

2019



Stroke and Turn Handbook

2019 Dates to Remember:

Dual Meets :

June 4
June 11
June 18
June 20
June 25

City Meet:

July 6-8

CSA Stroke and Turn Clinic

based on USA Swimming Rules and Regulations

- USA Swimming judging philosophy:
 - One set of rules enforced by certified officials provides level playing field for all competitors—CSA swimmers to Olympians.
 - Disqualifications help coaches correct illegal strokes before the next dual meet or City Meet.
- Your responsibilities as a CSA official:
 - You represent Greensboro CSA, not any specific team when you officiate—no clothing with CSA swim team or USA swim team insignia.
 - Know the rules and apply them consistently to all swimmers regardless of age, skill, or team.
 1. Why? A swimmer can't break a rule that's not in the rule book.
 2. Read them at www.USASwimming.org. Go to "For You" and click on "Officials". Scroll down to "Rules and Regulations" and at the bottom of the page, you can click on the 2019 USA Swimming Rulebook or Mini-Rulebook. Read Articles 101.2-101.7 and Article 102.22. Or borrow the complete rule book from your team coordinator.
 - Be in position to observe. Be attentive. Treat other volunteers and swimmers with respect.
 - Raise your hand immediately when you observe a rule violation.
 - 1) "Call what you see, see what you call." Swimmer ALWAYS gets benefit of the doubt.
 - 2) Don't be afraid to discuss a call with a Head Judge or Referee. You can always "take back" a call but you can never make a late call.
 - Fill out the Disqualification Report or "DQ slip" accurately

- 1) Immediately after lowering your hand, write details-- heat/lane/infraction-- on your clipboard/heatsheet and wait until your jurisdiction is clear to write up DQ slips. First obligation is to swimmers in the pool.
 - 2) Know event, heat, and lane **without a doubt** (and ideally the team); check and check again.
 - 3) Check the applicable boxes on the slip— only a few infractions require anything else. If you have to write something out, that's a clue that it may not be illegal.
 - 4) Print your last name on the slip and get it to the Referee or Head Judge.
- Some important definitions:
 - Jurisdiction: your area of responsibility that is assigned by the meet Referee. Equal observation concept--empty lanes in your jurisdiction get “observed” just like lanes with swimmers.
 - Two hand separated simultaneous touch: (breaststroke and butterfly only): both hands touch the wall at the same time but not necessarily symmetrically. If both hands touch at different times, that's a non-simultaneous touch. For a one hand touch, must know for sure that second hand did not touch. “I saw that the left hand did not touch” (a DQ) versus “I didn't see the left hand touch” (NOT a DQ, benefit of the doubt to the swimmer). Hands must be “separated” at the touch which means they may not be stacked one on top of the other.
 - On the wall: swimmer has completed required touch at a turn but has not committed to swimming the next lap. A swimmer may turn in any manner he chooses and does not come back under the stroke rules until he loses contact with the wall as he starts the next lap. What he does while “on the wall” is not judged unless he gets out of the pool before he finishes the race.
 - Horizontal: arms parallel to water.
 - At vertical: shoulders perpendicular to water.
 - Past vertical toward the breast: shoulders rotated so breast is more down than up. Note: body position is only judged only when swimmer is no longer “on the wall”.
 - Past vertical toward the back: shoulders rotated so breast is more up than down.

Stroke:	Direction of Start:	Hands at Turn/Finish:	Stroke: Arms	Stroke: Legs:

BUTTERFLY (Section 101.3)

- 1) Forward start from block or gutter.
- 2) Shoulders at or past vertical toward the breast at all times.
- 3) Swimmer’s head must break the surface by 15M. **#1P**
- 4) No rules on numbers of or order of pulls and kicks or when they must occur.
- 5) Feet must move up and down simultaneously and may not change in relationship to each other or move in opposite directions (alternate). No scissors, breaststroke, or flutter/alternating kick. **#1A, 1B, 1C**

- 6) Arms must be pulled back and brought forward over the water simultaneously. **#1E Non-Simultaneous**
- 7) Arms must recover over the water. If either one or both arms are brought forward under the water during the swim or at a turn or finish, that is an underwater recovery. **#1F Underwater Recov.**
- 8) Swimmer must execute a two-hand separated simultaneous touch at turn **#1J One Hand, #1K Not Separated, or #1K Non-Simultaneous.**
- 9) Swimmer may turn in any manner after touch.
- 10) Swimmer must be at or past vertical to the breast when his feet leave the wall after the turn. **#1N Not Toward Breast Off Wall**
- 11) Swimmer must execute a two-hand separated simultaneous touch at the finish **#1J One Hand, #1K Not Separated, or #1K Non-Simultaneous.**

BACKSTROKE (Section 101.4)

