



POTOMAC VALLEY SWIMMING

Stroke & Turn Presentation



Swimming organization

- World Aquatics
 - USA Swimming (divided into 59 "LSCs")
 - Club swimming
 - Masters swimming
- World Para Swimming
 - US Paralympics Swimming
- NCAA (college)
- National Federation (high school)
- YMCA
- Summer swimming (NVSL, MCSL, PMSL, Colonial SL)





Swimming organization



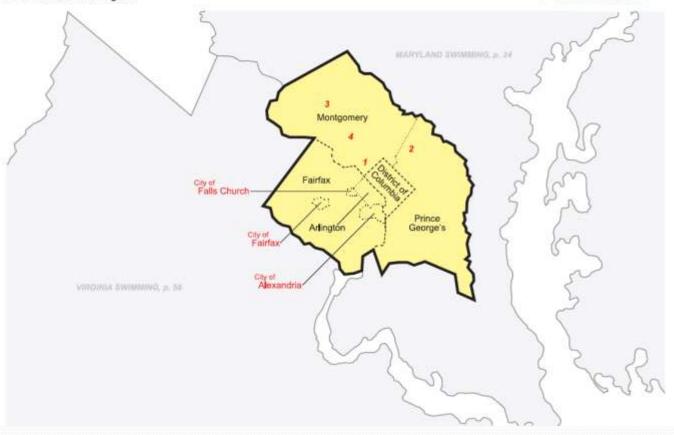


Potomac Valley Swimming (PV)

Montgomery and Prince George's counties in the State of Maryland; the District of Columbia; and Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church in the Commonwealth of Virginia.

Cities

- 1 Bethesda, Maryland
- 2 College Park, Maryland 3 - Germantown, Maryland
- 4 Rockville, Maryland





Philosophy of officiating

- To establish and ensure an "arena" of competition whereby all competitors compete on a fair and equitable basis
- Swimmer always gets the "benefit of the doubt"
- Penalty of "disqualification" is one of the most severe of any sport
- Swim officials all volunteers!!!





Why do we do it?

- To contribute to that "arena" of fairness and equity
- To contribute to our children's development
- To contribute to the sport's development
- It's more exciting than sitting in the stands!
- USAS registration dues plus mileage to & from meets worked are tax-deductible
- USAS registration will be paid for by PVS if you have worked a minimum of 10 sessions in the current calendar year
- You also meet some really nice people such as fellow officials & coaches along the way





What is a "Stroke & Turn" Judge?

- One, who in an official capacity, judges the adherence to the rules of swimming of the individual competitors within their jurisdiction
- "Stroke & Turn" is really a combination of 2 separate positions:
 - "Stroke judge"
 - "Turn judge"





Expectations of a S&T Judge

The Rules

- 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!



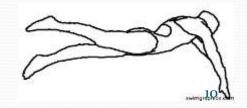
Expectations of a S&T Judge

- Be professional in manner
 - Uniform: white polo shirt over navy pants, shorts, or skirt
 - White footwear
 - No jeans
 - No team logos
 - Display your USAS credentials if requested
 - Be punctual
 - You should plan on arriving at least 45-60 minutes before the start of the session
 - Sign in upon arrival
 - S&T briefing is usually held 20-40 minutes before the start of the session
 - Referee may ask for your help in marshalling during warm-ups
 - Refrain from cheering
 - No smoking or eating on deck
 - 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 or CJ --- using the language of the rulebook
 - · Make calls only within your jurisdiction
 - Referee or CJ will explain jurisdiction during pre-meet meeting
- Your professionalism will carry over and set the tone for both the swimmers and the spectators





Jurisdiction & Protocol

- Jurisdiction: area of the pool in which you have the authority to report an infraction
- Protocol: your position when observing swimmers and how to indicate that you have observed a rule infraction
- Jurisdiction and Protocol may vary meet to meet -it is important to attend the Officials Meeting prior
 to each session so you will be knowledgeable about
 your jurisdiction and the protocol for that particular
 session



