



ADVANCED STROKE AND TURN CLINIC

Gary Arita

garitadds@gmail.com

Mike Piccardo

piccardo@ix.netcom.com

January 30, 2021

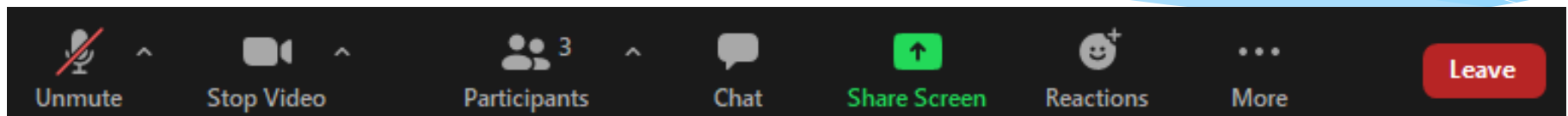
Material in this presentation was provided by or adapted from the Phil Grant and Sarah Obbagy 2019 clinic presentation

Zoom Guidelines

- * Please mute yourself while others are speaking
- * Please put your questions in the chat or you can raise your hand for periodic Q&A breaks
- * Use the side by side view to see the speaker and the content the speaker will float on top on the presentation

Zoom Meeting Controls

Computer/Browser View of Participant Meeting Controls

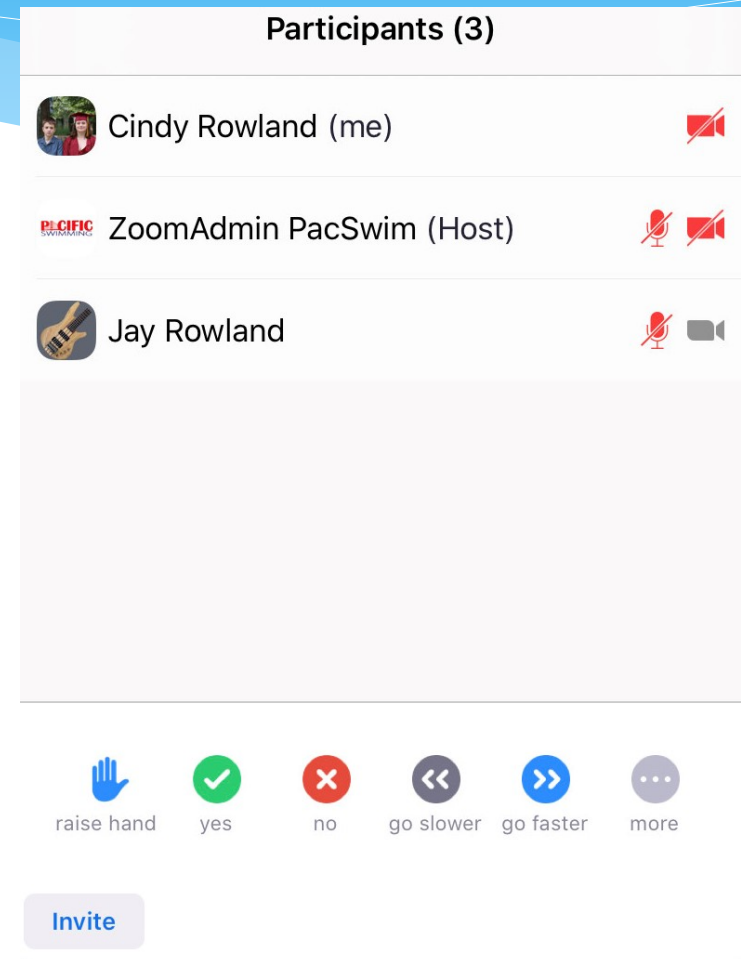


Mobile View (iPad or iPhone) of the Participant Controls in the Zoom App



Zoom Meeting Interactions

- Click on Participants on the black bar at the bottom to bring up the Participant window.
- Use the buttons at the bottom to interact with the meetings... raise hand, indicate yes or no, click the more button to give additional feedback.



Contents



- Appearance
- The “Professional” Stroke & Turn Official
- [USASwimming.org/Deck Pass](https://usaswimming.org/DeckPass)
- Pacific Swimming Advancement Criteria
- Rules/Positioning
- Short vs Long Course Jurisdictions
- Technical Stroke
- Pop Quiz



Appearance is Everything!

If you look like Tiger Woods, people may think you play as good as Tiger Woods.

