

New Jersey Swimming and Diving Conference

Officials Clinic
2015

Agenda

- Personnel
- Stroke and Turn Review – What to look for
- Pool Config – Balancing
- General Guideline

Personnel

White Shirt
Blue Bottom

Required

Home Team – Four Officials (Can use 3)

Visiting Team - Two Officials (MINIMUM) STRONGLY suggest more than 2

(1) Referee (Home Team)

(1) Starter (Home Team)

(2) Finish Judges (1 Home Team / 1 Visiting Team)

(2) Stroke and Turn Judges (1 Home Team / 1 Visiting Team)

Responsibilities

Referee – Conduct and management of the officials on deck and of the meet

Starter – Ensure each swimmer gets a fair start

Finish Judges – Record the order of finish for each official heat

Stroke and Turn Judge – Ensure fair and competitive swimming by the consistent application of swimming rules

Miscellaneous

- Observe, not inspect. Your calls valid in your jurisdiction only
- Hand signals POSSIBLE DQ. Hand ABOVE Head. If no Hand is raised, then there shall be NO Disqualification made
- Stroke and Turn Position for Backstroke start
- Observe Empty Lanes
- How to talk to swimmers
- Swimmers must start and finish the race in the same lane
- Swimming Rules are Permissive

BUTTERFLY

Start

The forward start shall be used.

Stroke

- After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast.
- The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.
- It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface.
- The swimmer must remain on the surface until the next turn or finish.
- From the beginning of the first arm pull, the body shall be kept on the breast.
- Both arms must be brought forward over the water and pulled back simultaneously.

Kick

- All up and down movements of the legs and feet must be simultaneous.
- The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns

- At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired.
- The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish

At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface

BACKSTROKE

Start:

- In water facing start end with both hands on gutter or starting grips.
 - (a) guttered pool—feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
 - (b) flat wall pads----feet/toes may be placed above the water level.
(Toes prior to start, Starter call, after tone, S&T call)

Stroke:

- Any style as long as swimmer remains on back.

Kick:

- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns:

- During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
- Some part of swimmer must touch wall at completion of each length.
- Swimmer must have returned to back when feet leave the wall.
- If the swimmer misses the wall at the turn, they may not scull back.

Finish:

- May be completely submerged at the finish.
- Some part of swimmer must touch the wall while on the back.

Backstroke

NJSDC does not prescribe to the USA rule regarding Back stroke turns. In the NJSDC conference, upon turning to the breast, the swimmer MUST IMMEDIATELY initiate a turning action (single or simultaneous double arm pull), **however may kick or glide into the wall before actually making the turn**

BREASTSTROKE

Start

The forward start shall be used.

Stroke

- After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- The hands shall be pushed forward together from the breast on, under, or over the water.
- The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water.
- The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- During each complete cycle, some part of the swimmer's head shall break the surface of the water.
- After the start and after each turn, the swimmer may take one arm stroke completely back to the legs.
- The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick

- After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, alternating or downward butterfly kick is not permitted except as provided herein.
- Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.

FREESTYLE

Start:

- Forward start.

Stroke:

- Any style or combination of styles may be used.
- Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification

Kick:

Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns:

Some part of swimmer must touch the wall at completion of each length or required distance.

Finish:

Swimmer touch the wall with any part of their body

INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start

The forward start shall be used.

Stroke

- The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- In a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

Turns

- Intermediate turns within each stroke shall conform to the turn rules for that stroke.

The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

Butterfly to Backstroke

The swimmer must touch as described in Butterfly Finish

Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

Backstroke to Breaststroke

The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

Breaststroke to Freestyle

The swimmer must touch as described the Breaststroke Finish Section. Once a legal touch has been made, the swimmer may turn in any manner.

