



# *Potomac Valley Swimming* **Stroke & Turn** *Presentation*





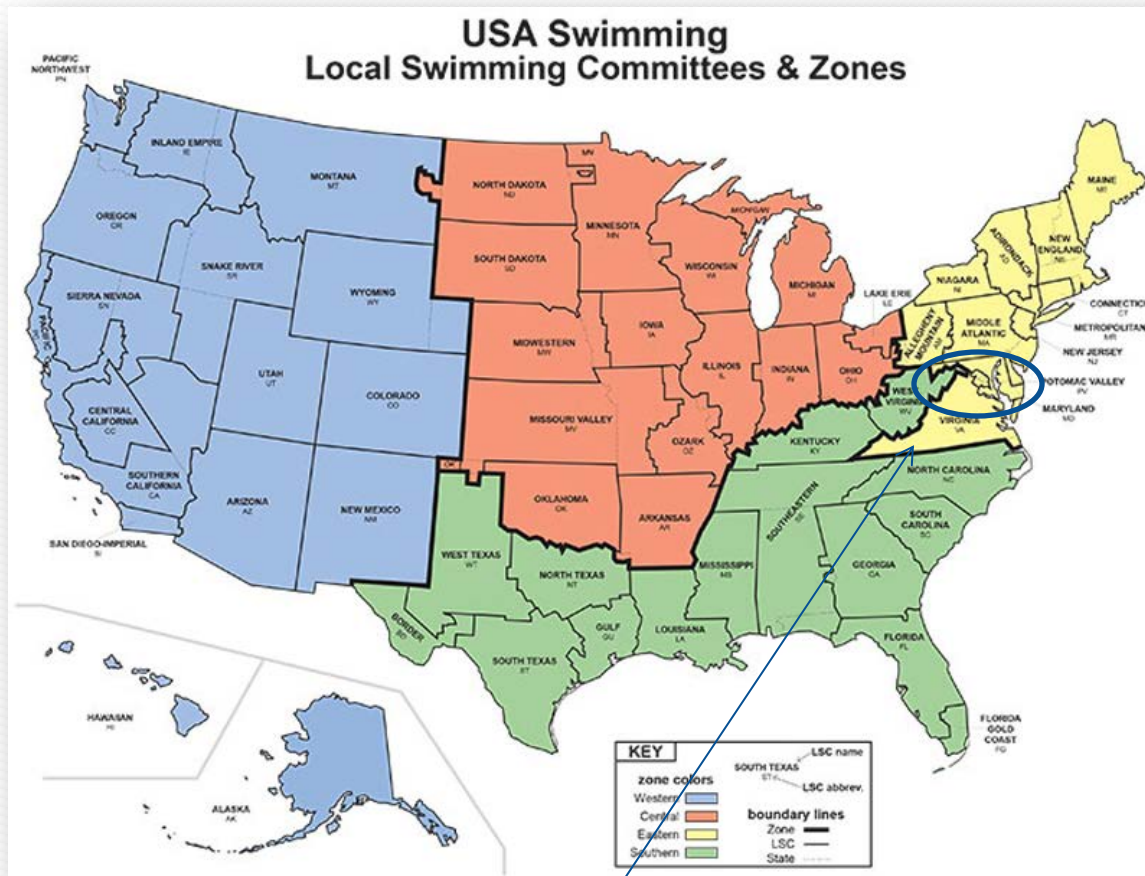
# Swimming organization

- FINA (“Federation Internationale de Natation”)
  - 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

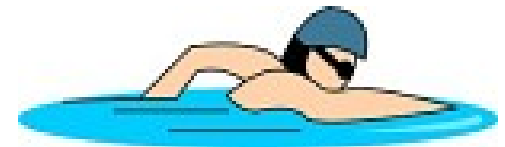


- Potomac Valley Swimming (“PVS”)
- As of 9/1/2018:
- 12,403 athletes (4<sup>th</sup> in USA)
- 577 officials (3<sup>rd</sup> in USA)



# Philosophy of officiating

- To establish, and ensure, an “arena” of competition whereby all competitors compete against each other 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 through 3 – 4 hour sessions in the stands!
- USAS registration dues (required), 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 previous calendar year.
- You also meet some pretty nice people (fellow officials & coaches) along the way!





# What is a “Stroke & Turn” Judge?

- One, in an official capacity, who 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 as defined on a “national” deck, ie.
  - “Stroke judge”
  - “Turn judge”



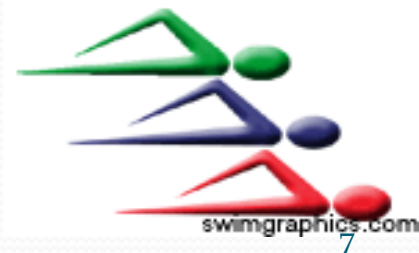




# Expectations of a S&T judge



- 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 - cont'd

- **Be professional in manner**

- Wear white(polo) shirt over navy or black slacks, shorts, skirt
  - White footwear
  - No jeans
- No team logos on the shirt
- Wear (display) your USAS credentials (now optional).
- Dress appropriate for the weather (outdoor meets)
- Be punctual
  - You should plan on arriving at least 45-60 minutes before the start of the meet
  - S&T briefing is usually held 20-40 minutes before the start
  - Referee may ask for your help in marshalling during warm-ups
- Refrain from cheering.
- No smoking or eating on deck
- Refrain from fraternizing with the swimmers unless it is in response to a direct question, or, as needed, to instruct the swimmers

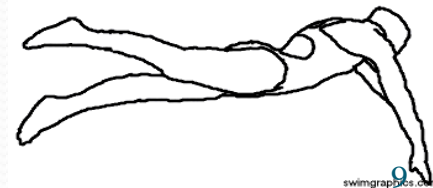






# Expectations of a S&T judge? - cont'd

- **Be professional in manner – cont'd**
  - 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 jurisdictions during pre-meet meeting.
- *Remember, your professionalism, reflected by all of the above, will carry over and set the tone for both the swimmers and the spectators.*





# Positioning & coverage

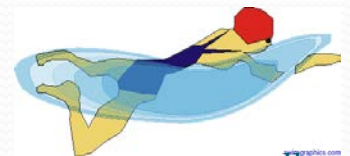
- Step up immediately after the start (when at starting end). Be in background prior to.
- For backstroke starts, be at the corners looking inward, for possible toe violations. (May be optional.)
- Be at the edge. You will get wet!
- Ask about “walking” before the meet, at the briefing.
- Know your jurisdiction. The Referee or Chief Judge should make that clear at the meeting. You will probably have multiple lanes to cover.
- Be over the ends for the turns, --- except possibly for distance freestyle.
- At the end of the race, get to your best position (over the swimmers), while leaving room for the timers to do their jobs.
- Make sure you understand how “rotating” or relief positions work.



# Positioning & coverage

- cont'd

- If you have empty lanes, watch them as well, --- to ensure equity from heat to heat.
- Judge the outside lanes the same as the “fast” lanes.
- Judge the early (slower) heats the same as the last (faster) heats.
- Maintain the same degree of attentiveness all 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. Be willing to change your previously –held interpretation.
- Write or explain your DQs using the language of the rulebook.
  - It is your responsibility to explain what you saw and how it is a violation of the rule.
  - Remember, the Referee must be able to defend the call to the team rep and/or 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!
  - (You can always rescind it.)
- Calls should be crisp and reflex in nature.
- Raise your hand, (3-5 seconds), high. Raise your hand for every incident of violation, if more than once in a single swim.
- Do not look at the swimmer's eyes. Do not indicate to the swimmer, a fellow official, or the crowd, as to what lane you have called.
  - The call may be overturned!
- Should you make a call, mark your program discreetly as soon as the swimmers have left your jurisdiction, with the event/heat/lane #. Then go back to judging the race.
- When explaining the call to the referee, do not “demonstrate” the violation (for all to see).





# Put the interests of the swimmer first

- Take back the call if you are not sure, or think you may have been unduly influenced by “other” pressures, ie,
  - A string of similar calls,
  - Pressure to “make a call”,
  - A situation from another swimmer.
- Don’t make the call if you are not sure of what you saw.
- No “calibrated eyeballs”.







