



Judge of Stroke Inspector of Turns

SWIMMING OFFICIAL CODE OF ETHICS

A Guide for Officials

- The official shall respect the rights, the dignity, and the value of each human being as well as their right to self-determination.
- The official shall treat and respect each of the participants in swimming (swimmers, officials, volunteers, coaches) in the context of their activity, without regard to gender, ethnic origin, orientation, religion, political allegiance or socio-economic status.
- The official, on duty or not, shall abstain from commenting on the decision of other officials.
- The official shall have as a philosophy to be on duty for the best interest and respect of each participant (officials, coaches, swimmers and volunteers) regardless of the level of competition.
- The official shall be impartial, conscientious, and work within the framework of his or her assigned duties.
- The official shall have a positive attitude while working at a swimming competition.
- The official shall remain calm, discreet, and behave in a professional manner at all times. The official shall present himself or herself as professionally as possible in appearance and physical condition to perform his or her duties adequately.
- The official can contribute to recruiting and to the growth of the family of officials by his or her encouragement and his or her work at local, regional, national, and international level.
- The official shall accept and not be offended if one of his or her decision be nullified or reversed. The official shall remember the referee has the responsibility for the final decisions.
- Being an official is a responsibility freely taken.
- The official has a responsibility to observe the principles that are part of the Code of Ethics.

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INSPECTOR OF TURNS

Inspectors of Turns (IOTs) must read, know and understand the swim rules that govern swimming in New Zealand.

They must be fair and make sure that the rules are complied with.

If a stroke rule for turning or finishing is broken they must be sure of what they saw.

There must be no middle ground; if there is any doubt then the benefit of that doubt must go to the swimmer at all times.

Inspector of Turns – Official FINA Rules

SW 2.6 Inspectors of Turns

SW 2.6.1 One Inspector of Turns shall be assigned to each lane at each end of the pool.

SW 2.6.2 Each Inspector of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning. The Inspector or Turns at the starting end of the pool, shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first arm stroke. The Inspectors of Turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.

SW 2.6.3 In individual events of 800 and 1500 metres, each Inspector of Turns at the turning end of the pool shall record the number of laps completed by the swimmer in his lane and keep the swimmer informed of the remaining number of laps to be completed by displaying “lap cards”. Semi-electronic equipment may be used, including under water display.

SW 2.6.4 Each Inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.

SW 2.6.5 Each Inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting

platform when the preceding swimmer touches the starting wall. When automatic equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.

SW 2.6.6 Inspectors of Turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the Chief Inspector of Turns who shall immediately convey the report to the Referee.

General Commentary

Start End

IOTs assigned to the start end of the pool begin their functions with the Referee's whistle in butterfly and breaststroke. At that stage they should move up to one side of and behind the starting block and remain still. In backstroke (and freestyle) there is no need to watch the start unless directed to by the Referee.

At the start signal, all IOTs should move up to the end of the pool and observe the take off and the commencement of the stroke being swum to ensure that there is compliance with the rules. Jurisdiction ends at the conclusion of the first arm stroke (second arm-stroke in breaststroke) and at that stage the Referee or Judge of Stroke takes over. In practice the IOTs will observe the swimmer from and until about the 10-metre (10m) mark.

Once standing, the IOTs are to remain in position until all swimmers have completed the race.

If an IOT does not have a swimmer in his/her lane(s) of jurisdiction, he/she is to remain seated. At Swimming Auckland interclub and some championship meets and IOT will usually adjudicate on two lanes, and there will invariably be a swimmer in at least one of those lanes.

In freestyle and backstroke, all IOTs at the start end of the race are to stand, when the first swimmer passes the fifteen-metre (15m) mark coming towards them, to watch the turn/finish. The IOTs are to remain standing until all swimmers have completed the race.

Turn End

IOTs jurisdiction begins at the start of the last arm-stroke before execution of the turn. In practice the IOTs will observe swimmers from and until about the 10-metre (10m) mark.

All IOTs should stand up at the end of the pool when the first swimmer passes the fifteen-metre (15m) mark coming towards them and remain there until all

swimmers pass the fifteen-metre (15m) mark after completion of their last turn.

It is important for IOTs to watch the last stroke into the wall and the first stroke out from the wall to ensure that the rules of the stroke are complied with.

800-1500 Metre Races

IOTs at the start end count the laps for the swimmer in their lane(s) and signal to the swimmer(s) that there are two lengths plus 5-metres to swim. This signal can be either by whistle or bell.

IOTs at the turn end of the pool turn the lap counters on completion of each lap. The lap counter should not be turned until a swimmer has passed the 15-metre (15m) mark after the turn. Lap counters should be positioned on the deck and not held at the water's edge.

Disqualifications

IOTs must be:

1. Sure of what they saw; and
2. Able to describe it in definite terms if questioned by the Referee.

If an infringement of the stroke being swum has occurred, the IOT should immediately attract the attention of the Chief Inspector of Turns (or Referee or Judge of Stroke, if no Chief IOT) and let them know that an infringement of the rules has occurred.

After reporting the infringement to the Chief IOT, a disqualification form is to be completed only by the IOT who saw the infringement.

The disqualification slip is to record the meet name, date, event, heat and lane number and what part of which Rule was infringed, explained in terms of the Rules for the turn/touch along with the Rule number that was infringed.

If a protest is lodged against the disqualification, you may be required to describe what you saw to the Referee and to a Jury of Appeal.

IOTs may confer regarding Rule interpretation but the decision to write a DQ form rests solely with the IOT who observed an infraction in his/her lane(s). Never write a DQ form if you did not see the infraction and/or it was not in lanes under your jurisdiction. NO EXCEPTIONS.

Correct completion of the disqualification form is paramount – see the simple example on the next page from a Swimming Auckland meet where a swimmer was disqualified for a “one handed touch” at the 3rd turn in a 200m breaststroke race:

The following is an unacceptable DQ form completed by an IOT:

Meet			
Event 4	Heat	Lane 5	Date
Officials Appointment <i>IOT</i>		Name:	
Referee		Name:	
Reason for Disqualification: <i>One handed touch</i>			
Rule Number:7.6			
Start End: <i>Distance 200m</i>			
Turn End:			

Whereas, the following DQ form is completed to the expected standard – note the differences:

Meet			
<i>Onehunga Level 2</i>			
Event 4	Heat 2	Lane 5	Date 20.7.02
Officials Appointment <i>IOT</i>		Name: <i>A Techo</i>	
Referee		Name:	
Reason for Disqualification: <i>Swimmer did not touch with both hands simultaneously at the turn. (You do not need to write "At each turn and at the finish of the race")</i>			
Rule Number: <i>SW 7.6</i>			
Start End: <i>Distance 150m</i>			
Turn End: ✓			

Please Note: The DQ slip MUST state the Rule number and the actual infringement for the DQ to have any validity. The text of the Rule infringed need not be stated except that the infringement recorded should use the key wording of the applicable Rule.

Relays

IOTs at the start end of the pool will check that the swimmers assembled are in the correct order per the official list provided by the Recorder.

At the start of the race they are to complete their duties as normal.

During the change-over of swimmers they must check that the swimmer on the block does not leave the block completely prior to the incoming swimmer touching the wall. Remember, watch for the feet to lose contact with the block before establishing a touch by the incoming swimmer.

CHIEF INSPECTOR OF TURNS

Chief Inspector of Turns – Official FINA Rules

SW 2.5 Chief Inspector of Turns

SW 2.5.1 The Chief Inspector of Turns shall ensure that inspectors of turns fulfil their duties during the competition.

SW 2.5.2 The Chief Inspector of Turns shall receive the reports from the Inspectors of Turns if any infringement occurs and shall present them to the Referee immediately.

General Commentary

The Chief Inspector of Turns (Chief IOT) will allocate the IOTs to lanes at the start of the meet session and advise if there are any special rules that may be in place for the meet.

They will also advise of the signals that they will expect from the IOTs in the event of any infringements.

FINA STROKE RULES

Every Inspector of Turns MUST be fully knowledgeable of the Stroke Rules. These are as follows:

SW 5 Freestyle

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

SW 6 Backstroke

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double

arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

SW 7 Breaststroke

SW 7.1 From the beginning of the first arm stroke after the start and after each turn, 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.

SW 7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.3 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.

SW 7.4 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. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

Interpretation: A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW 7.6 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. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW 8 Butterfly

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 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 surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres 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.

SW 9 Medley Swimming

SW 9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

SW 9.2 In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, breaststroke, Butterfly and Freestyle.

SW 9.3 Each section must be finished in accordance with the Rule that applies to the style concerned.

SW 10 The Race

- SW 10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.
- SW 10.2 A swimmer must finish the race in the same lane in which he started.
- SW 10.3 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- SW 10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.
- SW 10.5 Pulling on the lane rope is not allowed.
- SW 10.6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and the Member of the swimmer so offending.
- SW 10.7 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.) Goggles may be worn.
- SW 10.8 Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.
- SW 10.9 There shall be four swimmers on each relay team.
- SW 10.10 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.
- SW 10.11 Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- SW 10.12 The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team

may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

- SW 10.13 Any swimmer having finished the race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.
- SW 10.14 Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be reswum.
- SW 10.15 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.