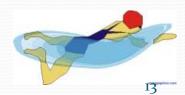
Positioning & Jurisdiction

- Step up immediately to the edge of the pool after the start if at the start end -- Be behind the blocks prior to the start
- For backstroke starts may be asked to "wrap" to observe possible toe violations
- Be at the edge -- You will get wet!
- May be asked to serve as stroke judge and walk the side of the pool
 The Referee or Chief Judge will explain your jurisdiction at the premeet briefing
- Be over the end of the pool to observe turns
- At the end of the race be over the end of the pool to observe the swimmers while leaving room for the timers to do their jobs
- Make sure you understand how rotating positions and relief positions work



Positioning & Jurisdiction

- Watch empty lanes to ensure equity from heat to heat
- · Judge the outside lanes the same as the "fast" lanes
- Judge all heats the same
- Maintain the same degree of attentiveness throughout the meet
- Judge the younger (8 & under) swimmers the same as the older swimmers
- Remember, you are there to "observe" the swimmers, not "scrutinize" them!

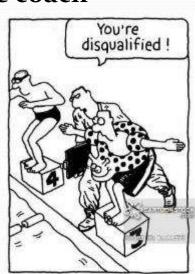




Know the rules!



- Study them before every meet
- Stay up with any rule changes
- Write or explain your proposed disqualification calls using the language of the rulebook.
 - It is your responsibility to explain what you saw and how it is a violation of the rule
 - The Referee must be able to explain the call to the coach
- Be consistent in your calls and interpretations
- Attend S&T clinics every opportunity that you get
- Put in your time on deck!
- There is no substitute for experience!





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
- Raise your hand for approximately 3-5 seconds for each possible violation
- Do not indicate to the swimmer, other officials, coaches, or spectators what lane you have called
- Should you make a call, as soon as the swimmers have left your jurisdiction, mark your program with the event/heat/lane # -- then go back to judging the race
- When explaining the call to the referee, do not "demonstrate" the violation





Put the interests of the swimmer first

- Do not make calls which 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"





USA Swimming S&T Video Presentation













Available on USA Swimming website for download:

https://www.yousendit.com/download/bXBiVoooYXk4NVV3anNUQw



Rules Review - Butterfly

- USAS Video further points of discussion:
 - Butterfly
 - In judging the 15 meter mark, the mark on side of pool is considered to be the official indicator of 15 meters
 - Any part of the head is acceptable in terms of judging whether the head has surfaced prior to passing the 15 meter mark
 - The whole arm, shoulder to wrist, must break the surface of the water
 - Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race
 - Kick: legs may be on different levels
 - You must see them alternate to make a call!
 - Watch for "sweep touch" when judging 2-hand simultaneous touch
 - All touches at the turns & finish must occur with some separation of the hands
 - When judging touches and finishes distinguish "underwater recovery" from "sculling"
 - "Ugly" is not necessarily illegal!





For both Butterfly & Breaststroke:

"Turns — At each turn the body shall be on the breast. The touch shall be made with both hands <u>separated</u> and simultaneously at, above, or below the water surface. "



"Separated means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern" - Dan McAllen III USAS 1/15/2014



Rules Review – Backstroke

- Backstroke
 - Same 15 meter rule as in butterfly.
 - At the start, jurisdiction does not begin until <u>after</u> the start.
 - Toes may not curl over the gutter, be placed in the gutter, or curl over the edge
 - Double arm pull at turn must be simultaneous.
 - No arm pull at turn is OK, as long as swimmer continues the turning motion.
 - Arm pull can be as slooowww as the swimmer wants
 - "DIP" versus "DIT"
 - "Head bob" at turn is OK
 - Swimmer cannot scull back if swimmer failed to touch the wall