Look Sharp!

PACIFIC SWIMMING ATTIRE



NAVY BLUE LONG PANTS, SHORTS, OR SKIRT
WHITE COLLARED SHIRT
WHITE SHOES

NATIONAL DECK ATTIRE

Lower Level Meets



KHAKI LONG PANTS OR SKIRT, SHORTS (DEPENDS ON MEET REFEREE)
WHITE COLLARED SHIRT (BLUE SHIRTS NO LONGER USED)
WHITE SHOES

New National Deck Attire High Level Meets

U.S. Open



Junior Nationals



Nationals

Pro Series



Black pants, black socks, black shoes with white collared shirt.
Blue shirts no longer used.



Or... WEAR WHATEVER THE MEET REFEREE MAKES YOU WEAR!

Contents

- Appearance
- The “Professional” Stroke & Turn Official
- [USASwimming.org/Deck Pass](https://USASwimming.org/DeckPass)
- Pacific Swimming Advancement Criteria
- Rules/Positioning
- Situations

THE PROFESSIONAL Before Every Meet



- * Read and understand the Meet Announcement
- * Review the Stroke and Turn Rules or Online Videos
 - * Rules are first five pages of Part One of the USA Rule Book
- * Review The "Professional" Stroke & Turn Official
 - * Available on the USA Swimming Web site
 - * Create an account if you don't have one and log into your account
 - * Go to the following URL (right click and select 'Open Hyperlink'):
 - * [The "Professional" Stroke & Turn Official](#)

The Professional Before the Session

- * Sign in with the CJ at least one hour prior to the start of the meet
- * Attend Stroke & Turn Briefing (officials meeting)
- * Understand the Protocol for THIS meet
- * Know your coverage and relief rotation
- * Meet your team members
- * Bump in and out together
- * Previous four items covered at officials meeting

THE PROFESSIONAL

Before the Session

- * Know when and where the meeting will take place
- * Be prompt
 - * Will affect a requested evaluation negatively if not
- * Be attentive during the meeting
- * Have a positive attitude regardless of assignments and teammates (15m mark)
- * Mute cell phones
- * Be in place 5-10 min before the start of your session

THE PROFESSIONAL

Before each event

- * Visualize the stroke
- * Run through the rule requirements
- * Recall the best recommended way to observe the stroke & turn
- * Maintain all paperwork (heat sheet) out of site
 - * At higher level meets (LSC and USAS) we use a hands free protocol
 - * Try to get used to doing this at lower level meets

THE PROFESSIONAL

Before each race

- * Remain out of the visual sight of the timers and strobe at the start
- * Wrap around the end to observe the backstroke starts
 - * Exception when backstroke ledges are used
- * If assigned, signal prior to the start of the race, if there is an illegal starting position (i.e. Toes)
- * Stand in the correct location, 15m mark, flags, etc. if walking stroke (more later)

THE PROFESSIONAL

After the start

- * Walk briskly to the edge of the pool for breaststroke and butterfly if working the start end as a turn judge
- * Watch athlete until they depart your jurisdiction (LC usually until heads up)
- * Watch 15m mark (any part of the head)
- * Give equal observation to all lanes, including empty ones
- * Raise hand promptly to signal a possible DQ
- * Keep hand raised until acknowledged by CJ or DR or reasonable time has past

THE PROFESSIONAL

After the start cont...

- * Only discuss possible DQ with CJ and/or DR
- * Visualize infraction before communicating it to the CJ or DR
- * Do not be animated in your description of infraction (No hands)
- * Use rule book or DQ slip language to communicate the infraction
- * 1) What I observed, 2) My jurisdiction, 3) Where was I standing at the time, 4) Rule violation
- * Continue to observe all lanes while reporting the possible DQ
- * Retract a call if there is any doubt, by simply stating "NO CALL"
- * Make sure DQ slip is written properly if you wrote it or not

THE PROFESSIONAL

Other important Stuff

- * Always consider your body language and demeanor on or off the deck. PEOPLE ARE WATCHING
- * Be alert, attentive, focused, calm, professional and approachable
- * AVOID COACHING AND CHEERING
- * Do not engage in discussion regarding a DQ
- * TAKE DISCUSSIONS AND EMOTIONAL ISSUES OFF DECK
- * Do not abuse your credentials
 - * If you are NOT working the meet you are spectator