Other Information

The sport of swimming is governed by FINA (Fédération Internationale de Natation Amateur) through Swimming New Zealand, with Swimming Auckland (Auckland Swimming Association) as our regional centre. Officials must be financial members of Swimming Auckland (Auckland Swimming Association) usually by registration with Swimming Auckland through a club. Swimming Auckland swim meets are run under the rules of Swimming Auckland, Swimming New Zealand, and FINA.

Technical officials need certain characteristics to perform their role well.

Officials should:

- Have a positive attitude

- Be Fair, consistent and accurate in what they do

- Be knowledgeable in their role, and perceptive

- Be tolerant to stress, either of a personal nature or due to circumstances such as audience reaction, bad working conditions, length of meet, etc.

An Inspector of Turns should arrive at the pool at least ½ hour before the start of a session and immediately report to the Chief IOT (or Session Referee if no Chief IOT) to be given instructions and to be marked present.

A Chief IOT should report to the Session Referee.

IOTs need to take to a meet FINA Rules (at least the FINA stroke rules card issued to IOTs) and a working pen!

The standard of dress currently required by Swimming New Zealand at national meets is black pants/skirts and a SNZ top. As a region Swimming Auckland expects the same standard at its championship meets, with Swimming Auckland tops and navy pants/skirts.

You should attend any available Technical Seminars, view the FINA stroke video (if available), read through the Swimming Auckland document “Judge of Stroke & Inspector of Turns – A Guide to Stroke Rules Interpretation”, and get as much experience as you can!!!

And a sincere thank-you for your efforts

JUDGE OF STROKE, INSPECTOR OF TURNS QUESTIONNAIRE

Tick the answer(s) you believe to be correct. There may be more than one correct statement for each question, and some will certainly make you think. Ask your club for a copy of the 'FINA Technical DVD' or the 'FINA Handbook' to check your answers.

1.	The Judge of Stroke has authority/responsibility to:	
	a.	Also serve as an Inspector of Turns, if so assigned
	b.	Disqualify swimmers for any infraction of the stroke rules which he observes within his assigned zone
	c.	If directed by the Referee, inform the swimmer or his coach of each disqualification and provide the rationale for the DQ
	d.	Advise swimmers of incorrect/inefficient technique
	e.	Inform the swimmer before he completes his race that he is going to be disqualified
	f.	Confer with the Referee, Judges of Stroke or other IOTs before making a decision
2.	The Inspector of Turns has the authority/responsibility to:	
	a.	Observe and judge the legality of the "approach", the touch and "push-off" of each turn in his designated lanes
	b.	Disqualify swimmers for infractions of the Turn rules that he observes within his assigned zone
	c.	Serve as relay take-over Judge
3.	The Judge of Stroke should be positioned	
	a.	Along the side of the pool, between the backstroke flags
	b.	At the starting or turning end of the pool, overlooking the centre lanes
	c.	Midway along the side of the pool
	d.	At 15m mark
4.	The Inspector of Turns should be positioned:	
	a.	At the starting or turning end of the pool, overlooking the lanes to be judged

	b.	Along the side of the pool, between the backstroke flags
	c.	Midway along the side of the pool
5.	When serving as both Judge of Strokes and Inspector of Turns, you should be positioned:	
	a.	Where you can move between the side and the end of the pool
	b.	Mid-way along each side of the pool
	c.	Along the side of the pool, between the backstroke flags
6.	In BREASTSTROKE events, the swimmer can legally:	
	a.	Swim with the head submerged for the entire race
	b.	Swim with the head above the surface of the water at all times
	c.	Swim with the head submerged, provided it breaks the surface of the water at least once during each complete stroke cycle
	d.	Dive into the wall, submerging the head on the touch
	e.	Keep the head submerged after the start or turn, providing it breaks the surface when the widest part of the second arm pull is reached
	f.	Have the elbows above the water for the final stroke before the turns, during turns and at final stroke at the finish
7.	In BREASTSTROKE events, the swimmer may legally:	
	a.	Touch with one hand before the other at the turn
	b.	Touch with both hands simultaneously but a different levels
	c.	Touch with both hands simultaneously above, below or at the water's surface
	d.	Allow the shoulders to leave the horizontal plane before completing the touch
8.	In BREASTSTROKE events, the swimmer may:	
	a.	Be on the side when coming out of a turn, after the feet lose contact with the wall and before beginning the first arm-pull
	b.	Take two complete strokes (arm pulls and leg kicks) before breaking the surface after the start or turn