# Possible additional responsibilities



- You might be asked to:
  - Be Chief Timer – very important, especially for distance events
- Take “Order of Finish” (“OOF”)
  - Only if second Starter is unavailable
  - Very important to be as accurate as possible
  - “OOF” is used to verify placement of swimmers if there is a pad/button/watch malfunction

POTOMAC VALLEY SENIOR CHAMPIONSHIPS  
MARCH 7-9, 1997, OAK HALL REC.CTR., GARTON, VA

Meet Program for Session 4 - SATURDAY EVENING - FINALS

Event 15: Women Senior 400 IM  
USS SR NAT: 6:24.28  
USS JR NAT: 6:13.89

Event 16: Men Senior 400 IM  
USS SR NAT: 5:59.49  
USS JR NAT: 6:09.49

Event 17: Women Senior 50 Free  
USS SR NAT: 23.79  
USS JR NAT: 24.59

Event 18: Men Senior 50 Free  
USS SR NAT: 26.69  
USS JR NAT: 27.69

Event 19: Women Senior 100 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 20: Men Senior 100 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 21: Women Senior 200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 22: Men Senior 200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 23: Women Senior 400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 24: Men Senior 400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 25: Women Senior 800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 26: Men Senior 800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 27: Women Senior 1600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 28: Men Senior 1600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 29: Women Senior 3200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 30: Men Senior 3200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 31: Women Senior 6400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 32: Men Senior 6400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 33: Women Senior 12800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 34: Men Senior 12800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 35: Women Senior 25600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 36: Men Senior 25600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 37: Women Senior 51200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 38: Men Senior 51200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 39: Women Senior 102400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 40: Men Senior 102400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 41: Women Senior 204800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 42: Men Senior 204800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 43: Women Senior 409600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 44: Men Senior 409600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 45: Women Senior 819200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 46: Men Senior 819200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 47: Women Senior 1638400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 48: Men Senior 1638400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 49: Women Senior 3276800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 50: Men Senior 3276800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 51: Women Senior 6553600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 52: Men Senior 6553600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 53: Women Senior 13107200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 54: Men Senior 13107200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 55: Women Senior 26214400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 56: Men Senior 26214400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 57: Women Senior 52428800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 58: Men Senior 52428800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 59: Women Senior 104857600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 60: Men Senior 104857600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 61: Women Senior 209715200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 62: Men Senior 209715200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 63: Women Senior 419430400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 64: Men Senior 419430400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 65: Women Senior 838860800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 66: Men Senior 838860800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 67: Women Senior 1677721600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 68: Men Senior 1677721600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 69: Women Senior 3355443200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 70: Men Senior 3355443200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 71: Women Senior 6710886400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 72: Men Senior 6710886400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 73: Women Senior 13421772800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 74: Men Senior 13421772800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 75: Women Senior 26843545600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 76: Men Senior 26843545600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 77: Women Senior 53687091200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 78: Men Senior 53687091200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 79: Women Senior 107374182400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 80: Men Senior 107374182400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 81: Women Senior 214748364800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 82: Men Senior 214748364800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 83: Women Senior 429496729600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 84: Men Senior 429496729600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 85: Women Senior 858993459200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 86: Men Senior 858993459200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 87: Women Senior 1717986918400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 88: Men Senior 1717986918400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 89: Women Senior 3435973836800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 90: Men Senior 3435973836800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 91: Women Senior 6871947673600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 92: Men Senior 6871947673600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 93: Women Senior 13743895347200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 94: Men Senior 13743895347200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 95: Women Senior 27487790694400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 96: Men Senior 27487790694400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 97: Women Senior 54975581388800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 98: Men Senior 54975581388800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 99: Women Senior 109951162777600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 100: Men Senior 109951162777600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 101: Women Senior 219902325555200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 102: Men Senior 219902325555200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 103: Women Senior 439804651110400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 104: Men Senior 439804651110400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 105: Women Senior 879609302220800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 106: Men Senior 879609302220800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 107: Women Senior 1759218604441600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 108: Men Senior 1759218604441600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 109: Women Senior 3518437208883200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 110: Men Senior 3518437208883200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 111: Women Senior 7036874417766400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 112: Men Senior 7036874417766400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 113: Women Senior 14073748835532800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 114: Men Senior 14073748835532800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 115: Women Senior 28147497671065600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 116: Men Senior 28147497671065600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 117: Women Senior 56294995342131200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 118: Men Senior 56294995342131200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 119: Women Senior 112589990684262400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 120: Men Senior 112589990684262400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 121: Women Senior 225179981368524800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 122: Men Senior 225179981368524800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 123: Women Senior 450359962737049600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 124: Men Senior 450359962737049600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 125: Women Senior 900719925474099200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 126: Men Senior 900719925474099200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 127: Women Senior 1801439850948198400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 128: Men Senior 1801439850948198400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 129: Women Senior 3602879701896396800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 130: Men Senior 3602879701896396800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 131: Women Senior 7205759403792793600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 132: Men Senior 7205759403792793600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 133: Women Senior 14411518807585587200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 134: Men Senior 14411518807585587200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 135: Women Senior 28823037615171174400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 136: Men Senior 28823037615171174400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 137: Women Senior 57646075230342348800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 138: Men Senior 57646075230342348800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 139: Women Senior 115292150460684697600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 140: Men Senior 115292150460684697600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 141: Women Senior 230584300921369395200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 142: Men Senior 230584300921369395200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 143: Women Senior 461168601842738790400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 144: Men Senior 461168601842738790400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 145: Women Senior 922337203685477580800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 146: Men Senior 922337203685477580800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 147: Women Senior 1844674407370955161600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 148: Men Senior 1844674407370955161600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 149: Women Senior 3689348814741910323200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 150: Men Senior 3689348814741910323200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 151: Women Senior 7378697629483820646400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 152: Men Senior 7378697629483820646400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 153: Women Senior 14757395258967641292800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 154: Men Senior 14757395258967641292800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 155: Women Senior 29514790517935282585600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 156: Men Senior 29514790517935282585600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 157: Women Senior 59029581035870565171200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 158: Men Senior 59029581035870565171200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 159: Women Senior 118059162071741130342400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 160: Men Senior 118059162071741130342400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 161: Women Senior 236118324143482260684800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 162: Men Senior 236118324143482260684800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 163: Women Senior 472236648286964521369600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 164: Men Senior 472236648286964521369600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 165: Women Senior 944473296573929042739200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 166: Men Senior 944473296573929042739200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 167: Women Senior 1888946593147858085478400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 168: Men Senior 1888946593147858085478400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 169: Women Senior 3777893186295716170956800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 170: Men Senior 3777893186295716170956800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 171: Women Senior 7555786372591432341913600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 172: Men Senior 7555786372591432341913600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 173: Women Senior 15111572745182864683827200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 174: Men Senior 15111572745182864683827200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 175: Women Senior 30223145490365729367654400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 176: Men Senior 30223145490365729367654400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 177: Women Senior 60446290980731458735308800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 178: Men Senior 60446290980731458735308800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 179: Women Senior 120892581961462917470617600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 180: Men Senior 120892581961462917470617600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 181: Women Senior 241785163922925834941235200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 182: Men Senior 241785163922925834941235200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 183: Women Senior 483570327845851669882470400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 184: Men Senior 483570327845851669882470400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 185: Women Senior 967140655691703339764940800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 186: Men Senior 967140655691703339764940800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 187: Women Senior 1934281311383406679529881600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 188: Men Senior 1934281311383406679529881600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 189: Women Senior 3868562622766813359059763200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 190: Men Senior 3868562622766813359059763200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 191: Women Senior 7737125245533626718119526400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 192: Men Senior 7737125245533626718119526400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 193: Women Senior 15474250491067253436239052800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 194: Men Senior 15474250491067253436239052800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 195: Women Senior 30948500982134506872478105600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 196: Men Senior 30948500982134506872478105600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 197: Women Senior 61897001964269013744956211200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 198: Men Senior 61897001964269013744956211200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 199: Women Senior 123794003928538027489912422400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 200: Men Senior 123794003928538027489912422400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 201: Women Senior 247588007857076054979824844800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 202: Men Senior 247588007857076054979824844800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 203: Women Senior 495176015714152109959649689600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 204: Men Senior 495176015714152109959649689600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 205: Women Senior 990352031428304219919299379200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 206: Men Senior 990352031428304219919299379200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 207: Women Senior 1980704062856608439838598758400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 208: Men Senior 1980704062856608439838598758400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 209: Women Senior 3961408125713216879677197516800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 210: Men Senior 3961408125713216879677197516800 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 211: Women Senior 7922816251426433759354395033600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 212: Men Senior 7922816251426433759354395033600 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 213: Women Senior 15845632502852867518708790067200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 214: Men Senior 15845632502852867518708790067200 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