- 1) Start in the water facing wall. Toes can't grip gutter after start. **#2E**
- 2) Shoulders always at or past vertical toward the back except at turns. **#2L Shoulders Past Vertical during Swim**
- 3) Swimmer's head must break the surface by 15M. **#2F** Some part of the swimmer must break the surface of the water throughout the race, except at the turn and for a distance of not more than 15 meters after the start and after each turn.
- 4) No cycle or stroke form requirements. "Freestyle on the back."
- 5) At each turn, a swimmer may choose to turn in several ways. May swim to the wall, touch, turn around on the wall, and push off and be at or past vertical to the back when feet leave the wall **#2H Not on Back off Wall**. Or he may do a "continuous turn".
 - a. Turns past vertical toward his breast prior to touching the wall.
 - b. Must immediately initiate either a single arm pull or a single simultaneous two-arm pull. **#2D Multiple Strokes.** No pause between turning over and starting the pull. Watch for HAND movement. **#2B Delay Initiating Pull**
 - c. Once pull is complete (hand hits hip and/or stops moving) OR if no pull is performed, swimmer must immediately initiate turn (watch HEAD move up or down to begin tumbling action). **#2C Delay Initiating Turn**

- d. Some part of the swimmer must touch the wall during the turn. **#2A**. Note: when the swimmer touches the wall, the turn is over, no matter where in the turning cycle he is. If all movements prior to the touch have been legal, then the turn is legal.
 - e. The swimmer may turn in any fashion he chooses.
 - f. When feet leave the wall, swimmer must be at or past vertical to the back. **#2H**
- 6) At the finish, the swimmer must touch with any part of the body while shoulders at or past vertical toward the back. He may not turn onto his breast prior to touching the wall. **#2L**

Shoulders Past Vertical at Finish

BREASTSTROKE (Section 101.2)

- 1) Forward start from block or gutter.
- 2) Swimmer must stay at or past vertical toward the breast during entire swim.
- 3) During the start and after each turn, the swimmer may choose to do a “pull out”. The swimmer is allowed to take one pull completely past hips (only time permitted). Pull must be followed by a breaststroke kick. At any point BEFORE the first breaststroke kick, the swimmer may also take a single butterfly kick (only time permitted). Head must break the surface before hands turn in at widest part of second pull. **#3F Two Strokes Under**. “Pull outs” are not required.
- 4) Breaststroke is a cycle stroke. Cycle is one pull to one kick (**#3S Double Pull/Kicks**) with head breaking the surface at least once during each pull/kick cycle (**#3R Head Not Up**) although the swimmer is not required to breathe.
- 5) Arms must move simultaneously and in same horizontal plane with no alternating movement. **#3E Non-Simultaneous or #3G Not In Same Horizontal Plane**. Hands must turn in prior to passing the hipline and must be pushed forward from the breast. **#3C Past Hipline** Elbows retain contact with water during recovery except at finish and turns. **#3H** Hands may come out of the water.
- 6) Feet must be turned out during the propulsive part of the kick and must move simultaneously in the same horizontal plane. No scissors, flutter, or butterfly kick—feet not turned out— except as allowed during pull out. **#3A, #3B, #3C**. Feet may come out of the water.
- 7) Swimmer must execute a two-hand separated, simultaneous touch at each turn. **#3J** **One Hand, #3K Not Separated, #3L Non-Simultaneous, or #3M No Touch** May turn in

any fashion. Must be at or past vertical to the breast after feet leave the wall. **#3N Not Toward Breast off wall.** Arms must be horizontal at beginning of first stroke. **#3G Not in Same Horizontal Plane.**

- 8) Must execute a two-hand separated simultaneous touch at the finish. **#3J One Hand, #3K Not Separated, or #3L Non-Simultaneous,**

FREESTYLE (Section 101.5)

- 1) Forward start from block or gutter.
- 2) Head must break surface by 15M. **#4B**
- 3) No cycle or stroke or kick form requirements in freestyle. During freestyle events and freestyle relays the swimmer may swim any stroke or combination of strokes he chooses including back, fly, or breast.
- 4) Some part of the body must touch the wall at each turn. **#4A** Note that the swimmer may miss the wall on a turn in freestyle (only) as long as he comes back and touches before touching the other wall.
- 5) Swimmer must remain above the surface of the water after emerging at or before the 15M mark **#4C**
- 6) Swimmer may stand on the bottom of the pool during freestyle (only). May not walk on or spring from bottom in any event.

INDIVIDUAL MEDLEY (Section 101.6)

- 1) Order of strokes: Butterfly, backstroke, breaststroke, freestyle (any style other than the previous three strokes, DIFFERENT from freestyle events) with $\frac{1}{4}$ of the race in each stroke. **#5B Out of Sequence**
- 2) Judge IM as if it were four individual races, one of each stroke. Mark infractions in each stroke section. Then write the number of the infraction(s) in **#5A Stroke Infraction(s)**. Record multiple infractions for the same swimmer on one DQ slip but raise your hand for each violation that you observe.
- 3) Start rules apply to start of each stroke. Finish rules apply to finish of each stroke:
 - a) Two hand separated simultaneous touch at end of butterfly then leave wall for backstroke with shoulders at or past vertical toward back.

