the swimmer in lane 3 is on her back when she touches the wall at the end of the backstroke leg and remains on her back until after she leaves the wall in the breaststroke leg but immediately turns over onto her breast before making a pull after her feet have left the wall. Should she be disqualified?

**Answer: Yes**

**Article 101.6.3.b2 says that “the swimmer may turn in any manner but the shoulders must be at or past vertical towards the breast when the swimmer leaves the wall...”**





# Rules Review – Individual Medley and Relays

•During the 9-10 boys 100 meter individual medley the swimmer in lane 5 rotates past vertical to the breast and executes a beautiful flip turn while transitioning from the backstroke to the breaststroke. The swimmer leaves the wall on his breast and starts a legal breaststroke pull. Should the swimmer be disqualified?





# Rules Review – Individual Medley and Relays

•During the 9-10 boys 100 meter individual medley the swimmer in lane 5 rotates past vertical to the breast and executes a beautiful flip turn while transitioning from the backstroke to the breaststroke. The swimmer leaves the wall on his breast and starts a legal breaststroke pull. Should the swimmer be disqualified?

**Answer: Yes**

**Article 101.6.3.b2 also states that “must touch the wall on his back” The transitions from one stroke to another in the IM are considered finishes and should be judges as such. The legal finish for the backstroke is on the back.**



# Rules Review – Individual Medley and Relays

•During the 9-10 boys Medley Relay, the freestyle (4<sup>th</sup>) swimmer on one of the teams' dives into the water, rolls over and swims backstroke for his leg. A Stroke and Turn Judge, citing USS rule 101.5 (freestyle) disqualifies the team since, according to that rule, "in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke." Is this a valid DQ?







# Rules Review – Individual Medley and Relays

•During the 9-10 boys Medley Relay, the freestyle (4<sup>th</sup>) swimmer on one of the teams' dives into the water, rolls over and swims backstroke for his leg. A Stroke and Turn Judge, citing USS rule 101.5 (freestyle) disqualifies the team since, according to that rule, "in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke." Is this a valid DQ?

**Answer: No**

**This rule has been modified by the NVSL rule 12.c., which stipulates that "In a Medley Relay or Individual Medley event, the Freestyle legs may be swum in any manner or style"**



Disqualification  
report currently  
in use -->



## DISQUALIFICATION REPORT

EVENT# \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**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 (2X) \_\_\_\_\_

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) # \_\_\_\_\_ OUT OF SEQUENCE (5P) \_\_\_\_\_

FOURTH DISTANCE SWUM 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)

SWIMMER/COACH

1. Make sure Event & Lane are filled out correctly
2. Place "x", or "✓", at the appropriately described violation, including whether at the Start, Swim, Turn, Finish
3. Print your name at the bottom
4. Referee prints his/her name



# Other Resources- USA Swimming S&T Video Presentation



**Available on USA Swimming website for download:**

**<https://www.yousendit.com/download/bXBiV0o0YXk4NVV3anNUQw>**



# Conclusion

- **Officiating can be an enjoyable and rewardable experience when done well**
- **Regularly reviewing rules and training materials are keys to success**
- **Feeling comfortable in the role of stroke and turn does not come quickly**
  - **Don't get discouraged**
  - **Volunteer often**
  - **If your child swims year round, consider volunteering as a USA officials stroke and turn**
  - **Ask questions to your senior officials**



# NVSL Stroke & Turn Presentation

***Thank you!***  
***See you on deck!***