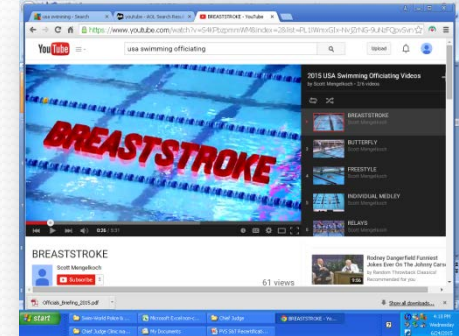
Event 215: Women Senior 31691265005705735037417580134400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 216: Men Senior 31691265005705735037417580134400 Breast  
USS SR NAT: 2:19.79  
USS JR NAT: 2:25.59

Event 217: Women Senior 63382



# USA Swimming S&T Video Presentation



**Available on USA Swimming website for download:**

**<https://www.yousendit.com/download/bXBiVoooYXk4NVV3anNUQw>**



# Rules Review – Butterfly

- *Rules review*
- **USAS Video** – further points of discussion:
- **Butterfly**
  - In judging the 15 meter mark, --- use the furthest float from the start end, regardless of the lane the swimmer is in.
  - When judging the head, any part of the head is acceptable in terms of judging whether it has surfaced prior to passing the 15 meter mark.
  - Watch for “sweep touch” when judging 2-hand simultaneous touch.
  - **All touches (turns & finishes) must occur with some separation of the hands** (eff 9/23/2013)
  - When watching for the “underwater recovery”, be able to distinguish between that, --- and “sculling”. Sculling is not a stroke.
  - ‘Whole arm’ (shoulder to wrist) must break surface of the water
  - Kick: legs may be on different levels
    - You must see them alternate to make a call!
  - “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 **separated** and simultaneously at, above, or below the water surface. **"**

**Separated Hands**

"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.

**OK**



**Separated means:**  
**No stacked hands**





**"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

- *Rules review – cont'd*

- Backstroke

- At the start, jurisdiction does not begin until after the start.
  - Toes may not curl over the gutter, be placed in the gutter, or curl over the edge.
- Watch for swimmers, (sometime the younger ones), turning over onto breast, looking for the wall, --- a violation!
- 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 feet do not touch wall.
- Watch for legal “flip turn” at end of backstroke in medleys.



swimgraphics.com

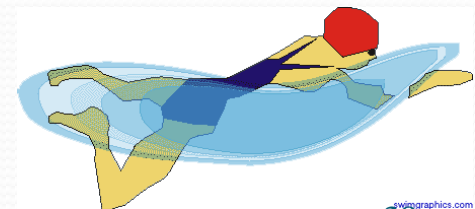


# Rules Review – Breaststroke

- *Rules review – cont'd*

- Breaststroke

- It is a “cycle” stroke, -- stroke – kick, in that order!
- No 15-meter enforcement.
- May perform butterfly kick during 1<sup>st</sup> stroke cycle;
  - **After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted.**  
(eff 12/1/2014)
- Arm strokes must be on the same horizontal plane!
  - Cannot judge from the position of the shoulders!
- All touches (turns & finishes) must occur with some separation of the hands (eff 9/23/2013)







# Rules Review – Freestyle, Ind. Medley, Relays

- ***Rules review*** – *cont'd*
- **Freestyle**
  - When does swimmer “leave the pool”?
    - When he loses contact with the water
- **Individual medley**
  - When a swimmer swims a recognizable stroke (butterfly, breaststroke, backstroke) legally in the last leg, --- violation
    - **In freestyle, the swimmer must return to the breast before any kick or stroke!** (USAS eff 9/21/17)
- **Relays**
  - Watch feet of swimmer leaving, 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.



rvtech.com



rvtech.com



# Disqualification (DQ) slips historically used in PVS:

Latest:

Very  
Old:

Old  
(USAS):

**DISQUALIFICATION**

EVENT NO. \_\_\_\_\_ REFeree VERIFY ☐

HEAT NO. \_\_\_\_\_ ☐

LANE NO. \_\_\_\_\_ ☐

STROKE:

☐ FLY ☐ BREAST ☐ START

☐ BACK ☐ FREE ☐ TURN

REASON FOR DISQUALIFICATION:

☐ RAISED HAND ☐ INFORMED SWIMMER

STROKE/TURN JUDGE \_\_\_\_\_

REFEREE \_\_\_\_\_

**POTOMAC VALLEY SWIMMING**



**DISQUALIFICATION REPORT**

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_

**BREASTSTROKE**

DURING: START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

10 KICK: ALTERNATING (1A) \_\_\_\_\_ BUTTERFLY \_\_\_\_\_ SCISSORS \_\_\_\_\_

11 ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_\_ TWO STROKES UNDER \_\_\_\_\_

NOT IN SAME HORIZONTAL PLANE \_\_\_\_\_ PAST HIPLINE \_\_\_\_\_

12 ELBOWS RECOVERED OVER WATER \_\_\_\_\_

14 CYCLE: HEAD NOT UP \_\_\_\_\_ DOUBLE PULLS/KICKS \_\_\_\_\_

15 TOUCH: ONE HAND \_\_\_\_\_ NON-SIMULTANEOUS \_\_\_\_\_

16 NOT TOWARD THE BREAST OFF WALL \_\_\_\_\_

19 OTHER \_\_\_\_\_

**BUTTERFLY**

DURING: START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

20 KICK: ALTERNATING \_\_\_\_\_ BREAST \_\_\_\_\_ SCISSORS \_\_\_\_\_

21 ARMS: NON-SIMULTANEOUS \_\_\_\_\_ UNDERWATER RECOV \_\_\_\_\_

23 TOUCH: ONE HAND \_\_\_\_\_ NON-SIMULTANEOUS \_\_\_\_\_

24 NOT TOWARD THE BREAST OFF WALL \_\_\_\_\_

25 HEAD DID NOT BREAK SURFACE BY 15M \_\_\_\_\_

29 OTHER \_\_\_\_\_

**BACKSTROKE**

DURING: START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_

30 TOES OVER LIP OF GUTTER AFTER START \_\_\_\_\_

31 HEAD DID NOT BREAK SURFACE BY 15M \_\_\_\_\_

32 NOT ON BACK OFF WALL \_\_\_\_\_

33 NO TOUCH AT TURN \_\_\_\_\_

34 PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL \_\_\_\_\_ MULTIPLE STROKES \_\_\_\_\_

DELAY INITIATING TURN \_\_\_\_\_

35 SHOULDERS PAST VERTICAL \_\_\_\_\_

36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH \_\_\_\_\_

39 OTHER \_\_\_\_\_

**INDIVIDUAL MEDLEY**

41 STROKE INFRACTION(S) # \_\_\_\_\_

42 OUT OF SEQUENCE \_\_\_\_\_

**FREESTYLE**

50 NO TOUCH TURN # \_\_\_\_\_

51 HEAD DID NOT BREAK SURFACE BY 15M \_\_\_\_\_

**RELAYS**

70 STROKE INFRACTION # \_\_\_\_\_ SWIMMER # \_\_\_\_\_

71 EARLY TAKE OFF SWIMMER # \_\_\_\_\_

72 CHANGED ORDER: SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_

**OTHER**

60 FALSE START \_\_\_\_\_ 61 DELAY OF MEET \_\_\_\_\_

62 DID NOT FINISH \_\_\_\_\_ 63 DECLARED FALSE START \_\_\_\_\_

69 OTHER \_\_\_\_\_

JUDGE: \_\_\_\_\_ (print name clearly)

REFEREE: \_\_\_\_\_ (print name clearly)

NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_

rev. (06/09)

**DESK/REFEREE**



**USA SWIMMING** **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 (3C) \_\_\_\_\_ 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): \_\_\_\_\_



1. Make sure Event, Heat, & Lane are filled out correctly.
2. Circle the stroke (optional, depending upon the Deck Ref.)
3. Place "x", or "✓", at the appropriately described violation, including whether at the Start, Swim, Turn, Finish.
4. Print your name at the bottom.
5. Referee prints his/her name.