Rules Review - Backstroke

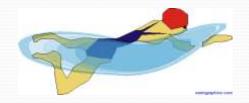
- Backstroke swimmers can be completely submerged prior to the finish touch
 - Once some part of the swimmer's head has passed the 5
 meter mark (long course and short course meters) or 5 yard
 mark (short course yards) immediately prior to reaching the
 finish, the swimmer may be completely submerged prior to
 the touch
 - In other words, once some part of the swimmer's head has passed the backstroke flags (short course or long course) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch





Rules Review -Breaststroke

- Breaststroke
 - It is the only "cycle" stroke: stroke kick, stroke kick, in that order
 - No 15-meter rule
 - May perform butterfly kick during 1st stroke cycle
 - After the start and each turn, <u>at any time</u> prior to the first breaststroke kick a single butterfly kick is permitted
 - All movement of the arms and legs shall be simultaneous without alternating movement
 - It is no longer required that arms or legs be in the same horizontal plane
 - The feet are turned outward during the propulsive part of the kick
 - All touches at turns & the finish must occur with some separation of the hands and hands must touch simultaneously





Rules Review – Freestyle, Individual Medley, and Relays

- Freestyle
 - Swimmer leaves the pool when s/he loses contact with the water
- Individual Medley and Medley Relay
 - During the freestyle leg:
 - swimmer must return to the breast <u>before any kick or stroke</u>
 - swimmer may not swim butterfly, breaststroke or backstroke
- Relays
 - Watch feet of departing swimmer, then look down to see if incoming swimmer has touched
 - Do not raise hand for early take-off violation
 - Use pre-printed take-off slips to record your take-offs





Disqualification report currently in use -->



EVENT# 4 SWIMMER S. SY	HEAT	2	NE	
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OTHER (1T): NACKSTROKE NOTOUCHATTURN(2) PASTVERTICALAT DELAYINITIATINGA	START_ # TURN: RMPULL(28)) TER AFTER THE	SVMM	TURN	FINISH

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

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"Start", "Swim", or "Turn"

when or where does a call take place?



The <u>start</u> is from the point the swimmer leaves the blocks until the swimmer's head is up

The <u>swim</u> is from the point the head is up until the swimmer initiates the turning motion

The <u>turn</u> is from the initiation of the turn, last stroke in/continuous turning action, until the head is up