Finish

The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

Relays

Freestyle Relay

Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

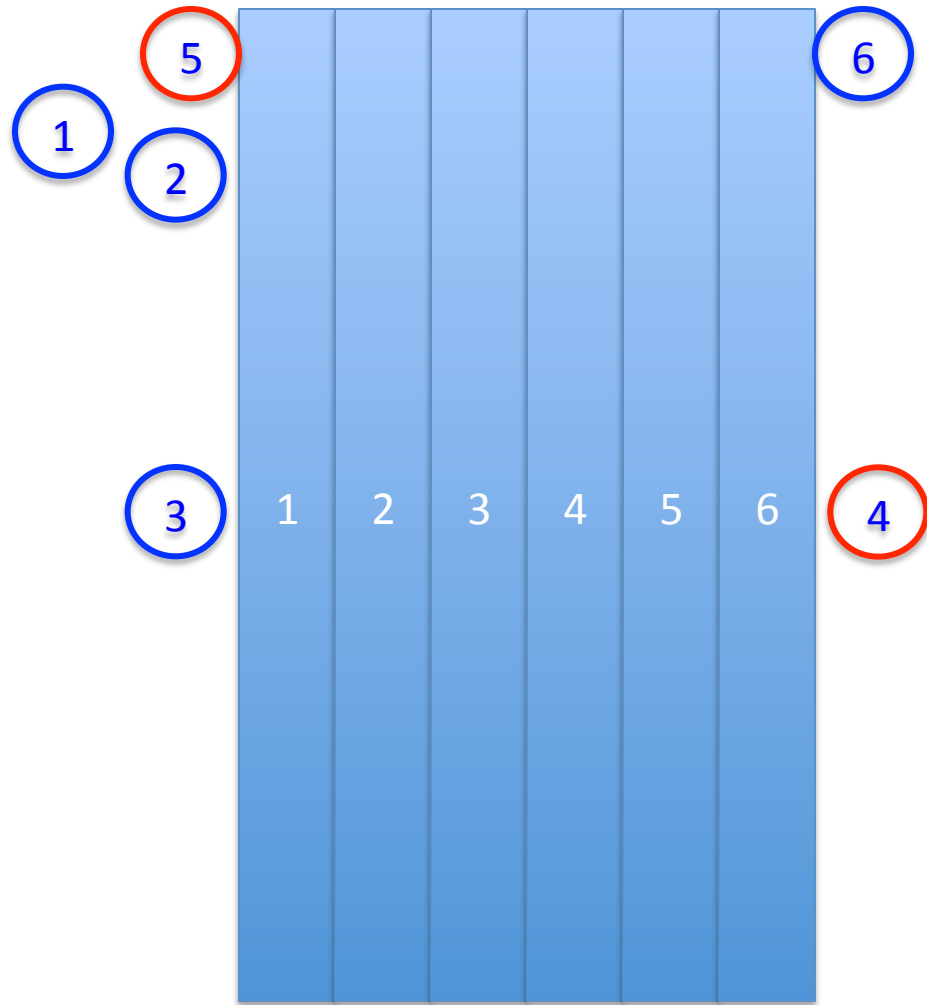
Medley Relay

- Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle.
- Rules pertaining to each stroke used shall govern where applicable.
- At the end of each leg, the finish rule for each stroke applies in each case
- In a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.



Miscellaneous

- Toes then Touch
- No hand for early takeoff
- 8u hand on the wall
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