THE PROFESSIONAL Remember

- * Make sure the Benefit Of Doubt Goes To The Swimmer
- * Don't read more into the rules than is written
- * Observe good swimming don't Scrutinize
- * Exhibit confidence, competence, and are never self-important or arrogant
- * Dress Professionally and neatly in the designated uniform
- * Never take advantage of credential to gain deck access when not working
- * Self-evaluate after "what can I do better?"
- * MOST IMPORTANTLY - HAVE FUN... it's a swim meet

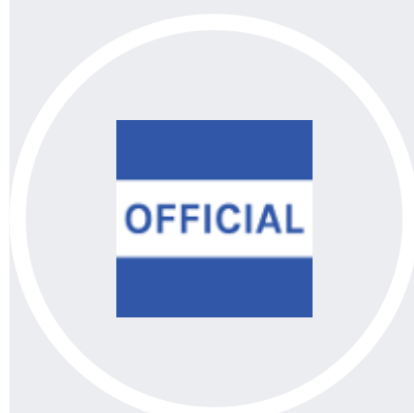
Contents

- Appearance
- The “Professional” Stroke & Turn Official
- **USASwimming.org/Deck Pass**
- Pacific Swimming Advancement Criteria
- Rules/Positioning
- Situations

USA Swimming DECK PASS


**Get the APP or Use the
USASwimming.org website**

DECK PASS




OFFICIAL

D Q Official

 EDIT

TEAM



D Q Official

CURRENT STATUS
Official

VALID TO DATE
12/31/2019

REGISTRATION

WHAT'S NEW



You have new friend requests.



2 friend requests are pending



Congratulations! You've earned the 2019 TrueSport Balance patch



Congratulations! You've earned the 2019 TrueSport Balance patch

[ALL FRIEND ACTIVITY >](#)

OFFICIALS CERTIFICATIONS

LSC

Stroke & Turn

Level: L3 Expires: 12/31/2019

Chief Judge

Level: L3 Expires: 12/31/2019

Starter

Level: L3 Expires: 12/30/2019

Referee/Deck Referee

Level: L3 Expires: 12/30/2019

Administrative Referee

Level: L2 Expires: 12/30/2019

Administrative Official

Level: L2 Expires: 12/30/2019

NATIONAL

Referee/Deck Referee

Level: N2 Expires: 12/31/2021

Starter

Level: N2 Expires: 12/31/2021

Chief Judge

Level: N2 Expires: 12/31/2021

Stroke & Turn

Level: N3 Expires: 12/31/2021

 DASHBOARD

 CERTIFICATIONS

 ONLINE TESTS

 MEETS

 ACTIVITIES

 PATCHES

USAS ID
111263PHIVGRAN

BACKGROUND CHECK
10/31/2020 - Level 2

ATHLETE PROTECTION TRAINING
12/31/2020

CONCUSSION PROTOCOL TRAINING (NOT REQUIRED IN ALL STATES)
Met

[MEMBERSHIP CARD >](#)

PERKS



2019 TRUESPORT LESSON 3 - LEADERSHIP

[Get perk](#)



2019 TRUESPORT



2019 TRUESPORT BALANCE

Adding time-saving tips to your busy day can help, not only in school and in the pool, but in life! Take the TrueSport Balance lesson to learn more!
Earned On 10/1/2019

[MORE >](#)



[SEE ALL PATCHES >](#)

YOUR LATEST SYSTEM TRACKED MEET

SEP 28, 2019

**PC SHORT COURSE SENIOR OPEN
HOSTED BY WCAB**

[ALL MEET HISTORY >](#)

YOUR ONLINE TESTING

RE-CERTIFICATION - REFEREE



GRADE: 99.00%

Completed: 1/12/2019 10:44:42 PM

[ALL TEST SCORES >](#)