The <u>finish</u> is the last stroke in/finish move at the finish



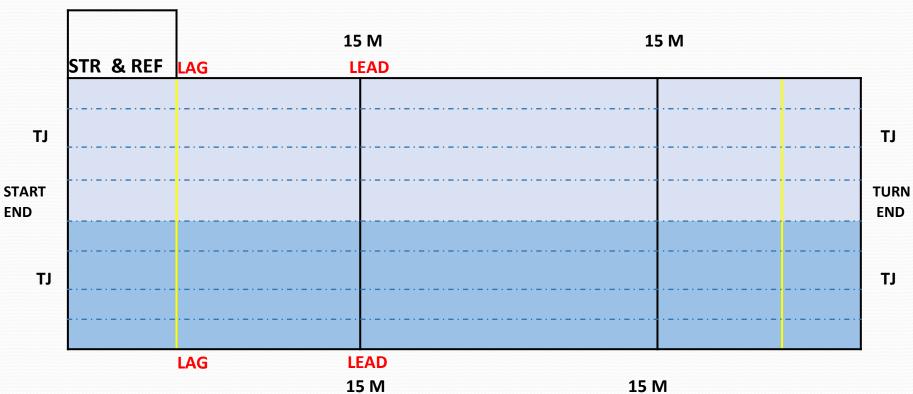
Relay take-off slip

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USA Swimming
Relay Take Off Judge
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         Swimmer Number
Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8
    Steed Edwards
Signature
```





"Lead – Lag" positioning: Long Course



Actual positions for "Lead" & "Lag" may vary by stroke or by meet



What to expect as a PVS S&T Apprentice

- As an Apprentice <u>on deck</u>:
 - Arrive on time.
 - Introduce yourself to the Referee
 - Put your name on the officials signup sheet
 - Expect to work the entire session
 - Pay attention in the pre-meet briefing
 - Ask questions if unsure
- You will be placed with an experienced, certified S&T official for the entire session "Pick their brain"
- Apprentice will <u>not</u> make calls during training sessions
- However apprentices will made calls during the final evaluation session
- Review with the referee any questions you might have at the conclusion of the session
- Make sure your training and evaluation form is filled out & signed by the Referee





What to expect as a PVS S&T *Apprentice*

Apprentice Training

- Serve on-deck as an apprentice with a Stroke and Turn Judge at a minimum of four (4) sessions -- the four sessions must be at a minimum of two different USA Swimming sanctioned meets.* Officials may serve as apprentices at meets in other LSCs
- Apprentices cannot make unsupervised disqualification calls
- Evaluation may be done after third apprentice session by an approved evaluator which is any Referee, N2 or N3 Chief Judge, or N3 S&T Judge

Note: completion of 3 apprentice sessions, --- does not "entitle" you to be evaluated automatically at the 4th such session

- You may do so if you feel you are ready
- Prior to setting up the evaluation session, the apprentice must submit an
 <u>Evaluation Readiness Request</u> to ensure that all pre-evaluation requirements have
 been met. You will receive a confirmation. Meet Referee will then coordinate
 scheduling an evaluator for you. May take a week to receive the confirmation.

^{*} Observed meets and PVS LSC Championship meets do not count



PVS Stroke & Turn Judge Training

and

Evaluation Form



- Carry form with you to all sessions
- Page 2 is used for final evaluation
- Attach your evaluation form when submitting the <u>PVS Certification Request form</u>

Potomac Valley Swimming Stroke and Turn Judge Training and Evaluation Form Summer League (check appropriate league & provide data of click - court be taught by PVS clicker not natural I have reviewed the RVS Officials Code of Conduct and passe to abobe by it belong contain Principles proves any official resulting default date of disease and Prior to training, must be USA Swimming non-orbitis morehan (which includes background chests, orbitals protection braining and having Second travel work at test 2 training populars at 2 different meets with at least 2 different meeting. Pulse - Values PLEASE ANY ANY MEMOR TO SEASEW THE POLICY HAS PROSE TO MENTOWING MISSION. Please cravity with your appointment the following: proper official's uniform and appearance, importance of afficials' meeting, positioning on deck, strake rules, how to make a call, how to articulate that call to the Chief sudge or Referee. how to IRI aut a DO slip, how to use meet program, benefit of the doubt, and importance of teamwork. Marke of Meet Date Medar Revised January 29, 2024

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What to expect as a PVS S&T Apprentice -cont'd

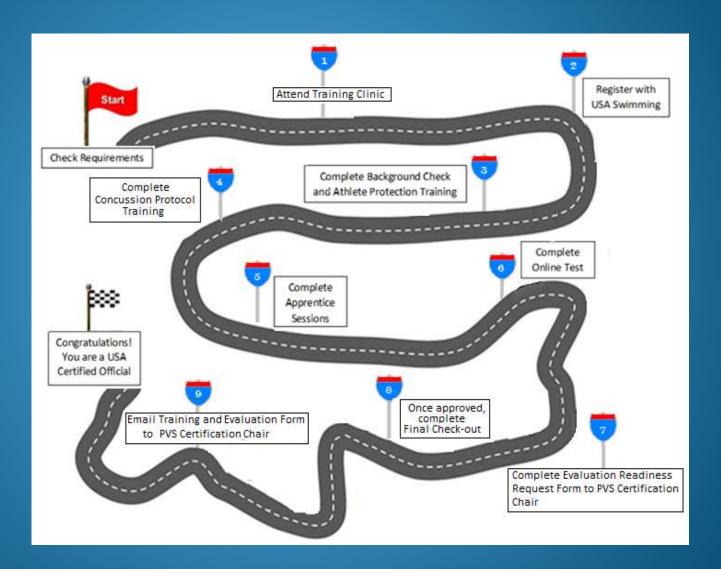


Finally:

- Evaluated to have performed in at least a satisfactory manner at each session by supervising Stroke and Turn Judge(s) and Referee and such performance is reported on the PVS S&T Training and Evaluation form
 - Note: PVS would appreciate feedback on your evaluation by completing the <u>Evaluate the Evaluator</u> form
- Complete apprentice sessions within one year of attending the S&T clinic
- Submit the **Certification Request Form**
