



Suggested Referee Briefing

Minimum required:

Be impartial; the objective is to have fair and equitable competition.

No separate rules for 8-and-unders and 18-year-olds.

You are not to judge the technique, just judge if the swimmer followed the rules.

Cover all assigned lanes evenly.

Call what you see, not what you thought you saw.

Benefit of the doubt goes to the swimmer.

Worst thing you can do is to disqualify a swimmer who is swimming legally.

Raise your hand when you see an infraction.

Watch all assigned swimmers until the event is over.

Be prepared to tell:

- (1) what you saw;
- (2) where you were standing;
- (3) why it was illegal.

Avoid discussion of calls with coaches, parents, etc. Refer them to the referee.

Referee shall:

Cover basics of each stroke. Ask if there are questions.

Cover rule changes thoroughly.

Assign positions and jurisdiction, to cover the pool as well as possible with the number of available officials, include rotation instructions.

If needed, cover how any swimmer with a disability is to be judged.



Suggested Referee Briefing

Minimum required:

Be impartial; the objective is to have fair and equitable competition.

No separate rules for 8-and-unders and 18-year-olds.

You are not to judge the technique, just judge if the swimmer followed the rules.

Cover all assigned lanes evenly.

Call what you see, not what you thought you saw.

Benefit of the doubt goes to the swimmer.

Worst thing you can do is to disqualify a swimmer who is swimming legally.

Raise your hand when you see an infraction.

Watch all assigned swimmers until the event is over.

Be prepared to tell:

- (1) what you saw;
- (2) where you were standing;
- (3) why it was illegal.

Avoid discussion of calls with coaches, parents, etc. Refer them to the referee.

Referee shall:

Cover basics of each stroke. Ask if there are questions.

Cover rule changes thoroughly.

Assign positions and jurisdictions, to cover the pool as well as possible with the number of available officials, include rotation instructions.

If needed, cover how any swimmer with a disability is to be judged.

Stroke Briefing

Freestyle: Forward start. Head must surface by 15-meter mark. Some part of swimmer must touch wall at turn and finish. No pulling on lane lines, walking or pushing off bottom. At the finish, the swimmer may be fully submerged prior to the finish once some part of the head has passed the 5-meter mark immediately prior to reaching for the finish.

Backstroke: In-water start. Head must surface by 15-meter mark. Shoulders must be at or past the vertical toward back throughout race except at turn. Shoulders *may* turn past vertical as part of the turning action after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Swimmer must be past vertical toward back when he/she leaves the wall. Once some part of the swimmer's head has passed the 5-meter mark immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch. Upon the finish of the race, the swimmer must touch the wall while on the back.

Breaststroke: Forward start. Swimmer permitted one full arm pull (beyond hipline) and one kick while submerged, in that order, at start and after turns; head must surface by the widest part of the 2nd stroke (before hands turn inward). Swimmer MAY use one butterfly kick prior to the breaststroke kick at the start and after turns. Arm pulls shall be simultaneous. Hands shall be pushed forward from the breast on, under, or over the water (elbows must remain in water). Stroke cycle consists of one arm pull and one kick in that order; the head must break water surface at least once each cycle. Swimmer's leg motions must be simultaneous and the feet must be turned out during the propulsive part of kick. No flutter or butterfly kick is allowed, except as noted above. On the turn & finish, a simultaneous two-hand touch is required (hands must not overlap). On turn, shoulders must be at or past the vertical toward the breast when swimmer leaves wall.

Butterfly: Forward start. Swimmer is allowed one arm pull and as many kicks as desired at start and turn, but head must surface by the 15-meter mark. The first arm pull must bring the swimmer to the surface. Arms must pull and recover simultaneously, with forward arm motions over the water surface. Up and down movement of legs and feet must be simultaneous. Breaststroke or flutter kicks are not allowed. At the turns & finish, both hands must touch simultaneously, (not overlap) but do not have to be on the same level. After the start and at each turn, the swimmer's shoulders must be at or past the vertical toward the breast when swimmer leaves the wall. At the finish, the swimmer may be fully submerged prior to the finish once some part of the head has passed the 5-meter mark immediately prior to reaching for the finish

IM: Butterfly, back, breaststroke, and free in that order. When changing from one stroke to another, the touch must conform to the finish rules for the stroke just completed. Each leg of the race shall be judged by the rule pertaining to that stroke. **For the freestyle leg swimmer may swim in any manner or style desired.**

Stroke Briefing

Freestyle: Forward start. Head must surface by 15-meter mark. Some part of swimmer must touch wall at turn and finish. No pulling on lane lines, walking or pushing off bottom. At the finish, the swimmer may be fully submerged prior to the finish once some part of the head has passed the 5-meter mark immediately prior to reaching for the finish.

Backstroke: In-water start. Head must surface by 15-meter mark. Shoulders must be at or past the vertical toward back throughout race except at turn. Shoulders *may* turn past vertical as part of the turning action after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Swimmer must be past vertical toward back when he/she leaves the wall. Once some part of the swimmer's head has passed the 5-meter mark immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch. Upon the finish of the race, the swimmer must touch the wall while on the back.

Breaststroke: Forward start. Swimmer permitted one full arm pull (beyond hipline) and one kick while submerged, in that order, at start and after turns; head must surface by the widest part of the 2nd stroke (before hands turn inward). Swimmer MAY use one butterfly kick prior to the breaststroke kick at the start and after turns. Arm pulls shall be simultaneous. Hands shall be pushed forward from the breast on, under, or over the water (elbows must remain in water). Stroke cycle consists of one arm pull and one kick in that order; the head must break water surface at least once each cycle. Swimmer's leg motions must be simultaneous and the feet must be turned out during the propulsive part of kick. No flutter or butterfly kick is allowed, except as noted above. On the turn & finish, a simultaneous two-hand touch is required (hands must not overlap). On turn, shoulders must be at or past the vertical toward the breast when swimmer leaves wall.

Butterfly: Forward start. Swimmer is allowed one arm pull and as many kicks as desired at start and turn, but head must surface by the 15-meter mark. The first arm pull must bring the swimmer to the surface. Arms must pull and recover simultaneously, with forward arm motions over the water surface. Up and down movement of legs and feet must be simultaneous. Breaststroke or flutter kicks are not allowed. At the turns & finish, both hands must touch simultaneously, (not overlap) but do not have to be on the same level. After the start and at each turn, the swimmer's shoulders must be at or past the vertical toward the breast when swimmer leaves the wall. At the finish, the swimmer may be fully submerged prior to the finish once some part of the head has passed the 5-meter mark immediately prior to reaching for the finish

IM: Butterfly, back, breaststroke, and free in that order. When changing from one stroke to another, the touch must conform to the finish rules for the stroke just completed. Each leg of the race shall be judged by the rule pertaining to that stroke. **For the freestyle leg swimmer may swim in any manner or style desired.**