## DISQUALIFICATION REPORT

EVENT # 4 HEAT 2 LANE 2  
 SWIMMER S. Swimmer TEAM NCAP

**BUTTERFLY** START X SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
 KICK: ALTERNATING (1A) X 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 (3C) \_\_\_\_\_ 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-D) # \_\_\_\_\_ SWIMMER # \_\_\_\_\_  
 EARLY TAKE OFF SWIMMER (6F-H) # \_\_\_\_\_  
 CHANGED ORDER (6L): SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_  
 OTHER (6T): \_\_\_\_\_

**MISCELLANEOUS**  
 FALSE START (7A) \_\_\_\_\_ DECLARED FALSE START (7A) \_\_\_\_\_  
 DID NOT FINISH (7C) \_\_\_\_\_ DELAY OF MEET (7D) \_\_\_\_\_  
 OTHER (7T): \_\_\_\_\_

JUDGE: S. Witkin

(print name clearly)

REFEREE: M. Rubin

(print name clearly)

NOTIFIED: X SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_

rev. (5/14)

DESK/REFEREE



# **“Start”, “Swim”, or “Turn” –** *when or where does a call take place?*



The start is from the point the swimmer leaves the blocks until the swimmer's head is up.

The swim is from the point the head is up until the swimmer initiates the turning motion.

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

The finish is the last stroke in/finish move at the finish.

Steve Lottes – Olymp Trials CJ 10/15/2012





# Relay take-off slip

USA Swimming

Relay Take Off Judge

EVENT# 25 HEAT# 1

(Circle one: SIDE or LANE)

Swimmer Number

Lane 1	<u>2</u>	<u>3</u>	<u>4</u>
Lane 2	<u>2</u>	<u>3</u>	<u>4</u>
Lane 3	<u>2</u>	<del>3</del>	<u>4</u>
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4

Steed Edwards

Signature





The diagram illustrates a 30-minute time slot divided into segments for STR & REF, LAG, LEAD, and TJ. The segments are defined by vertical lines and labeled with their respective durations and names.

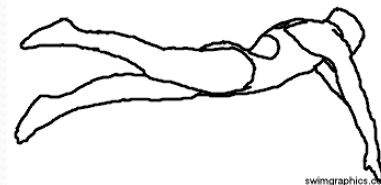
Segment	Duration	Color
STR & REF	15 M	Light Blue
LAG	15 M	Light Blue
LEAD	15 M	Light Blue
TJ	15 M	Light Blue

The diagram also includes labels for the start and end of the segments, such as "START", "END", "TJ", and "TURN END".



Don't  
forget!

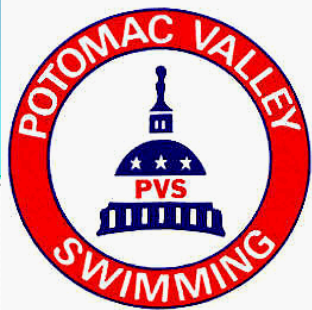
# What to expect as a PVS S&T Apprentice



## • Prior to stepping on deck:

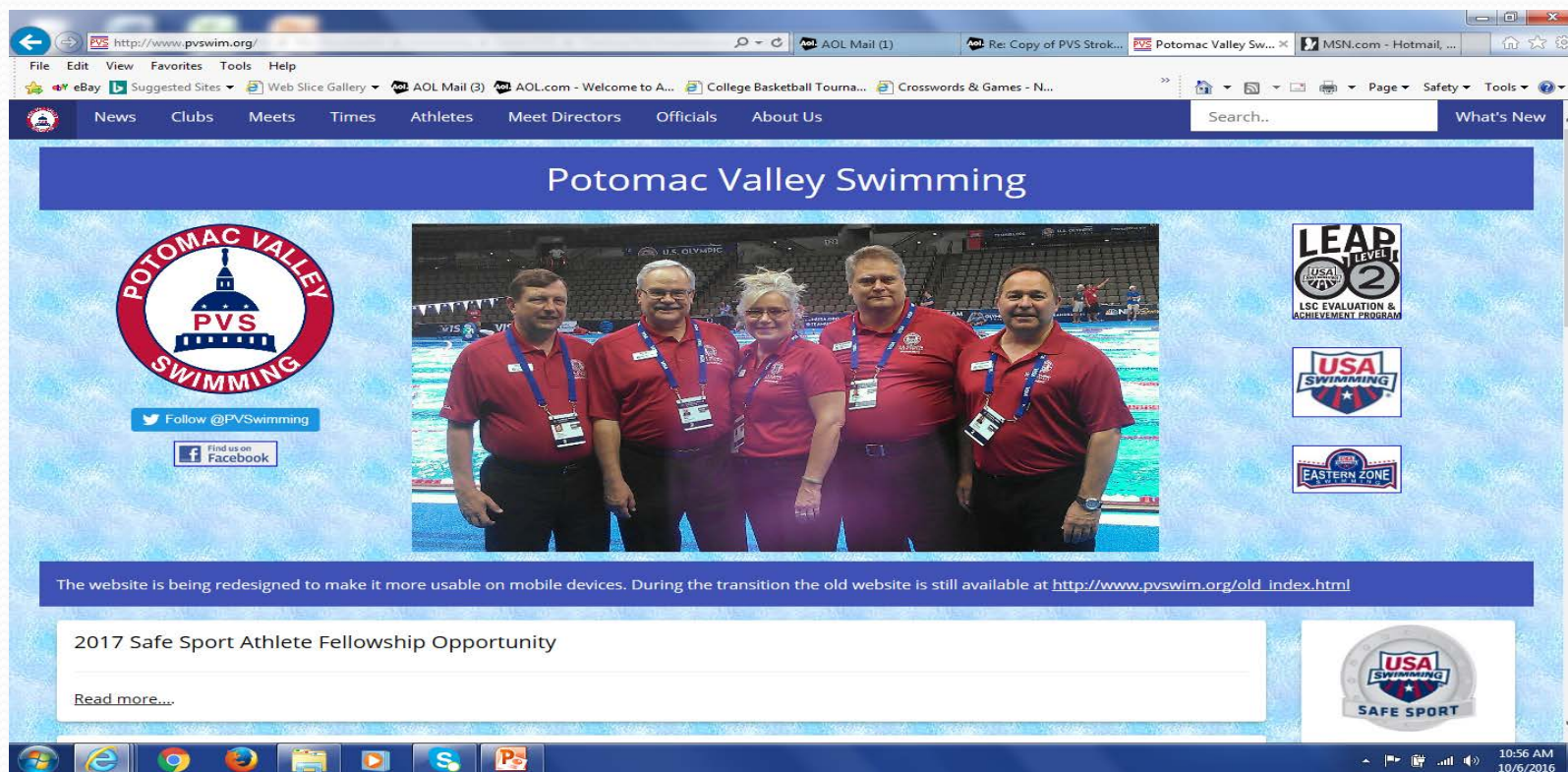
- Age -- 18 years or older.
- You must attend a PVS S&T clinic to start the process
- Register with USAS as a non-Athlete through the USAS website\*
  - Fee involved (approx \$60)
  - Rulebook sent
    - But the mini-rulebook should suffice
- Undergo & pass a criminal background check.
- Take & complete on-line USAS Athlete Protection course .
  - Good for 2 years (a/o 9/1/2014)
- You must have taken & passed the USAS S&T test online with a score of 85% or better, before undertaking your final apprentice session





# What to expect as a PVS S&T Apprentice

To register with USAS;  
Go to Potomac Valley Swimming website:







# PVS Website

- Includes meet schedules
- Includes “Officials” info

The screenshot shows the Potomac Valley Swimming website. The navigation menu at the top includes links for News, Clubs, Meets, Times, Athletes, Meet Directors, Officials, and About Us. The 'Meets' and 'Officials' links are circled in red. The main content area features a large photo of two female swimmers holding gold medals. To the left of the photo is the PVS logo and social media links for Twitter (@PVSwimming) and Facebook. To the right are logos for LEAP Level 2, USA Swimming, and Eastern Zone. A blue banner at the bottom of the main content area states: "The website is being redesigned to make it more usable on mobile devices. During the transition the old website is still available at [http://www.pvswim.org/old\\_index.html](http://www.pvswim.org/old_index.html)". Below this banner is a section titled "2017 Safe Sport Athlete Fellowship Opportunity" with a "Read more...." link. The website is viewed in a browser window with the address bar showing "http://www.pvswim.org/". The taskbar at the bottom shows the date 9/22/2016 and the time 5:44 PM.