- b) Touch with shoulders at or past vertical toward back at end of backstroke. May see a backward flip turn (not the backstroke turn!) or a “cross over” touch or “bucket turn” but swimmer must touch wall on back before turning. Leave wall for breaststroke with shoulders at or past vertical toward breast. Arms in same horizontal plane for first stroke.
- c) Two hand separated simultaneous touch at end of breaststroke.
- d) There are no stroke requirements for freestyle but in the IM cannot swim in the manner of fly, back, or breast during freestyle leg (different from freestyle events.)

RELAYS-- STROKE JUDGING (Section 101.7)

FREESTYLE RELAYS

- Each of 4 swimmers swims $\frac{1}{4}$ of the distance according to freestyle rules.

MEDLEY RELAYS

- Each of 4 swimmers swims $\frac{1}{4}$ of the race doing backstroke, breaststroke, butterfly, freestyle in that order.
- Swimmers judged in accordance to stroke rules.
- Freestyle is any stroke except back, breast, or fly (different from freestyle relays.)
- Judge Medley Relay as if it were four individual races, one of each stroke. Mark infractions in each stroke section. Then write the infraction and swimmer number(s) **#6A-D Stroke Infraction and Swimmer #**. Write multiple infractions for the same team on one DQ slip but raise your hand for each infraction.
- Stroke judges should call stroke and turn DQs when they occur, not at end of race.

RELAYS-- TAKE OFF JUDGING:

- 1) Swimmer may not leave the wall before teammate touches.
- 2) Two judges should observe take offs. **NOTE: for medley relays, you should not be a stroke judge and judge take offs at the same time.**
- 3) Watch TOES of the starting swimmer leave the block/gutter/wall (lose contact with block or pool edge) then look down in the water for the incoming swimmer's HAND to be in contact with the wall. Use take off slips if the Referee has them or draw a chart for each heat you judge. Be sure to note event and heat numbers. If you think the exchange was legal, mark an “O”. If you think it was illegal, mark an “X” but don't raise your hand.

- 4) Dual confirmation: Compare slips with the other judge if you have an "X". Your "X" must exactly match the other judge's before a DQ is called. If the "X"s match exactly, write up one DQ slip **#6F-H** that both judges sign.
- 5) In pools less than 4' deep, swimmers must start in the water. Watch for starting TOES to lose contact with wall then look for HAND. If a swimmer loses contact with the wall but regains contact before the incoming swimmer touches, that is okay.
- 6) All relay swimmers must exit promptly after their leg except the last swimmer. None may re-enter pool at any time.

"OTHER" RULES (sect. 102.10)

1. Swimmer must finish a race. **#7C Did Not Finish**
2. Swimmer may not pull himself along on the lane line.
3. Swimmer must start and finish in the same lane.



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 (1K) _____

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

NOT TOWARD THE BREAST OFF WALL (1N) _____

HEAD DID NOT BREAK SURFACE BY 15M (1P) _____ RE-SUBMERGED (1R) _____

OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____

NO TOUCH AT TURN (2A) # _____

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2B) _____ DELAY INITIATING TURN (2C) _____

MULTIPLE STROKES (2D) _____

TOES OVER LIP OF GUTTER AFTER THE START (2E) _____

HEAD DID NOT BREAK SURFACE BY 15M (2F) _____ RE-SUBMERGED (2G) _____

NOT ON BACK OFF WALL (2H) _____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____

OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (3A) _____ BUTTERFLY (3B) _____ SCISSORS (3C) _____

ARMS: PAST HIPLINE (3D) _____ NON-SIMULTANEOUS (3E) _____

TWO STROKES UNDER (3F) _____ NOT IN SAME HORIZONTAL PLANE (3G) _____

ELBOWS RECOVERED OVER WATER (3H) _____

TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3K) _____

NON-SIMULTANEOUS (3L) _____ NO TOUCH (3M) _____

NOT TOWARD THE BREAST OFF WALL (3N) _____

CYCLE: KICK BEFORE PULL (3P) _____ HEAD NOT UP (3R) _____

DOUBLE PULLS/KICKS (3S) _____

OTHER (3T): _____

FREESTYLE

NO TOUCH AT TURN (4A) # _____

HEAD DID NOT BREAK SURFACE BY 15M (4B) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY

STROKE INFRACTION(S) (5A) # _____

OUT OF SEQUENCE (5B) _____

RELAYS

STROKE INFRACTION (6A-B) # _____ SWIMMER # _____

EARLY TAKE OFF SWIMMER (6F-H) # _____

CHANGED ORDER (6L): SWIMMER _____ STROKE _____

OTHER (6T) _____

MISCELLANEOUS

FALSE START (7A) _____ DECLARED FALSE START (7B) _____

DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____

OTHER (7T): _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH