



Rule Interpretation for Stroke & Turn Judge

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Swimming Auckland acknowledges that this booklet was developed by Philippa Bouzaid with the technical assistance of Ralph Lumsden

ROLE DESCRIPTION

Chief Inspector of Turns - SW 2.5

- a) Shall ensure that Inspectors of Turns fulfil their duties during the competition.
- b) Shall receive the reports from the Inspector of Turns if any infringement occurs and shall present them to the Referee immediately.

Inspector of Turns - SW 2.6

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 Inspectors of Turns at the start end of the pool, shall ensure that the swimmers comply with the relevant rules from the start and ending with the completion of the first arm stroke. The Inspectors of Turns at the finish end of the pool shall also ensure that the swimmers finish their race according to the current rules.

Judge of Stroke - SW 2.7

SW 2.7.1 Judges of Stroke shall be located on each side of the pool.

SW 2.7.2 Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns to assist the Inspectors of Turns.

SW 2.7.3 Judges of Stroke shall report any violation to the Referee on signed cards detailing the event, lane number, and the infringement.

POOL POSITION

Inspector of Turns

Should be stationed in the assigned lane(s) above or to the side of lane (to see the touch \ turn).

Chief Inspector of Turns

Should be stationed at start and/or finish ends along side of pool.

Judges of Stroke

Shall operate on both sides of the pool.

Role of Chief Inspector of Turns:

- a) Stand at start or turns end along side in a position where you have a view of all lanes.
 - (1) Receive and review all disqualification from Inspectors of Turns.
 - (2) Discuss the infraction.
 - (3) Make a decision as to whether to proceed with a DQ.
 - (4) Ensure the DQ slip is filled out correctly and take it to the Referee.
 - (5) The Referee will review the DQ and make a final decision as to whether or not to make a disqualification.
- b) Chief Inspector of Turns will then inform the swimmer, the coach or team member, if so directed by the Referee. This is not usually the case in NZ.
- c) Chief Inspector of Turns must ensure that all Inspectors of Turns are in the correct position and are doing their job accurately.
- d) Chief Inspector may be asked to brief Inspectors of Turns prior to the session re Turns rules, tolerances and procedure for disqualifications.

Note : Inspectors of Turns (or Chief Inspectors of Turns if appointed) and Judges of Stroke must signal to the Referee as soon as possible and in a manner appropriate to the environs that a disqualification is pending. The Referee must survey the IOTs (or Chief IOTs where appointed) and Judges of Stroke immediately a race has finished, to check whether disqualifications are pending. If the Referee signs off the race results prior to receiving a disqualification then the race results stand, and the disqualification is invalid.

After the Meet Session

BE AVAILABLE in case you have made a DQ during the last ½ hour of the meet – in case of a Protest.

Rules Pertaining to the Positions

- | | |
|-------------------|--------------------------|
| • SW 2.5 | Chief Inspector of Turns |
| • SW 2.6 | Inspector of Turns |
| • SW 2.7 | Judges of Stroke |
| • SW 5 | Freestyle |
| • SW 6 | Backstroke |
| • SW 7 | Breaststroke |
| • SW 8 | Butterfly |
| • SW 9 | Medley Swimming |
| • SW 10.1 – 10.15 | The Race |

JUDGE OF STROKE & INSPECTOR OF TURNS PHILOSOPHY

- i) Swim meets are for swimmers.
- ii) Officials should be unobtrusive and inconspicuous.
- iii) Officials should not be military or officious.
- iv) Officials will gain the respect of swimmers and coaches by being responsible, knowledgeable, and competent.
- v) Swimmers must be taken seriously at all levels. They have worked hard to excel and may be under a great deal of pressure.
- vi) Officials must continue to learn and keep abreast of rule changes.
- vii) The rules exist to regulate "fair play".
- viii) The strokes are racing categories and are not styles to be marked.
- ix) Always give the benefit of the doubt to the swimmer.
- x) For competent stroke and turn judging, it is as important to learn what variations in strokes are legal, and those which are illegal.
- xi) The rules are designed to prevent an unfair advantage of one competitor over another.

Common sense will dictate whether a young competitor is merely warned or disqualified.

- You are not a coach and therefore have no business discussing stroke with a swimmer (unless it is illegal, and you have been clearly directed by the referee to do so. This is not usually the case in NZ).
- Unless the swimmer is a beginner, you may be doing the swimmer a disservice in not disqualifying an illegal stroke.
- It is important for consistency that the Referee establishes the tolerances and procedures to be followed.

PHILOSOPHY OF DISQUALIFYING

- i) If you feel uncomfortable having to disqualify anyone, or if you find yourself wanting to disqualify someone, ask for another job.
- ii) Not everyone is suited to judging and disqualifying.
- iii) Treat all competitors alike:
- iv) Young or old, superstar or novice – you should always think of them as numbers in the water, not by name, club, or regional association.
- v) Disqualifying at a minor meet may save disqualification later at an important meet.
- vi) Your responsibility is to see that no competitor gets an UNFAIR ADVANTAGE by doing something that is SPECIFICALLY PROHIBITED by the rules.
- vii) Never warn – you could intimidate the swimmer. - An action is either prohibited, or if there is any doubt, it is legal.

- viii) Your presence should be felt, not seen, and seldom heard. - This will provide swimmers with the best possible competitive conditions and should cause swimmers to avoid deliberate rule infringements.
- ix) Be SURE that you really saw what you thought you saw (remember that water levels change, and that light bends in water). - If there is ANY doubt, ALWAYS GIVE THE SWIMMER THE BENEFIT OF THAT DOUBT.

MECHANICS OF JUDGING

As an Inspector of Turns:

- a) Stand over, or immediately to the side of the lanes being judged.
 - (1) Get close enough that your view is not obstructed by the blocks or the end walls.
 - (2) GET WET!
- b) Unless told otherwise by the Referee,
 - (1) judge **during the touch**, commencing from the beginning of the last arm stroke on the approach to the wall on a turn, and **during the push-off** through **to the completion of the first arm stroke** following the departure from the wall.
 - (2) Do NOT judge the turn only.
 - (3) From touch to push off is a **FREE ZONE**.
- c) Stay seated when not judging.

As a Judge of Stroke:

- a) For Freestyle – Stand halfway down the side of the pool at the 15m mark.
- b) For Other Strokes
 - (1) Walk on the poolside in good view of the leading swimmers.
- c) Give all lanes equal attention. Do not concentrate on the closest. Outside 1-4 or 5-8
- d) Unless told otherwise by the Referee,
 - (1) Judge in your half of the pool. When there are four Judge of Strokes utilized cover half of the assigned lanes
 - (2) Judge **from the start** to the start of the last arm stroke on the **approach** to a turn, and
 - (3) Judge from the completion of the **first arm stroke after a turn** through to the finish touch.
 - (4) Glance at the IOT's for infringements.

When Disqualifying:

Do not be obvious until the race is over. Let the swimmer complete the swim, without indicating a potential DQ, in case the call should be over-ruled.

Notify the Referee immediately after the race (Inspector of Turns should inform the Chief Inspector of Turns, when utilized) of the infraction.

Complete a disqualification form and say what the swimmer did that was prohibited. Quote the FINA rule number and text of the rule infringed.

Hand the completed disqualification form to the Chief IOT (or Referee if no Chief IOT), or if you are a Judge of Stroke hand form to the Referee, as soon as possible at race end.

THE STROKE RULES - COMMON TO ALL STROKES

SW 10 - THE RACE

i) LEGAL

- a) Swimmer must complete distance
- b) Swimmer must complete race in same lane as started in
- c) Must touch end wall at each turn and at finish
- d) Turn must be made from wall - swimmer must not take a step / stride from bottom of pool
- e) May stand on bottom during freestyle events but shall not walk

ii) INFRACTION

- a) Swimmer did not complete race - Got out of water after ____ metres.
- b) Swimmer in lane 4 completed race in lane 5.
- c) Failure to touch at ____ m.
- d) Turn made before reaching end wall at ____ m.
- e) Swimmer stepped in direction of course after turn at ____ m.
- f) Walking along bottom during freestyle
- g) Standing during backstroke, breast, or fly
- h) Obstructing another swimmer by swimming across lane or otherwise interfering with another swimmer.
- i) Failure to surface at the 15 metre mark, at the start \ following the turn at ____m. (Except in the Breaststroke, some portion of head must surface by or at the 15m mark at the start and following the turn.)

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.

Stroke Judging:

OBSERVE the stroke cycle for any infractions common to all strokes above

Finish Touch or Turn Judging:

OBSERVE that the swimmer touches the end wall with some part of his body.

- Normal turn (other styles may be seen):

a) During Touch:

OBSERVE that the swimmer touches the end wall with some part of his body.

b) During Push-off:

If swimmer surfaces in wrong lane the swimmer is allowed to return to proper lane without penalty.



- Surface by 15m after start and turns

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 shall be 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 6.5 Upon the finish of the race the swimmer must touch the wall while on the back. The body may be submerged at the finish.

Stroke Judging:

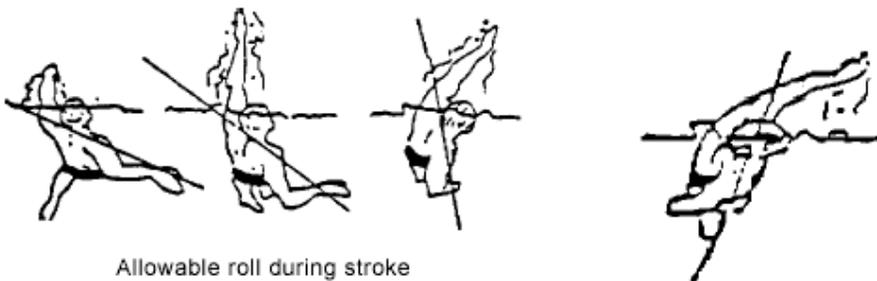
Virtually any stroke or combination may be used as long as it is swum on the back.
Except for the touch, it is back freestyle.



- The mention of 90° is used only to determine if the body is on or towards the back or not.
- Both SW 6.3 and SW 6.5 permit the body to be submerged at the touch/finish. The “touch” and the “finish” are to be considered the same.
- **CONSIDER** infractions common to all strokes.
- **OBSERVE** that the swimmer remains on their back for the whole race.
- The shoulders may roll towards the vertical.
- **OBSERVE** that the some portion of the head surfaces by \ at the 15 metre mark after the start and after each turn.
- Some part of the swimmer breaks the surface of the water throughout the race other than at the start and turns.

Finish Touch:

- The swimmer touches with the foremost part of his body.
(Head, shoulder, arm, or hand ONLY.)



Infraction: Rolling beyond vertical to the breast except when initiating the turn.

Turn Judging

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.

Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action.

The swimmer must have returned to a position on the back upon leaving the wall.

When executing the turn there must be a touch of the wall with some part of the swimmer's body.

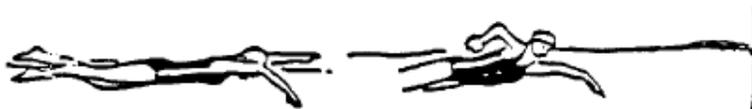
Note - still allowed up to 90' upon leaving the wall.



ALLOWABLE – Single arm pull to execute turn



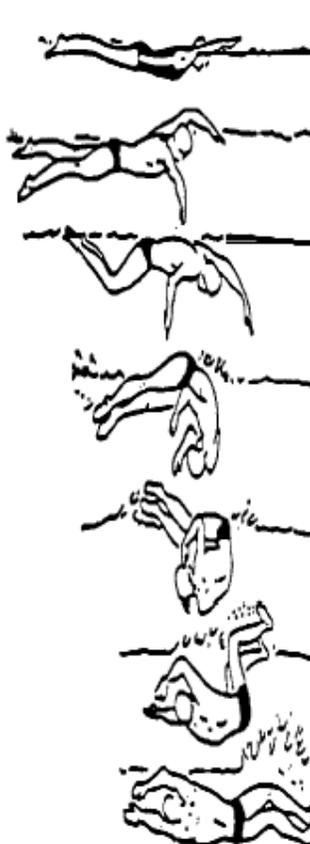
ALLOWABLE – Double arm pull to execute turn



INFRACTION – More than one single arm or double arm pull before executing turn

Backstroke Turn

- May roll past vertical to the breast.
- May take a continuous single arm pull or a continuous double arm pull to initiate the turn.
- Must commit to a continuous turning action once the upper shoulder rotates beyond the vertical (90°) towards the breast.
- Kicking as part of the turn is legal, while kicking to make up the distance to begin the turn is illegal.
- Observe the swimmer in total, arm pull and kick as part of a continuous turning action.
- The swimmer must have returned to a position on the back upon leaving the wall. (On the back means being not beyond the 90 degrees toward the back)
- Some portion of the swimmers head must surface at a distance of not more than 15 metres after the start and after each turn.



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.

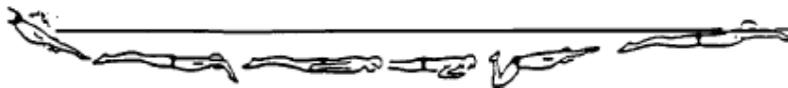
Interpretation

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.

Breaststroke Start:



Stroke Judge:

CONSIDER infractions common to all strokes.

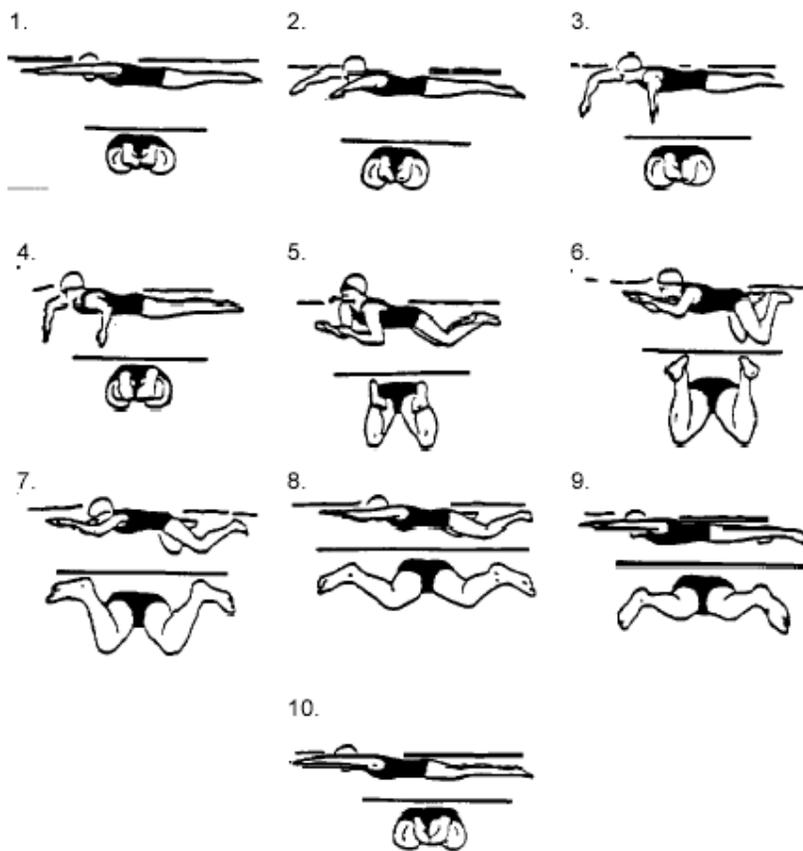
At the Start:

- **The head must break surface** of the water before the hands turn inward at the widest part of the second stroke. (after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged, cycle of one arm stroke and one leg kick, in that order)



INFRACTION: Head under water during completion of second arm pull.

Breaststroke



- Shoulders don't count when judging Breaststroke.

- **Arms & Legs:** simultaneous & horizontal planes

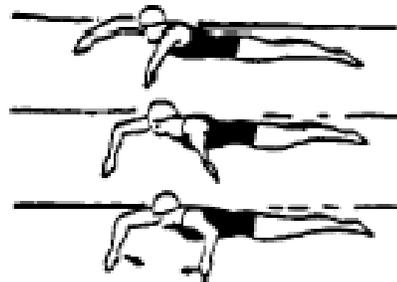
- **the Touch:** both hands simultaneously ONLY.

Judging Stroke :

The body is kept on the breast.

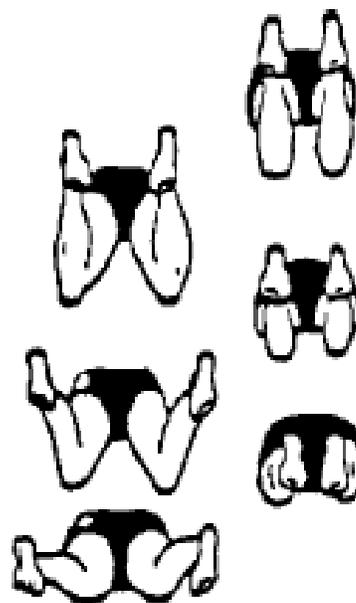
All movements of the arms are **SIMULTANEOUS** and in the same horizontal plane.

All movements of the legs are **SIMULTANEOUS** and in the same horizontal plane and without alternating movement.



INFRACTION: Arm movement not simultaneous.

The feet are turned **outwards** in the backward movement.



INFRACTION: Feet not turned outward.
i.e. imparting a downward dolphin thrusting motion



Head must break surface during stroke cycle.

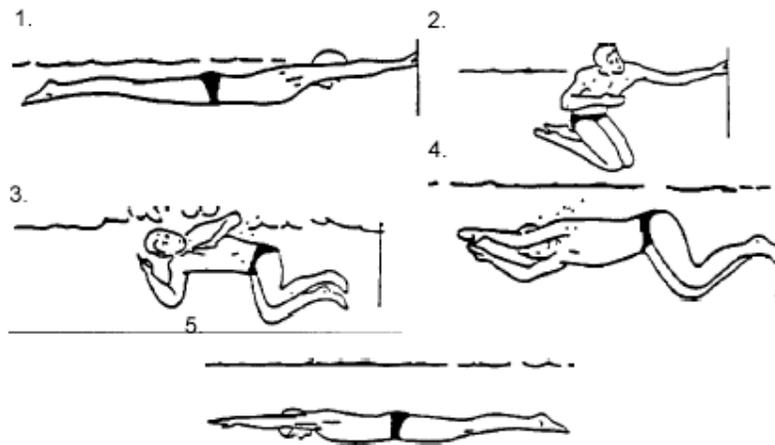


INFRACTION: Head does not break water surface during stroke cycle.

A portion of the head surfaces during each stroke cycle of pull and kick.

TURN JUDGING

Breaststroke turn:



During Touch:

- The touch is made with both hands **SIMULTANEOUSLY**.



INFRACTION: Hands not simultaneous.