- CERTIFICATIONS
- ONLINE TESTS
- MEETS
- ACTIVITIES
- PATCHES
- FRIENDS
-

Navigating the USA Swimming Web Site

- * The USA Swimming Web site has changed since the 2019 officials clinic
- * Go to usaswimming.org and click the stylized 'human' figure in upper right of the Web site
- * Sign into (or register to create) your deck pass account to bring up the Deck Pass Dashboard
 - * Has all the information you need on your meets worked, tests, certifications and your membership card.
 - * Link at bottom of page to Rules and Regulations – access the most current Rulebook; questions regarding USA Swimming Rules and Regulations, or any of the interpretations, may be directed to the Chair of the USA Swimming Rules and Regulations Committee (Clark Hammond Chair)
- * At the bottom of the page are other useful links
 - * Click on Officials to bring up officials page and go to bottom of page to see:
 - * Athlete Protection Training – officials are required to take this training every 12 mos
 - * Background Check – all non-athlete members of USA Swimming must satisfactorily complete a Level 2 background check every two years
 - * National Officials Committee – current members of the National Officials Committee
 - * Purchase Supplies – to purchase fullsize and mini rulebooks, DQ slips, and other supplies officials need
 - * Officials Uniforms – purchase officials attire directly from the vendor (please allow at least two weeks before the meet for processing and shipping)
 - * National Championship Meet Officiating Applications – you must apply to work USA Swimming hosted meets
 - * NCAA Officials – the NCAA officials education and registration program for officiating at college meets
 - * Admin For Online Tests – for LSC Officials Chairs and Online Officials Test Subcommittee only

Navigating the USA Swimming Web Site

- * Useful links at bottom of officials page (cont'd)
 - * Officials Tracking System – LSC officials chairs and their designees create meets here and meet referees, once designated, can add or remove officials and record the sessions worked
 - * Local Swim Committee (LSC) Officials Chairs – each LSC has an Officials Chair (e.g. Mike Davis); find contact information for your chair here
 - * Virtual Meets (new entry for Covid era) – virtual meets allow club teams to compete against each other but swim locally within their own LSC or different LSCs
 - * Report an Incident Form – any accident or injury occurring at any USA Swimming activity must be reported (usually by the meet referee)
 - * Concussion Protocol Training – for USA Swimming membership, officials must successfully complete concussion and head injury education at least once
 - * Individual states may require annual or continuing education and officials must abide by the requirements of their home state or states in which they officiate
 - * Submit your proof of training to your LSC registrar (currently Laurie Benton) in order for it to show on your deck pass
 - * Has links to popular courses – CDC Course, NFHS Course

PACIFIC SWIMMING ADVANCEMENT CRITERIA

The screenshot shows a mobile browser interface for the website pacswim.org. The top navigation bar includes links for Entertainment, News, Suggested Sites, Web, Web Slice Gallery, and Paleo Recipes. The main content area is titled "General Information" and "Becoming an Official". A sidebar on the left contains a menu with items: HOME, CONTACTS, OFFICIALS CLINIC, TRAINING RESOURCES, MEETS, GENERAL INFORMATION, APPAREL, and DOCUMENTS. A search bar is located below the menu. The main content area includes a search bar and a "SEARCH" button. The text describes the role of officials and provides links for "How to Become an Official", "Minimum Standards for Becoming an Official", and "Background Check Requirement". Below this, there is a section for "Certification - Levels of Officiating" with links for "Stroke & Turn", "Administrative Referee", "Deck Referee", and "Starter". A final section is titled "National Requirements" with a link for "National Officials Certification Summary". Two red arrows point from the left side of the image to the "GENERAL INFORMATION" menu item and the "Certification - Levels of Officiating" section header.

PACSWIM.ORG--MEMBERS DROP DOWN—OFFICIALS--GENERAL
INFORMATION--CERTIFICATION-LEVELS OF OFFICIATING--STROKE & TURN

Advancement to Level 2

Advancement from Level One to Level Two

- Level One Stroke and Turn for a minimum of one year.
- Worked a minimum of eight days the previous year.
- Evaluated and recommended for advancement by two different Meet Referees (or their designee) and approved by the Zone Official's Chair.
- Evaluation shall be performed by an Official's Committee approved Evaluator
- Each evaluation for advancement shall be performed over 2 days of the Meet.

Level Two – Minimum Criteria

- Knows the rules but may get too technical at times (hung up on words).
- Able to observe the whole body most of the time.
- Able to perform the Chief Judge or Assistant Chief Judge duties at Zone Level meets.
- Has confidence making calls.
- Seldom makes mistakes on disqualification slips.
- Understands the proper positioning for most situations.
- Participates in LSC meets.
- Participates in the mentoring/training of Junior Officials.

Contents

- Appearance
- The “Professional” Stroke & Turn Official
- USASwimming.org/OTS
- Pacific Swimming Advancement Criteria
- **Rules/Positioning**
- Situations

RULES/POSITIONING

- Freestyle during the Individual Medley/Medley relay
- Effective 9-21-2017



New Swimwear Rule Sept 1, 2020



Rulebook (2020) – Section 102.8.1F

No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. [Effective September 1, 2020]

(1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.