- Remain registered as a non-athlete with USA Swimming.
- Certification is good through December 31, 2026
- You can expect to get great satisfaction from a job well done, and you certainly will be appreciated by all you work for and with!



Roadmap to becoming a Certified USAS Official





Registration

registration@pvswim.org

- In order to be a member in good standing, officials must have current
 - USA Swimming Membership
 - USA Swimming Background Check
 - USA Swimming Athlete Protection Training
 - Concussion Protocol Training
- New officials must create an account on the USA Swimming website at usaswimming.org
 - NEW Officials: contact your club for your club's registration link
 - RETURNING Officials: should already have a USA Swimming ID **See instruction at: pvswim.org/official/registration.html**

ALL officials must be *members in good standing* before working on deck



PVS Web Site Registration Page http://www.pvswim.org/official/registration.html

Registration consists of four parts:

- · USA Swimming registration as an Official
- · Background Check through USA Swimming
- · USA Swimming Athlete Protection Training
- · Concussion Protocol Training

You need to be current in all four parts to be in good standing. You can check your status on the USA Swimming website from your <u>USA Swimming Account</u>.

How to check your registration/cerftification status

1. USA Swimming Registration

New Officials - Create an account on the <u>USA Swimming website</u>. If you have created an account to register your athlete, you should not create an additional account - use that account to register yourself as an Official xost is approx. \$70). Contact your club for registration instructions.

Some clubs will reimburse the first year registration for their new officials. Please check with your club about their policy.

Returning Officials - Your USA Swimming registration is valid through December 31.

USA Swimming registration is initiated from your <u>USA Swimming Account</u>. Use the RENEW MEMBERSHIPS button on your dashboard to register with USA Swimming.

NOTE: If your club has chosen to bulk-renew non-athletes, your club will have to register you with USA Swimming.

PVS may reimburse you for the registration fee for returning officials. For more information and a link to the reimbursement form is on the Officials Reimbursement Page.

If you do not meet the 10 session requirement, some clubs will reimburse the registration fee for their returning officials. Please check with your club about their policy.

2. USA Swimming Background Check

Even if you have a successful background screening for your job or another volunteer organization, you must submit to a USA Swimming Background Check. The cost of most new USA Swimming Background Checks is \$38.00. It must be updated every two years.

Log into your <u>USA Swimming Account</u>, Select Education->Course Catalog Click on <u>VIEW INFO</u> on the BACKGROUND CHECK tile and follow the instructions.

PVS may reimburse you for your background screen fee. The <u>Officials Reimbursements Page</u> has all the details and eligibility requirements as well as the reimbursement request form.

3. USA Swimming Athlete Protection Training

The Athlete Protection Training is a free, online course. Athlete Protection Training must be updated annually.

Log into your <u>USA Swimming Account</u>. Select Education -> Course Catalog Click on <u>VIRW INFO</u> on the ATHLETE PROTECTION TRAINING tile and follow the instructions.

4. Concussion Protocol Training (one-time requirement)

Concussion Protocol Training is a one-time requirement that must be completed as part of registration. The training is brief and free available from the two sources given below. Only one of the two training courses must be completed. Once you complete your training, please forward the certificate to the PVS Registrar at registration@pvswim.org.

CDC (Centers for Disease Control and Prevention)

NFH5 (National Federation of State High School Associations)

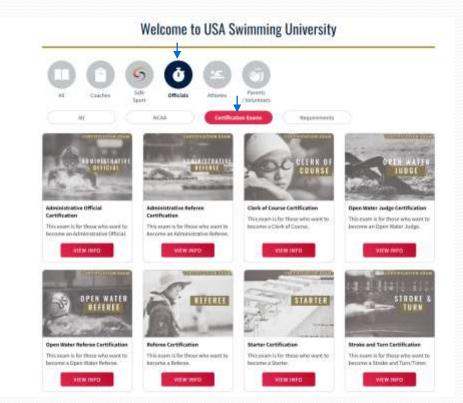
Note that you have to add the NFHS test to your "shopping cart" and checkout—even though the course is free. The CDC course is pretty much straightforward click and go.