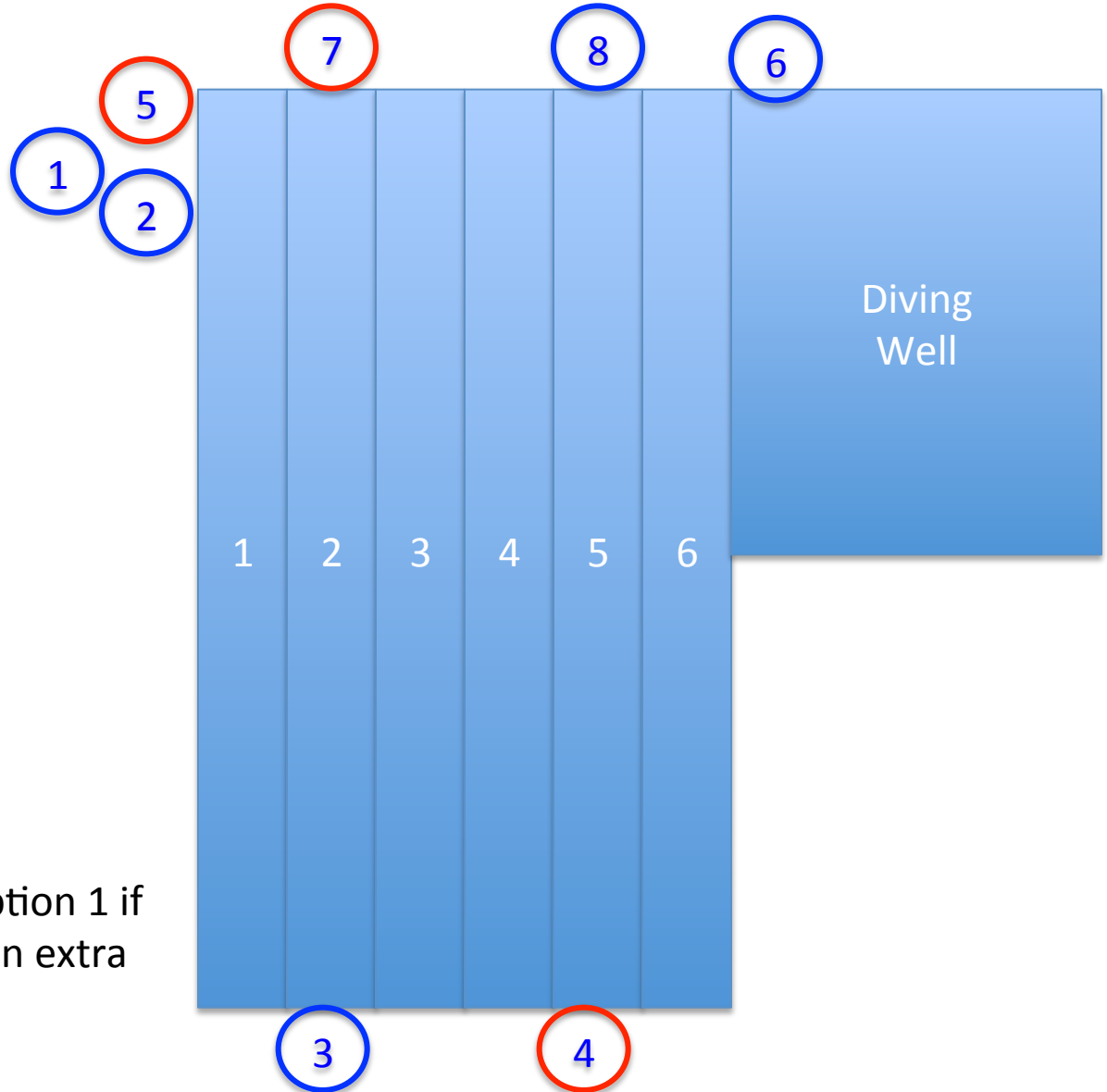
Standard Set Up



- ① Referee
- ② Starter
- ③ Stroke and Turn Judge
- ④ Stroke and Turn Judge
- ⑤ Finish Judge
- ⑥ Finish Judge

 = Home Team
 = Visiting Team

Non Standard Set Up – Diving Well Option 1



① Referee

② Starter

③ Stroke and Turn Judge

④ Stroke and Turn Judge

⑤ Finish Judge

⑥ Finish Judge

⑦ Stroke and Turn Judge

⑧ Stroke and Turn Judge

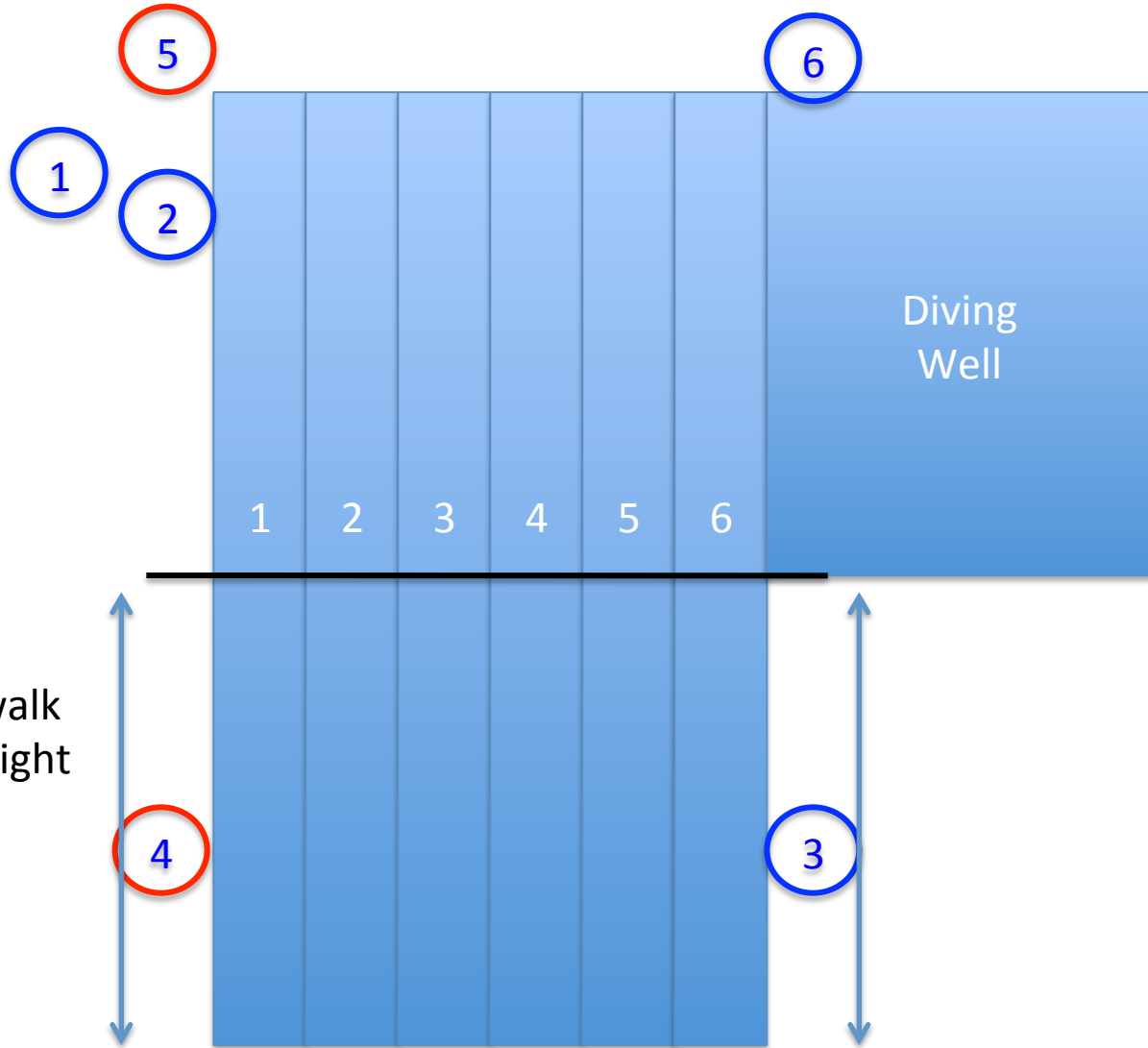
○ = Home Team

○ = Visiting Team

Best Case Scenario for Option 1 if
That each club provides an extra
Stroke and Turn Official

Non Standard Set Up – Diving Well Option 2

- ① Referee
- ② Starter
- ③ Stroke and Turn Judge
- ④ Stroke and Turn Judge
- ⑤ Finish Judge
- ⑥ Finish Judge



Judge on left side should NOT walk further than can Judge on the right side

- = Home Team
- = Visiting Team

FALSE START

- 1) One False Start may be charged to the EACH Swimmer in EACH Lane, in EACH Event.
- 2) If a swimmer commits a false start, the field of swimmers shall be recalled using short blows of the whistle, alert signals from the starting system, a recall rope, or any combination of the above
- 3) If any swimmer completes more than 50% of the prescribed distance of an event when a false start has been called, the event shall be resumed later in the meet at a time agreed upon by both coaches
- 4) If any swimmer commits a second false start in an event, that swimmer shall be disqualified from the event by the referee (Field should NOT be recalled a second time for the same swimmer committing a false start. Swimmer will be notified at end of race)

Starter and Referee

Referees must use whistles. The proper cadence for starting is as follows:

- Series of short blast (This is done as preceding heat is finishing or has finished). This tells the next swimmers to be ready and signals to the timers to be prepared.
- (Optional) Starter may announce distance stroke and heat (leave the stand up for the announcer)
- One Long Whistle (Tells swimmers to step up. (Optional) starter says “Ladies/ Gentlemen, Step Up))
- Ref extends hand to Starter to turn the start over
- Starter says “Take you Mark” in a calm, even tone. If the swimmers do not get set or one or more swimmers come down late, the starter simply say “Stand”. Once ready, again say “Take your mark”, and then the race begins

General Guidelines

If possible, if you are a certified official, bring your “Whites” to every meet you attend.

Unless extenuating circumstances, never give up the ref position to the visiting team.

All calls should be sent through the referee (Radios are a GREAT TOOL)

Finish Placement

- If Order of Finish agrees, then that is the OFFICIAL Order of Finish
- Average of two watches
- Middle time of three watches
- Dual Finish Judging

Make sure DQs are logged at Table

DO NOT ENTER TIMES FOR DQ'd Swimmers

Communication is Key. If your club is a non standard configuration, let the other team know ahead of time so they can be prepared to assist.

Officials should have their cards with them on deck and should be presented when asked by the referee. Challenges can be made through your league coordinator.

TEST

- Test must be taken Online at:
www.njsdc.org/njsdc/officials.html
- 80% required to pass
 - 50 questions
 - Can retake as many times as needed, up to 3 times a day
 - System will generate a completion certificate