(2) A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.)

PACIFIC SWIMMING

- “Positioning! Why do I have to know about positioning?”
- There is no “one” perfect position!
- Factors may affect positioning choices (for example, meet referees dictate)

**BENEFIT OF DOUBT GOES TO
THE SWIMMER-ALWAYS!!!**



CONDITIONS CAN MAKE IT DIFFICULT TO SEE



**YOU CAN'T
CALL WHAT
YOU CAN'T
SEE**

POSITIONING

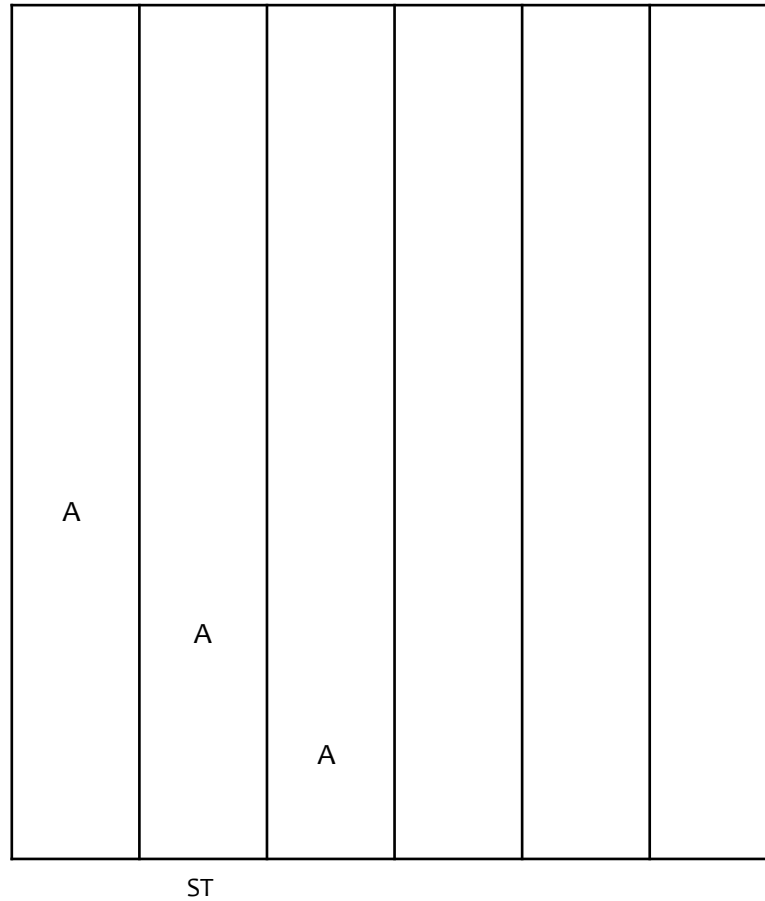


- * You won't see what you're not looking for
 - * Know the rules
- * No one perfect position
- * You won't see what is not in your field of vision
- * Thoughtful movement jurisdiction is ideal
- * Never appear to be over scrutinizing.
- * Re-position when appropriate
 - * Starting blocks may be a hindrance – be careful
- * Avoid looking into glare of sun if possible

