Pacific Swimming Zone 2

Beginning
Stroke & Turn Clinic

Overall Strategy
● Look Professional.
● Act Professional.
● Know the rules.
● Enforce the rules.
● Talk to the coaches when appropriate.
● Where were you, what is your jurisdiction, what did you see, what is the rule?.
● Fill out the DQ slip properly.
● Print your name on the DQ slip.
● You must signal an infraction by raising an arm immediately.
● Golden Rule: Swimmer always gets the benefit of any doubt

Breaststroke

● A single downward butterfly kick is allowed at the start and at each turn, provided that it is the proper order of (start of) pull down, butterfly kick and then the required breaststroke kick prior to the next arm stroke. No other downward butterfly kicks allowed.
● Following this all leg movements must be simultaneous and in the same horizontal plane
● The feet must be turned outward on the propulsive part of the kick ● Alternating or Scissor kicks are not allowed.
● The remaining cycle needs to be a pull then kick throughout the

race.

● The arms shall be simultaneous, and on the same horizontal plane. ● The elbows shall not recover over the water.

Breaststroke (cont.)

● Some portion of the head must surface for each cycle; this does not mean that the swimmer needs to take a breath.
● At the start and after each turn, the swimmer is allowed to take a pull back to the extent of their arms provided that they surface prior to the widest arm outward extension on the second pull.
● The hands may not go beyond the hip line except during these first strokes after the start and each turn.
● The Breaststroke cycle is one pull and then one kick. Double pulls or kicks are not allowed.
● A Swimmer does not need to be completely submerged in order to do a butterfly kick off the start or the turn.
● A simultaneous two hand touch is required at the turn and finish.

Butterfly

● Alternating, breast stroke or scissor kicks are not allowed.

● All up and downward movements of legs and feet must be simultaneous

● The arms must be brought forward over the water and pulled back simultaneously. Arm defined as from shoulder to the wrist.

● The head must surface by 15 Meters.

● A simultaneous 2 hand touch is required at the turn and finish.

● The swimmers shoulders must be at or past vertical toward the breast upon leaving the wall.

● Arms must recover over the water. An underwater recovery at any point in the race including the turn and finish is a disqualification.

Backstroke

● Toes can be up at the start, but not above or curled over a gutter. Toes curled over the gutter after the starting beep is a Stroke and Turn call.

● Swimmer must break the surface by 15 meters at the start and after each turn.

● Swimmer must leave the wall toward the back and swim the race on the back.

● Swimmer is allowed to turn over onto the breast for the (flip) turn with a single arm pull (either one or two arms) provided that there is a continuous turning motion. Failure to touch the wall is a DQ as sculling back is not allowed. A legal continuous turn also happens if a swimmer turns over toward the breast and touches the wall without hesitation (without a flip turn).
● The Swimmer must be on their back at the finish and not totally submerged except at the turn and finish

Freestyle

●No pushing off or walking on the bottom.

●No pulling on the lane ropes (this applies to the other strokes as well).

●Must start and finish in the same lane (again for all strokes).

●Must touch the wall at the turn.

●May stand on the bottom during the swim in Freestyle only

Individual Medley

●Finish rules or each stroke apply, i.e. must be on the back at the completion of backstroke.

●May not swim another stroke for Freestyle (nor for the Medley Relay). Must swim long enough to be identified as one of the other strokes.

Relays

● For medley relays, the freestyle leg cannot consist of any of the other three strokes. Must swim long enough to be identified as one of the other strokes.

● Early take off’s need to be independently dual confirmed, and need to be based upon the feet leaving the starting block prior to the touch of the previous swimmer.

● Officials need to look at the feet leaving the block first, and then down at the touch of the prior swimmer. Care needs to be taken with younger swimmers who may touch with one hand and then reach over and grab the wall with the other hand. Remember, the swimmer always gets the benefit of any doubt.

Philosophy of Stroke and Turn

● You can only call what you SEE, not what you DON’T SEE. For example, a one hand touch cannot be called simply if you do not see both hands touch, you must SEE one hand not touch.
● An actual simultaneous touch is probably impossible. Officials should make this call if they clearly see (and can say in your mind) “Touch”, “Touch”.

● The continuous backstroke turn has nothing to do with distance nor kicking. Once a swimmer turns over onto the breast the S/T official must
concentrate on the arms and upper torso. Once the arm(s) pull has completed, however slowly the swimmer executes, the swimmer must begin the turn in their manner. This can mean that they ‘bob’ their head or whatever else is part of their turn. It is legal for a swimmer to turn over toward the breast and touch the wall on their breast without hesitation as the continuous turn ends upon the touch of the wall.

Philosophy of Stroke and Turn (Cont.)

● Swimmers are always given the benefit of ANY doubt. Replay what you saw in you mind. Are you sure of the lane? Is that what you really saw? Use the 110% rule, you need to be 100% sure 10 seconds later.
● 6 & Under enforcement is a recreation swim league decision. All age groups in USA-S are judged to the same standard.
● Balance your observation. Know your jurisdiction and maintain an even observance of your jurisdiction, even if there is no swimmer in a particular lane.
● An ugly swim is not a reason for disqualification

Philosophy of Stroke and Turn (Cont.)

Jurisdiction: defined for each meet at Officials meeting/briefing, typically the same for short course, but could be very different from meet to meet in long course. Questions or uncertainty: consult with chief judge, more experienced S/T judges, or referee

Do not take it personal when your DQ was overturned, it happens to everyone