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



To register with USAS;

• *On the PVS website:*

- *Go to Officials -> Registration*
- *Click on link: Officials Registration Form*
- *Fill out "PVS Non-Athlete Information Update Request"*
- *Submit*





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

[Certification](#)  
[Registration](#)  
[Officials Rosters](#)  
[Officials Clinics](#)  
[Training Materials ▼](#)  
[Officials Forms](#)  
[Officials Committee](#)  
[Club Officials Chairs](#)  
[Officials Newsletters](#)  
[Applications to Officiate](#)  
[Committee Minutes](#)  
[Rules & Interpretations](#)

## Registration Information

Registration consists of three (or four) parts: (1) USA Swimming registration, (2) Background screen through USA Swimming, and (3) USA Swimming Athlete Protection Training. You need to be current in all three parts to be in good standing. You can check your status in the [USA Swimming Officials Tracking System](#).

USA Swimming and Potomac Valley no longer mail out registration cards to officials. You can print your own card using [these instructions](#)

### USA Swimming Registration

PVS will pay the registration fee for returning officials that have worked at least ten sessions at PVS-sanctioned meets in the current year. Observed meet, approved meets, and meets outside of PVS are not counted. You will be notified if you qualify.

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

#### [Officials Registration Form](#)

### Create a USA Swimming Website Account

(Only for new officials)

Create an account on the USA Swimming website and link your ID to it. This is required so you can do the background screening, the athlete protection training and take the online tests. Here are [instructions](#) for creating the account.

[Rules & Interpretations](#)

### Create a USA Swimming Website Account

(Only for new officials)

Create an account on the USA Swimming website and link your ID to it. This is required so you can do the background screening, the athlete protection training and take the online tests. Here are [instructions](#) for creating the account.

### USA Swimming Background Screening

Even if you have a successful background screening for your job or another volunteer organization, you must submit to a background screen for USA Swimming

#### [Initiate or Renew a Background Screen](#)

PVS may reimburse you for your background screen fee. The [Background Screen Reimbursement Request Form](#) has all the details and eligibility requirements.

### USA Swimming Athlete Protection Training

The Athlete Protection Training is a free, online course. It takes about one hour to complete.

#### [Take the Athlete Protection Training](#)

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





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

## USAS Registration web page - Found on PVS website

### 2019 OFFICIAL/OTHER REGISTRATION menu

\*required field - **Registration Fee - \$0 to \$60**  
- Registration Period 9/1/2018 - 8/25/2019  
- Membership Period 9/1/2018 - 12/31/2019

Today is Fri Sep 21 2018

Please select What you want  
to do Today and who pays  
registration fee? \*

- ☐ New Official - Using PayPal
- ☐ New Official - my Club will pay
- ☐ Renew Official - Using PayPal
- ☐ Renew Official - my Club will pay
- ☐ Free Official with Verification CODE & E-mail
- ☐ New Other - Using PayPal
- ☐ New Other - my Club will pay
- ☐ Renew Other - Using PayPal
- ☐ Renew Other - my Club will pay

Submit

Page 1

Page 2

### PVS 2019 Official/Other Registration: PAY by YOU

- NEW and RENEWAL for Officials/Others  
- Registration fee \$60 **Pay by YOU**  
- Registration Period 9/1/2018 - 8/25/2019  
- Membership Period 9/1/2018 - 12/31/2019

-**Official**- PVS Certified or Apprentice S&T Judge, Chief Judge, Starter, Referee, Computer Operator, ETS Operator, or Administrative Official  
-**Other** - Chaperone, Meet Director, Meet Manager, Team Photographer, etc

Today is

I have ... \*

- ☐ Never registered with USA Swimming
- ☐ Previously registered with USA Swimming

I am registering as an ... \*

- ☐ Official
- ☐ Other

Name \*

First Middle Last Suffix

Preferred Name (optional)

Gender \*

Please select

Birthdate \*

MM / DD / YYYY

PVS Club \*

Please select

Address Changed \*

- ☐ Yes, changed
- ☐ No

Primary Phone

### - ### - ####

Primary Phone Type \*

Home Cell Other

Primary Email \*

### Club Contact Information

Please provide the name and email address of the contact at your club for your position verification.

Name \*

First Last

Email \*

- *Payment may be made via credit card or PayPal.  
Once processed, you will receive a communication  
from PVS office to proceed to the Background  
Screen and Athlete Protection Training.*

9/22/2018





# Additional steps:

- **Submit Criminal Background Check**
  - From the PVS website, scroll down to:
    - *“PVS Officials*
      - *Registration Information”*
  - Click on link: *“Initiate or Renew a Background Screen”*
  - Takes 3 -4 days to get a result
- **Take USAS Athlete Protection Training**
  - From the PVS website, scroll down to:
    - *“USA Swimming Athlete Protection Training”*
      - *Take the Athlete Protection Training*

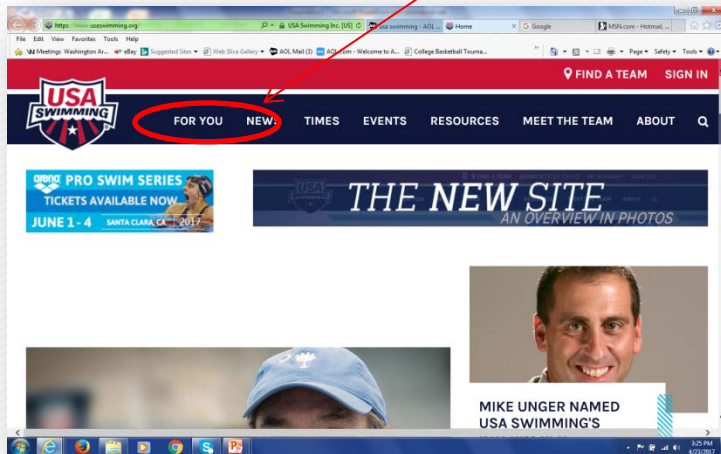




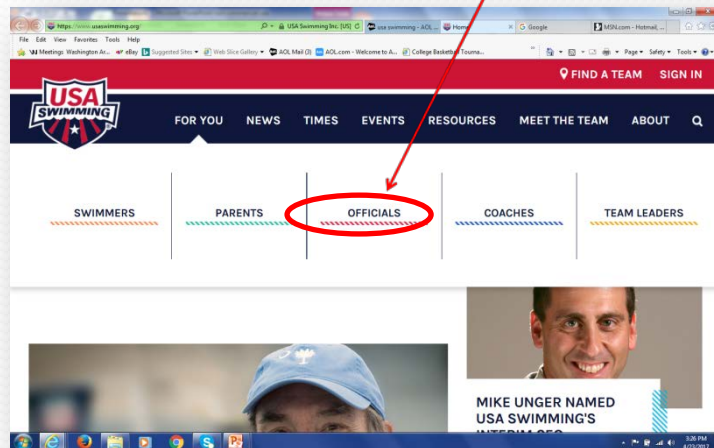
# New USAS Website Design!