Positioning Scenario 1

Three Lane Jurisdiction – athletes spread out and ample time to judge each one

Stand in middle of jurisdiction or reposition over each lane

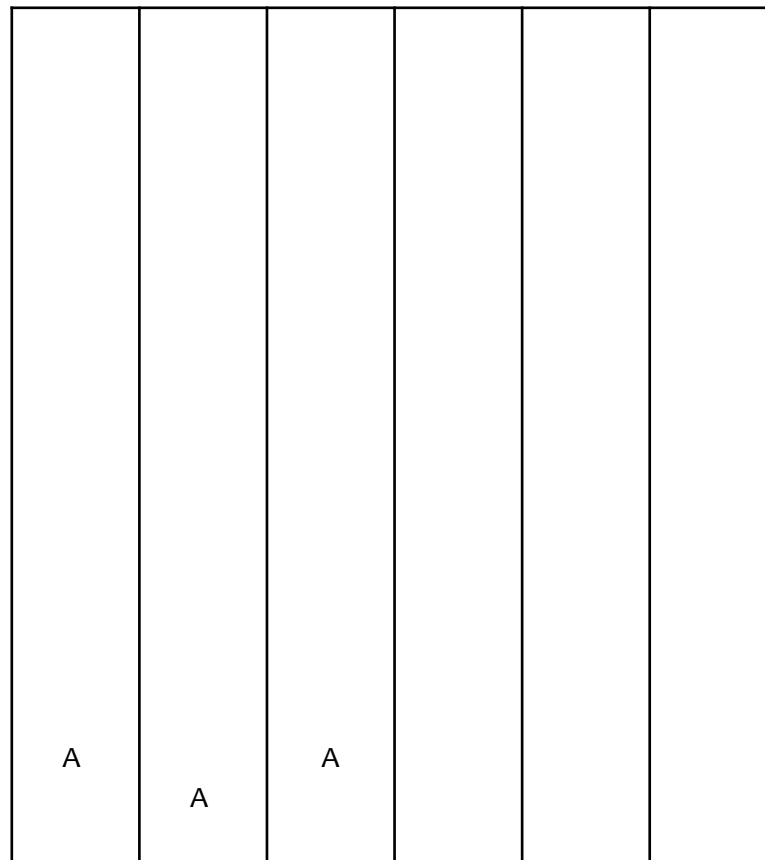


Positioning Scenario 2

Three Lane Jurisdiction – athletes close together

Cannot reposition quickly enough to judge each athlete

Stand off to one side or other of jurisdiction



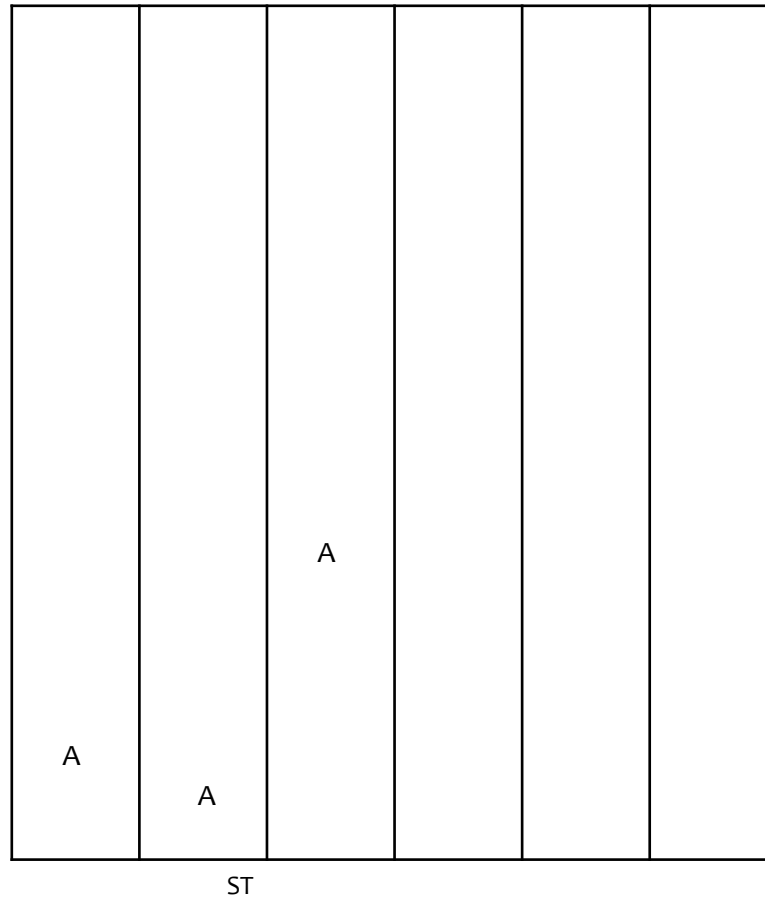
ST

Positioning Scenario 3

Three Lane Jurisdiction – two athletes together; one behind

Cannot reposition quickly enough to judge first two athletes

Stand to right side of first two athletes; reposition for third



JURISDICTION

Long Course



- * Stroke Judge: Wall to wall, start to finish
- * Turn Judge:
 - * Start - From entry into water through completion of first arm stroke (head up)
 - * Turn - Last stroke and kick prior to touch and through first arm stroke after the turn (head up)
 - * Finish - Ensure completion conforms to finish rules
- * OR: As assigned by the Meet Referee who has full control and authority over all officials

LEAD AND LAG

- * At Start - lead at 15m and lag at flags (exception breaststroke – lead at 7.5m typically)
- * Lead just behind lead swimmers
- * Lag just behind slowest swimmers
- * Never cross in front of DR
- * No walking during freestyle
- * May be limited walking during backstroke