	c.	Use dolphin kick
	d.	Permit the heels to break the surface of the water
	e.	Use flutter kick
	f.	Move both legs simultaneously and in the same horizontal plane
	g.	Recover the arms on, under, or over the surface of the water; providing the elbows remain beneath the surface
	h.	Fully extend the arms backward during each stroke cycle
	i.	Take a complete stroke cycle under water for the purpose of returning to the correct lane
9.	In BACKSTROKE events, the swimmer may legally:	
	a.	Use a double arm pull
	b.	Use an alternating arm stroke
	c.	Use an inverted frog or dolphin kick
	d.	Use a flutter kick
	e.	Turn his shoulders past the vertical during the stroke
	f.	At the start and after each turn, the head must break the surface of the water by the 15m mark
	g.	Turn onto the breast and immediately initiate a continuous turning motion
	h.	Swim towards the wall, if he has missed the touch, as long as he/she does not leave the back
	i.	Scull towards the wall, if he has missed the touch, as long as he/she does not leave the back during the turn
	j.	After indicating a continuous turn, lift the head to determine the wall's location without interrupting the "continuous" nature of the turn
10.	In BACKSTROKE events, the swimmer may:	
	a.	Touch with both hands at the turn or finish
	b.	Touch while on the back, roll to the front, grab the gutter and push off on the back

	c.	Turn before touching the end-wall with the foremost part of the body
	d.	Turn his shoulders past the vertical at the final touch
	e.	Dive into the wall and touch below the surface while still on the back
	f.	Be on the breast when leaving the wall after a turn, but return to the back before starting the first leg kick
	g.	Kick while still submerged, after a turn
	h.	Kick during a continuous turn
11.	In BUTTERFLY events, the swimmer may legally:	
	a.	Take more than one kick after the start and each turn before taking the first arm pull
	b.	Use flutter kick
	c.	Use breaststroke kick
	d.	Alternate between dolphin and breaststroke kick at will
	e.	Swim with one leg consistently higher than the other
	f.	Recover the arms underwater during the normal stroke cycle
	g.	Alternate arm strokes
	h.	Trail legs with no kicking
12.	In BUTTERFLY events, the swimmer may:	
	a.	Kick into the wall for a touch with one or more correct leg kicks and the arms extended
	b.	Recover the arms underwater to complete a touch
	c.	Touch below the water line
	d.	Touch with hands at different levels
	e.	Touch with one hand before the other but at same level
	f.	Touch with one hand
	g.	Turn on to the side before the touch

	h.	Dip one shoulder going into the turn, before the touch
	i.	Be on the side coming out of a turn, before beginning the first arm pull
	j.	Complete any number of underwater arm pulls before returning to the surface after the start or a turn
	k.	Kick while on the side before beginning the first arm pull
	l.	At the start and after each turn, swim submerged until some part of the head breaks the surface of the water within the 15m area
13.	In FREESTYLE events, the swimmer may:	
	a.	Touch with one hand
	b.	Touch with one foot
	c.	Touch with two hands
	d.	Use Breaststroke
	e.	Use dog-paddle
	f.	Push off on the back after a turn
	g.	Push off the bottom after a turn
	h.	Alternate strokes at will
	i.	Swim submerged at the start and after each turn as long as the head breaks the water's surface at or within the 15m
14.	In INDIVIDUAL MEDLEY, when changing from one stroke to the next, the swimmer is required to:	
	a.	Retain the correct form of stroke until a legal touch has been completed
	b.	Attain the correct form of the next stroke in accordance with the rules by the beginning of the first stroke
	c.	Be free to turn in any manner after a legal touch has been made for that stroke
	d.	Remain on the surface of the water
15.	The last quarter of the distance in the INDIVIDUAL MEDLEY or MEDLEY RELAY:	

	a.	May be the Front Crawl
	b.	May be the sidestroke
	c.	Shall be the Front Crawl
	d.	Shall be any stroke but the first three of the Medley
16.	The order of the strokes for the MEDLEY RELAY is:	
	a.	Butterfly, backstroke, breaststroke, freestyle
	b.	Backstroke, breaststroke, butterfly, freestyle
17.	A Judge of Stroke/Inspector of Turns may disqualify a swimmer for any stroke or turn infraction which he personally observes	
	a.	Whether or not the swimmer is in his assigned zone
	b.	Only if the swimmer is in his assigned zone
18.	A Judge of Stroke/Inspector of Turns shall, unless otherwise instructed, report the disqualification directly to the:	
	a.	Meet Referee
	b.	Chief Finish Judge
	c.	Session Referee
	d.	Chief Timekeeper
	e.	The swimmer/coach within 15 minutes of the infraction, if so instructed by the Referee
19.	The order of the strokes for the INDIVIDUAL MEDLEY is:	
	a.	Butterfly, backstroke, breaststroke, freestyle
	b.	Backstroke, breaststroke, butterfly, freestyle
20.	A swimmer shall be disqualified for:	
	a.	Standing on the bottom of the pool except in freestyle
	b.	Walking on the bottom of the pool in the direction of the race
	c.	Using a stroke other than that specified for that event

	d.	Pulling on a lane marker in the direction of the race
	e.	Pulling along the side of the pool in the direction of the race
	f.	Leaving the water and then re-entering to complete the race
	g.	Holding on to a lane marker or pool wall to catch his breath
	h.	Interfering with the progress of a swimmer in another lane
	i.	Pushing off the bottom in the direction of the race
	j.	Breaking the stroke or the orientation of the stroke during the race except in freestyle
21.	In a Relay Event, when the IOT or JOS observes an early take-over, he should:	
	a.	Immediately inform the remainder of the team that they have been disqualified
	b.	Wait until the end of the race before informing the team about the disqualification
	c.	Immediately inform the Referee
	d.	Inform the Referee at the end of the race
22.	In relay takeovers, the next swimmer;	
	a.	May start from the blocks or the pool deck
	b.	May start in the water when circumstances warrant
	c.	May be in motion before the touch is made as long as the toes are in contact with the block or side
	d.	May return and touch the wall if he feels that his take-over was too early
23.	Where a Judge of Stroke/Inspector of Turns records a DQ on the swimmer's time card (i.e. DQ forms not in use), he should also:	
	a.	Indicate on the front of the card that the swimmer is DQ'd (e.g. bold diagonal line etc)
	b.	Sign the card
	c.	Indicate the time the disqualification occurred

	d.	Record the distance at which the infraction occurred
	e.	Inform the swimmer
	f.	Only record DQs in this way if specifically authorised by the Referee to do so
24.	Some of the responsibilities of IOTs are to:	
	a.	Operate the lap counters in long distance events
	b.	Judge the legality of relay takeovers
	c.	Also act as Timekeeper if qualified and so directed
	d.	Record the number of lengths swum for swimmers in 800 & 1500m events
	e.	Verify the tabulation of completed lengths with the Chief IOT or Referee before ringing the bell
25.	The bell for the bell lap:	
	a.	Shall be rung when the swimmer has two lengths and 5 metres still to be swum
	b.	Shall be rung over the right-hand lane marker
	c.	Shall be rung continuously as the swimmer approaches the wall (from the backstroke flags to the wall)
	d.	Shall be rung for 800m or 1500m events only
	e.	Shall be rung for 800m and 1500m events in a short course pool
26.	When judging relay takeovers, the IOT/JOS shall:	
	a.	Observe the touch-out and take-off from above the lane
	b.	Keep on finger in contact with the toe of the swimmer on the block
	c.	Advise DQ'd swimmers immediately, even before the race is completed
	d.	Observe the take-over from the side of the pool
27.	A qualified Inspector of Turns may be assigned instead to the position of Judge of Stroke:	
	a.	True
	b.	False



WELCOME TO THE WORLD OF SPORTS OFFICIATING

Officials make a valuable contribution to the New Zealand sports scene. Without Judges, Referees, Starters, Timekeepers and others, sport in New Zealand just wouldn't happen.

Sport needs officials at all levels. Effective officials help to make sport a healthy positive experience for everyone and great opportunities are open to officials who enjoy sport and are keen to learn.

Training and development for sports officials.

Are you a beginner?

Do you want to improve your performance as an official?

Do you want to build a career in sport?

Whatever your aim SPARC provides support for the training and development of sports officials through a series of resources and short courses that can be delivered either generically through your regional sports trust or as part of your sport specific programme.

SPARC resources to assist the training and development of sports officials include

Becoming a more effective official

People management

Fitness and injury prevention

Legal issues and risk management for sports officials

These resources are packed with information, exercises and general tips to help new officials get started and experienced officials get better. To find out more about how you can improve your officiating skills, contact your regional sports trust, your regional or national sports organisation, or visit SPARC's officials website at www.sparc.org.nz/officials/