UPDATE

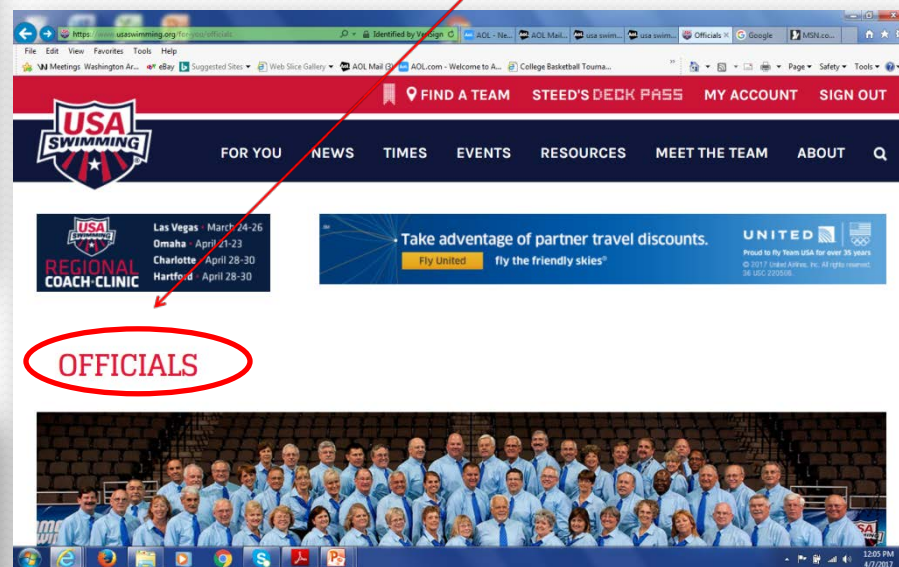
## 1. Click on "For You"



## 2. Click on "Officials"



## 3. "Officials" page



Cont'd: see more at bottom:

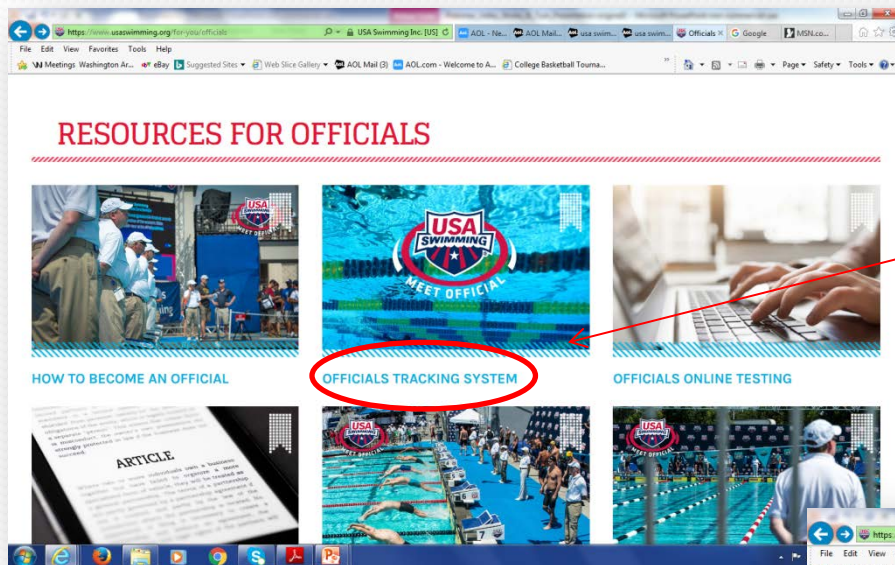




# New USAS Website Design!

UPDATE

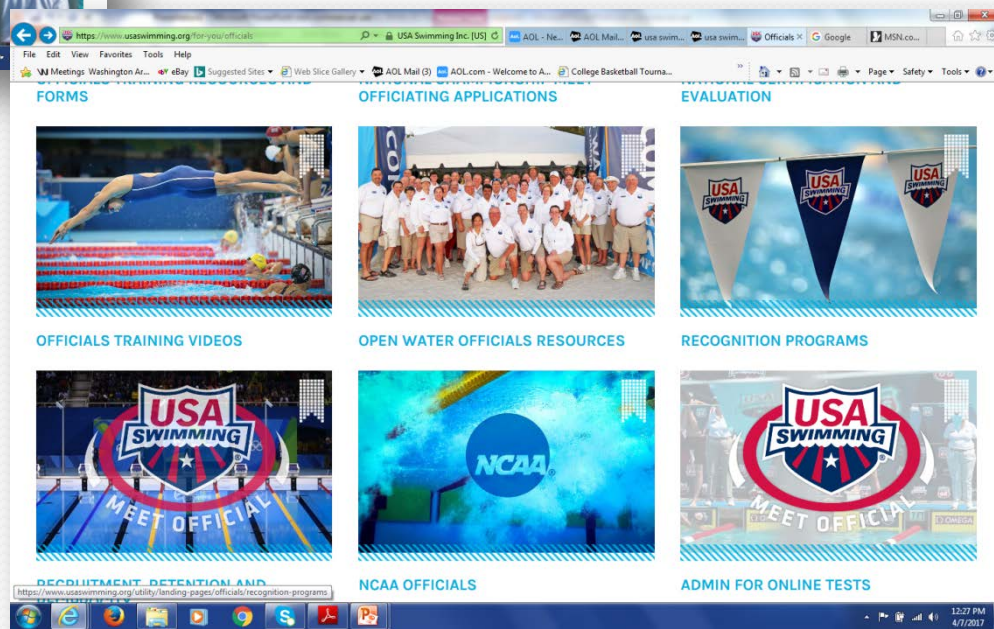
Bottom



OTS

Bottom

More

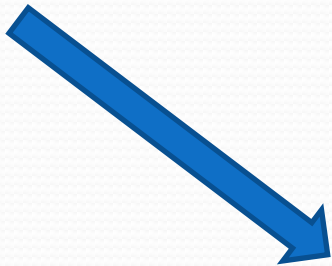






# Creating an OTS Account with USA Swimming

1. Go into USAS website: <http://www.usaswimming.org>
2. Click on “Sign In” (*upper right hand corner*).
3. “Register”
4. Ultimately will need to link USA-S membership to website



**REGISTER**

**PROFILE INFORMATION**

Username

Last Name

First Name

Middle Name

Suffix

Email Address

**USA SWIMMING MEMBERSHIP LINK**

If you have a USA Swimming Membership, you can create a link to your membership record and have access to many additional features.

- ◆ Personalized information on the My Deck Pass page
- ◆ Free access to member portions of the site
- ◆ Member discounts at the online store (when offered)

[Link My Account To USA Swimming Membership >](#)

**SHOW ME CONTENT RELEVANT TO A...**

☐ Coach


☐ Official

☐ Parent



# Directions for: taking your USAS test

- *Make sure you have linked your USA-S membership to the website!*

1. Go to USAS  website
  - Click on “For You”
  - Click on “Officials”
  - Click on “Officials On-line testing”
  - Follow the online instructions and links as shown
2. Make sure you select the appropriate test (Stroke & Turn/Timer) & use the current rulebook (2018) indicated.
3. Follow the directions given.

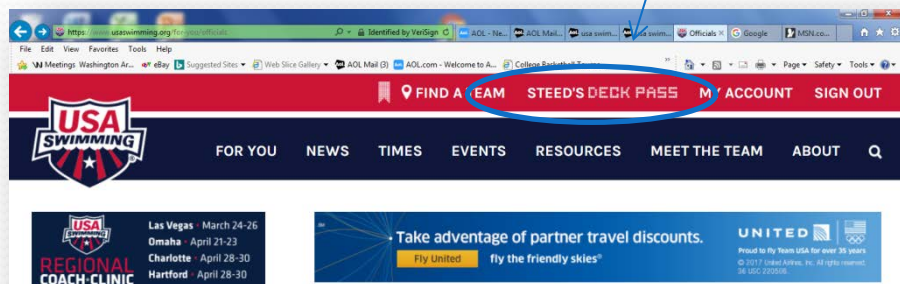




UPDATE

# New USAS Website Design!

Top



OFFICIALS



Go to USAS website

- **Sign in:** (you need “user name” & “password”)
- For you – Officials (or directly go to...)
- **Deck Pass**
- Officials

Deck Pass

**Contains:**

- Latest info for officials
- Access to OTS
- Personal certification info
- Copy of your cert card
- Plus much more!

## OFFICIALS QUICK LINKS

- ◆ **our Deck Pass Dashboard** has all the information you need on your meets worked, tests, certifications and your membership card.
- ◆ **Local Swimming Committee (LSC) Officials Chairs** - each LSC has an Officials Chair. Find contact information for your chair here.
- ◆ **Athlete Protection Training** - officials are required to take this training every two years.
- ◆ **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.
- ◆ **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, **Jay Thomas**.
- ◆ **Officials Uniforms** - purchase officials attire directly from the vendor. Please allow at least two weeks before the meet for processing and shipping.



# “Deck Pass”

The screenshot shows the USA Swimming Deck Pass website. The browser address bar displays <https://www.usaswimming.org/deck-pass>. The page features a red navigation bar with links: FIND A TEAM, STEED'S DECK PASS, MY ACCOUNT, and SIGN OUT. Below this is a dark blue bar with the USA Swimming logo and navigation links: FOR YOU, NEWS, TIMES, EVENTS, RESOURCES, MEET THE TEAM, ABOUT, and a search icon. The main content area is titled "DECK PASS" in large, pixelated blue letters. On the left, there's a section for the user "STEED EDWARDS" with a "SELECT YOUR AVATAR" button and an "EDIT" button. The "WHAT'S NEW" section shows a notification that "J Edwards joined Deck Pass!" and a birthday patch congratulating the user. The "OFFICIALS CERTIFICATIONS" section lists four certifications, all expiring on 12/31/2017: LSC, Stroke & Turn, Chief Judge, and Starter. A sidebar on the right contains links to DASHBOARD, CERTIFICATIONS, and ONLINE TESTS. The Windows taskbar at the bottom shows the date as 4/7/2017 and the time as 12:02 PM.

**USA SWIMMING**

**DECK PASS**

**WHAT'S NEW**

**STEED EDWARDS** **EDIT**

**WHAT'S NEW**

**J Edwards** joined Deck Pass!

**Congratulations! You've earned the Happy Birthday! patch**

**ALL FRIEND ACTIVITY >**

**OFFICIALS CERTIFICATIONS**

**LSC**

**Stroke & Turn**  
Level: L1 Expires: 12/31/2017

**Chief Judge**  
Level: L1 Expires: 12/31/2017

**Starter**  
Level: L1 Expires: 12/31/2017

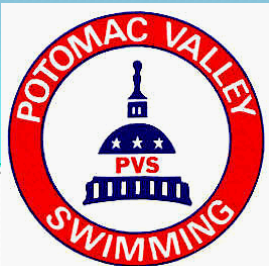
**Referee/Deck Referee**  
Level: L1 Expires: 12/31/2017

**NATIONAL**

**DASHBOARD**

**CERTIFICATIONS**

**ONLINE TESTS**



# What to expect as a PVS S&T *Apprentice* – cont'd

- **As an Apprentice on deck:**

- 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 probably be placed with an experienced, certified S&T official for the entire meet - “Pick their brain”.
- Referee may, or may not, ask that you raise your hand if you see a violation.
  - Will not be upheld unless confirmed by the certified official.
  - Good practice for reacting quickly.
- Review with the referee any questions you might have at conclusion of session.
- Make sure your certification card is filled out & signed by the Referee.





# What to expect as a PVS *S&T Apprentice* – cont'd



- **During your “Apprentice”-ship / training**
- Serve on-deck as an apprentice with a Stroke and Turn Judge (who has been certified for at least one year) at a minimum of six (6) sessions. The six sessions must be at a minimum of two different non-championship PVS –sanctioned meets. All sessions must include strokes other than freestyle.
- Last apprentice session must be evaluated by an “approved evaluator”. (Any Referee, N2 or N3 Chief Judge, or N3 S&T Judge)

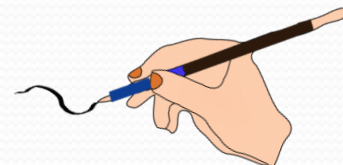
**Note:** completion of 5 apprentice sessions, --- does not “entitle” you to be evaluated automatically at the 6<sup>th</sup> such session.

- You may do so --- if you feel you are ready
- You must contact an evaluator or make arrangements through the Meet Referee beforehand to ensure that a suitable evaluator is available.





# PVS Stroke & Turn Judge Training and Evaluation Form



- Blue cards no longer used
- Carry cform with you to all sessions
- Pages 2 & 3 used for final evaluation
- Mail to Lynn Gerlach, PVS Officials Certification Officer

## Final Evaluation Checkout

Prerequisite check-list before asking for final evaluation:

- \_\_\_\_ Completed at least 5 training sessions prior to evaluation (evaluation may be 6<sup>th</sup> session)
- \_\_\_\_ Completed USA Swimming online test (Stroke and Turn/Timer test) with score of at least 85%

Stroke and Turn Judge \_\_\_\_\_ Evaluator \_\_\_\_\_  
Meet \_\_\_\_\_ Location \_\_\_\_\_  
Session \_\_\_\_\_ Date \_\_\_\_\_

Key NO – Not Observed NW – Needs Work G – Good

	NO	NW	G
<b>Pre-Meet</b>			
1. Arrive prior to the beginning of stroke briefing and checks in			
2. Properly attired in correct uniform (standard white over blue pants with white shoes, is neat in appearance with shirt tucked in)			
3. Reports promptly for the officials meeting when announced			
4. Attentive at stroke briefing and asks appropriate questions, if needed			
<b>During Meet</b>			
1. Correct positioning on deck			
Start end (forward start and backstroke start)			
Turn end			
<b>Walking stroke</b>			
1. Takes relief as instructed; returns on time			
2. Observes (not scrutinizes) swimmers throughout the time they are within jurisdiction			
3. Observes all lanes equally including those without swimmers			
4. Demonstrates complete understanding of rules and interpretations			
Freestyle			
Backstroke			
Breaststroke			
Butterfly			
Individual Medley			
5. Demonstrates understanding of relay take-off judging			
7. Raises hand when making calls in decisive manner			
8. Makes appropriate calls (clarity, accuracy, and timeliness), giving benefit of the doubt to the swimmer			
9. Makes appropriate notations on meet program regarding infractions, if necessary, while continuing to observe swimmers still in jurisdiction			
10. Can clearly articulate an infraction to the Deck Referee or Chief Judge, both in reference to the rulebook as well as to what was observed.			
11. Is alert, attentive, focused, calm and confident in body language and in demeanor			

Revised: August 2018

## Potomac Valley Swimming Stroke and Turn Judge Training and Evaluation Form

Name (as it should appear on name badge): \_\_\_\_\_

Club: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Clinic attended (one required):

PVS Stroke and Turn (in person): Date: \_\_\_\_\_ Location: \_\_\_\_\_

PVS Stroke and Turn (online): Date: \_\_\_\_\_

Summer League (check appropriate league & provide date of clinic – must be taught by PVS clinical instructor):

MCSL: \_\_\_\_\_ CCSOA: \_\_\_\_\_ Date: \_\_\_\_\_

NVSL: \_\_\_\_\_ PWSL: \_\_\_\_\_

PMSL: \_\_\_\_\_ Other (please specify): \_\_\_\_\_

I have reviewed the PVS Officials Code of Conduct and agree to abide by it (please initial): \_\_\_\_\_  
([http://www.pvswim.org/official/misr/PVS\\_Officials\\_Code\\_of\\_Conduct.pdf](http://www.pvswim.org/official/misr/PVS_Officials_Code_of_Conduct.pdf))

Prior to training, must be USA Swimming non-athlete member (which includes background check AND athlete protection training)

Training Record (must work at least 6 training sessions at 2 different meets with at least 2 different mentors, maximum 2 sessions may be done outside of PVS at USA-5 sanctioned meet; mentor must be certified for at least 1 year or experienced for at least 6 sessions; may not make unsupervised disqualification calls). Note – Training sessions may NOT be all freestyle sessions.