Advanced Stroke & Turn Freestyle

- * Forward facing start. (Platform, deck, in water)
- * Any stroke (Dog Paddle Ok)
- * Completely submerged not more than 15m
- * Touch wall at each turn; may miss and go back!
- * May stand at bottom of pool (can't walk or spring from bottom)
- * Can't pull forward on lane line



Advanced Stroke & Turn Butterfly



- * Forward facing start (platform, deck, in water)
- * As many kicks but only one stroke to bring to surface prior to 15m
- * Does not have to take a stroke
- * Legs do not need to be in a horizontal plane
- * Recovery: arms over the water simultaneous from wrists to shoulders (think of boat vs submarine)
 - * No need to see air under arms
- * Arms may not perform an underwater recovery at finish

Advanced Stroke & Turn

Backstroke



- * In water start facing blocks
- * Both hands on gutter or backstroke bar
- * Toes below gutter
- * Backstroke ledge - at least one toe from each foot must be in contact with wall
- * Backstroke ledge (what you need to do)
 - * First long whistle step forward to look for wall contact
 - * May tell athletes when not in contact with wall
 - * Step back as soon as all athletes in jurisdiction checked and OK
- * Your jurisdiction only after the start
- * Turns – athlete **may** turn past vertical toward the breast (what does may mean?)
 - * Athlete must be at or past vertical toward back when feet leave wall
 - * Watch feet leave wall first then check position of shoulders
- * Touch - any part of the body
- * Cannot be completely submerged prior to finish after 15m mark (resubmerge)

ADVANCED STROKE & TURN

Breaststroke



- * Forward facing start
- * The only cycled stroke
- * Start and turn - ANYTIME prior to breaststroke kick a single butterfly kick MAY be taken
- * Start and turn FIRST arm pull may go past hipline
- * Head must break surface prior to the hands turning inward at the widest point of the second stroke
- * Last Stroke before the turn or finish an arm pull NOT followed by kick is permitted
- * At finish head can be completely submerged

Pop Quiz

Relays

1. During the 400-yard freestyle relay, the team in lane 6 decided to swim in medley relay order. They were disqualified for not swimming all freestyle. Was this correct?

Answer: No. In an event designated freestyle, the swimmer or swimmers may swim any style.

Backstroke

2. After the start of the race a swimmer breaks the surface past the 15m mark. There is a 15m Mark judge, he does not raise his hand, but the stroke & turn judge at the turn end does. Whose jurisdiction?

Answer: 15m Mark Judge – no call

Backstroke

3. During the swim a swimmer rotates left towards their breast past vertical to see how far away from the wall they are. The swimmer proceeds to swim on their back and then rotates to their right to complete a legal continuous turning action and swims off to complete their race. The turn judge raises their hand. What is the call?

Answer: Shoulders past vertical towards breast (SWIM) (2L)

Backstroke

4. A swimmer decides to use the backstroke ledge for the start of their race. The horn sounds, the swimmer pushes off and their toes come out of the water. Is this legal?

Answer: Yes

Backstroke

5. At the turn, a young swimmer stays on their back, touches the wall, turns over, and then, proceeds to grab the gutter with both hands to perform another backstroke start. The turn judge raises their hand and writes a disqualification for delay initiating turn. Is this the right call?

Answer: No, no call – may turn in any manner (little kids do their turns this way all the time)

Breaststroke

6. After a legal touch and turn, swimmer is on their side vertical toward the breast with both arms extended. Swimmer takes a single butterfly kick. Swimmer then moves to horizontal on breast and executes a simultaneous arm pull past hipline. What is the call?

Answer: No call. After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane.

Breaststroke

7. Swimmer is finishing the race and touches the wall with the right hand followed by the left hand. What is the call?

Answer: 3L – Touch Non-Simultaneous (not one-hand touch). Call needs to convey what happened!

Breaststroke

8. Swimmer approaches the turn and touches with 2 hands simultaneously and then flip turns. Swimmer leaves the wall vertical to breast. What is the call?

Answer: No call – permissible to turn in any manner

Butterfly

9. At the turn in a 50-yard butterfly event, the turn judge calls a DQ for a 1-hand touch. Upon quizzing the turn judge, the CJ determines that the turn judge observed 3 swimmers in his jurisdiction came into the wall simultaneously. As the turn judge shifted his eyes across all 3 lanes, the turn judge observed the swimmer in lane 3 pulling away from the wall with only the left hand in contact with the wall. Because the turn judge did not observe the right hand of the swimmer in contact with the wall, he raised his hand to make a call. Is this a valid DQ?