PVS/Officials/Registration Information contains links to all of these steps



<u>USA Swimming Online</u> <u>Tests</u>

- Log in to the USA Swimming web site and choose Education->Course Catalog
- Click on Officials and Certification Exams
- Newly certifying S&Ts must take the Stroke and Turn Certification Test









USA Swimming Online <u>Tests</u>

- Send the PVS Certification Officer (<u>OfficialsCertification@pvswim.org</u>) a screen shot of your test results
- Click View Transcript to access your transcript
- Do not send completion certificates





Background Check and Athlete Protection Training

Criminal Background Check

- Log in to your USA Swimming Account
 - Select **Education->Course Catalog**, which will take you to the USA Swimming University web site
 - Click Officials and then Requirements and click View Info under Background Check
 - Takes 3 -4 days to get a result
 - Renewed biennially

USAS Athlete Protection Training

- Log in to your USA Swimming Account
 - Follow same instructions for Background Check.
 Click View Info under Athlete Protection Training Any questions, contact, *learn@usaswimming.org*



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Concussion Training

- Concussion Training is a one-time requirement that must be completed as part of registration.
- The training is brief and free. Two sources of training are given below. Once you complete your training, forward the certificate to the PVS Registrar at registration@pvswim.org.
 - CDC (Centers for Disease Control and Prevention)
 - NFHS (National Federation of State High School Associations)*

· Links can be found on the PVS Website



Minor Athlete Abuse Prevention Policy "MAAPP"

Officials and timers briefing: (required!)

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are <u>observable and interruptible</u>.
- <u>Deck changing</u> is prohibited. Report instances of deck changing to the meet referee/meet director.
- [IF ONLY ONE LOCKER ROOM/RESTROOM] Make sure you are not alone with an athlete in the locker room, including to use the restroom. Be proactive and tell the meet director immediately if this happens, even when it occurred through no fault of your own. Separate times have been delegated for your use.
- [IF MULTIPLE FACILITIES] There is a separate locker room/restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.



USA Swimming Officials Tracking System (OTS)

- The Officials Tracking System is used to view and track your officiating activity:
 - Clinics attended
 - Test history
 - Meet sessions worked (including apprentice sessions)
- Activities (including clinics attended) and test history is currently not available in OTS

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USAS/PVS Re-certification Process

- Continue to be a USA Swimming Official in good standing (current registration, athlete protection training, background check)
- Session requirement: Eight sessions over three years at a minimum of 2 different meets in Stroke & Turn or higher position
- Attend a Stroke and Turn Judge Clinic at least once every three years
- Pass the <u>USA Swimming Stroke & Turn Recertification Test</u>
- Submit the online <u>Officials Recertification Request Form</u>
- Recertifying extends your certification until Dec 31, 2026.

* Excludes observed meets (high school culminating meets, for example)





PVS Officials Email List

- There is a PVS-Officials Google Group mailing list that you are encouraged to join
- It is used to communicate staffing needs for upcoming meets as well as other important information for PVS Officials
- A link to subscribe is on the Officials Page of the PVS web site

Subscribe to: PVS Officials Email List

Subscribe - you will be asked for your email address



Going Forward

- USA Swimming is in the process of developing national clinics in all positions
- The clinic rollout will be staged with the S&T clinic available in April 2024.
- The S&T clinic will consist of an online training module and it will also include the certification test.



PVS Stroke & Turn Presentation

Thank you! See you on deck!