**PLEASE ASK MENTOR TO REVIEW THE FOLLOWING PRIOR TO MENTORING SESSION:** Please review with your apprentice the following: proper official's uniform and appearance, importance of stroke briefing, positioning on deck, stroke rules, how to make a call, how to articulate that call to the Chief Judge or Referee, how to fill out a DQ slip, how to use meet program, benefit of the doubt, and importance of teamwork.

Name of Meet	Location	Date	Mentor	Deck/Meet Ref

Revised: August 2018

12. Fills out DQ slip and/or relay take-off slip correctly				
13. Works complete session				
14. Respects all decisions made by CI and Referee				
<b>After Meet</b>				
1. Waits until dismissed to leave deck				
2. Discusses with Referee or CI any issues or questions				
3. Self-evaluates after session – What could I have done better?				
<b>Other</b>				
1. Takes suggestions and modifies performance as requested				
2. Adjusts well and appropriately to unusual or unexpected circumstances				
3. Understands the Stroke and Turn Judges' duties as outlined in USA-5 rulebook and PVS training material				
4. Acts diplomatically, professionally, and respectfully when interacting with swimmers, coaches, officials, volunteers, spectators, pool personnel, etc.				
5. Overall performance rating?				

Is this person recommended to become a certified Stroke and Turn Judge? Yes \_\_\_\_\_ No \_\_\_\_\_

(If no, provide specific suggestions about needed improvement(s) in general comment section below)

General comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I acknowledge that I have received this evaluation and it has been discussed with me.

Stroke and Turn Judge's signature \_\_\_\_\_ Date \_\_\_\_\_

Evaluator's signature \_\_\_\_\_ Date \_\_\_\_\_

(Stroke and Turn Judge should retain and return when applying for certification. Evaluators may make copy for their records)

Mail or email form to PVS Certification Officer:

Lynn Gerlach  
11910 Callow Terrace  
Laurel, MD 20708-2802  
240-286-2319  
OfficialsCertification@pvswim.org

Revised: August 2018





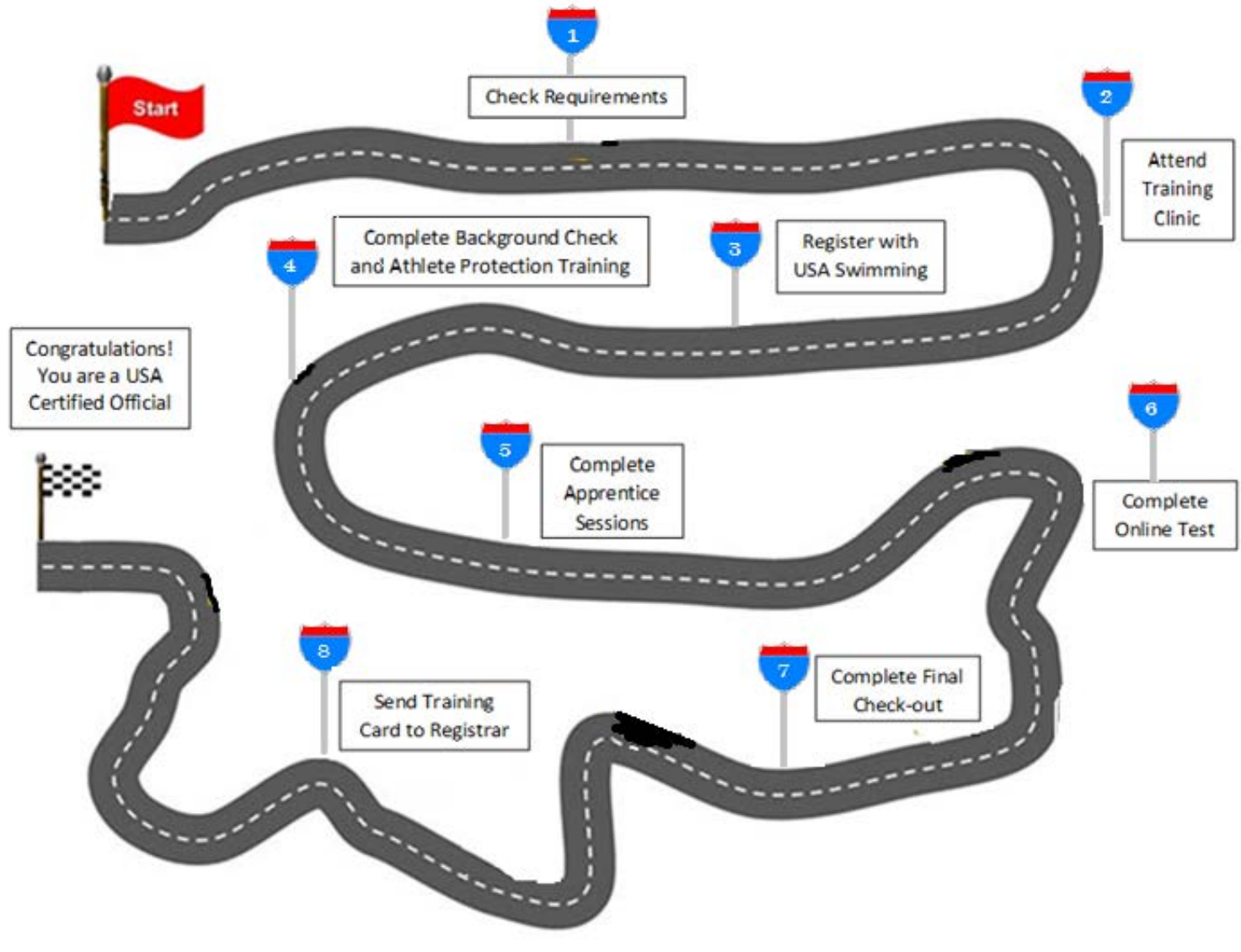
# What to expect as a PVS S&T *Apprentice* – cont'd

- **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 Official's Certification Application Form.
  - **Note: PVS would appreciate feedback on your evaluation through a link on the PVS website: [pvs swim.org/EvaluateTheEvaluator](http://pvs swim.org/EvaluateTheEvaluator)**
  - **n**Complete certification requirement within one year from date of Stroke and Turn clinic.
- Remain registered as a non-athlete with USA Swimming.
- Certification is good until December 31 following two years after the date of issuance.
- *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 USA Certified Official





# USAS/PVS

## Re-certification Process

- Previously certified by PVS or another USA Swimming Local Swim Committee (LSC) as a Stroke & Turn Judge.
- If from another LSC, fulfill all relevant requirements of the PVS Officials' Transfer Policy.
- Have a current membership in USA Swimming as a non-athlete member.
- Must have worked at least four sessions in each year since last certification / recertification at PVS-sanctioned, non-Officials Qualifying meets\* as a S & T Judge.
- Attend a PVS conducted or approved Stroke and Turn Judge's Clinic.
- Pass the USAS Recertification Test for S&T with a grade of at least 85%.
- Submit the online *PVS Officials Recertification Request!*





# PVS Officials Transfer Policies

## For Officials Joining Potomac Valley Swimming

The arriving official (or the acquiring club's Officials Chairman) should contact the PVS Certification Officer (currently Lynne Gerlach) with the following information:

- Name, Phone Number, and Club Affiliation of the official
- USA Swimming Local Swimming Committee (LSC) from which Official Is Transferring – including whether that LSC is in compliance with USA Swimming's minimum standards for becoming a certified official Position(s) for which Certified to Work in the Current LSC
- Date(s) Certifications Expire
- The official will then be entered into the PVS officials database as a transferring official.

**Stroke and Turn Judges** and Starters (and Referees serving in those capacities) may perform those duties as a "visiting official" until the earlier of two years has elapsed or until the certification from their former LSC expires. Stroke and Turn Judges may receive their PVS Stroke and Turn Judge certification by, 1) attending a PVS conducted or approved training clinic and, 2) passing the USA Swimming test.





# PVS Stroke & Turn Presentation

*Thank you!*  
*See you on deck!*