Answer: No, he may have shifted his view of this athlete when he started his turn, just before which there was a simultaneous two hand touch.

Butterfly

10. A senior age group swimmer comes off the 50-meter turn in the butterfly on his back with his arms fully extended and does two butterfly kicks (streamlined) before rolling onto his breast and taking his first arm pull. Should he be disqualified?

Answer: Yes – 1M, not toward the breast off wall

Butterfly

11. The swimmer approaches the wall with arms outstretched at the finish. Just before touching the wall, the swimmer pulls his arms back under the water and then reaches forward to touch the wall with both hands simultaneously. Should he be disqualified?

Answer: Yes – 1F, Underwater Recovery.

Relays

12. During the 200-yard medley relay, the breaststroke swimmer doesn't get out of the pool before it is time for the freestyle swimmer to make the final exchange with the butterfly swimmer. The team is disqualified because the breaststroke swimmer didn't get out of the pool in time. Was this a valid disqualification?

Yes, each relay team member must leave the water immediately upon finishing his/her leg, except the last member.

Freestyle

13. A swimmer grabs the lane line to rest and, in the process, pushes backwards towards the start end before resuming and completing the distance. Should he be disqualified?

Answer: No – see USAS Situation Resolutions Stroke and Turn (rev. by Dan May 2012)

Freestyle

14. Swimmer in 100 meter freestyle, reaches the shallow end of the pool and approaching the finish, the swimmer stands up:

A. Swimmer steps forward and touches the wall with both hands. Should he be disqualified?

B. Without moving his feet, swimmer reaches forward and touches the wall with one hand. Should he be disqualified?

Answer: A) Yes, cannot walk on bottom of pool. B) No, swimmer did not walk on bottom of pool – no call.

JUDGING FREESTYLE

- * Should be simple, but not always
- * Paint a verbal description of the freestyle
- * What are the major causes of disqualification of a freestyler?
- * What is the proper position on the deck when judging freestyle?

FREESTYLE

- * Do you know all the possible disqualifications that can be called in the freestyle?

Did you get them?

- * Not a forward start
- * False start
- * Did not finish
- * Two swimsuits
- * Illegal swimsuit
 - * Female tieback suit
 - * Non textile suit
 - * Illegal fastener
 - * 3 piece swimsuit
 - * Female - not cover neck, below knee, or beyond shoulder
 - * Male - not above navel or below knee
 - * Not a FINA approved suit
- * Illegal tape
- * Head not up by 15 meter mark
- * Did not start and finish in the same lane

Continued

- * Did not touch the wall at the end of a length
- * Forward motion by using the lane line
- * Walked on the bottom
- * Propulsion from the bottom of the pool
- * Head not up at turn or start by the 15 meter mark
- * Body Advertising
- * 3 swim caps
- * Illegal device that aids
 - * Pace
 - * Buoyancy
 - * Speed
 - * Endurance



Be an Ambassador!

Actively recruit new officials from your clubs.



PACIFIC SWIM OFFICIALS

Thanks for being part of the team!

Quick Links – Steps to Becoming an Official

Send In Your Application

[Register with USA-Swimming as an Official, non-Athlete Member](#)

Complete a Background Check

[Complete Level II Background Check](#)

Complete Concussion Training

Concussion Training (two options for California) (email pdf of certification to Laurie@pacswim.org once completed)

[CDC Concussion Training Course](#) - (gives you a wallet card, takes about 30 minutes)

[NFHS \(National Federation of High School Associations\)](#)

Once you are a Member of USA Swimming you can take the following:

[Athlete Protection Training on USA-S Website](#)

[Online Certification Test – Certification Stroke & Turn/Timer OR Certification Admin Official](#)

Other Useful Information

Pacific Swimming - <http://www.pacswim.org/>

USA Swimming Officials- <https://www.usaswimming.org/officials>

Pacific Swimming Zones- <http://www.pacswim.org/members/zones>

USA Swimming Situation Resolutions (Stroke & Turn) - https://www.usaswimming.org/docs/default-source/temp/situation-resolutions-stroke-turn-rev-by-dan-may-2012.pdf?sfvrsn=8ca65f32_3