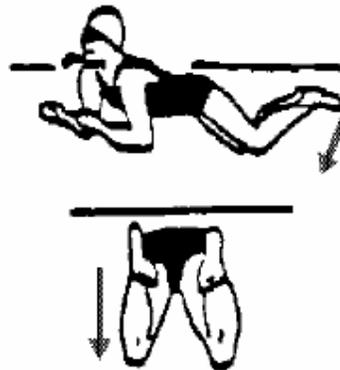


ALLOWABLE: Hands not at same level.

- The elbows shall be under water except for the final stroke before the turn, during the turn and for the finish touch.

During Push-off:

note that the swimmer may not roll onto the back at any time.



INFRACTION: Deliberate downward Dolphin Kick.

Swimmer may take **one arm pull** and **one leg kick** and may commence the second arm pull as long as head surfaces at completion of propulsive phase of arm pull.

If the swimmer surfaces in the wrong lane, the swimmer is allowed to return to proper lane, using one breaststroke underwater arm pull only, without penalty.

BUTTERFLY

SW 8.1 From the beginning of the first armstroke after the start and after 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 must be brought forward together over the water and brought backward simultaneously throughout the race, subject to **SW 8.5**.

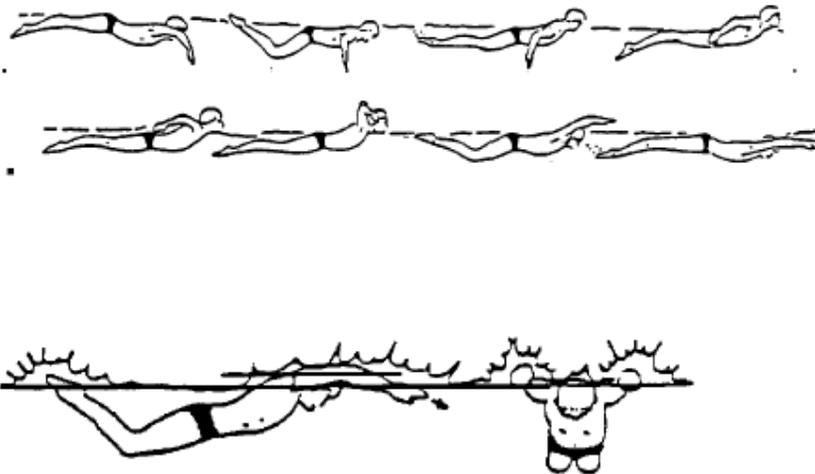
SW 8.3 All up and down movements of the legs must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

Stroke Judging:

CONSIDER infractions common to all strokes.

- **NOTE** the swimmer may take no more than one arm stroke while totally submerged. He may kick as often as desired. **SW 8.5**.
- **OBSERVE** that both arms are brought forward **OVER** the water **SIMULTANEOUSLY** and brought backward through the water **SIMULTANEOUSLY**.

• Butterfly stroke:



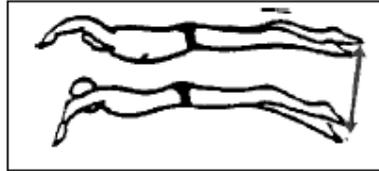
ALLOWABLE: Arm recovery over the GENERAL water level for most of the stroke



INFRACTION: Arm recovery not OVER the water



ALLOWABLE: One leg higher.



INFRACTION: Legs alternating.

- **Observe** that the legs do not **ALTERNATE** with each other. One is allowed to be carried higher than the other.
- Breaststroke kick is not allowed in butterfly. (except in Masters – see Masters rules)
- In butterfly the feet are turned inwards during propulsive phase of kick.

Finish Touch in Butterfly:

- The swimmer shall not recover his arms forwards **UNDERWATER** in order to touch out.



INFRACTION: Arms recovered UNDER the water

The touch is made with both hands **SIMULTANEOUSLY**.



ALLOWABLE: Hands not at the same level

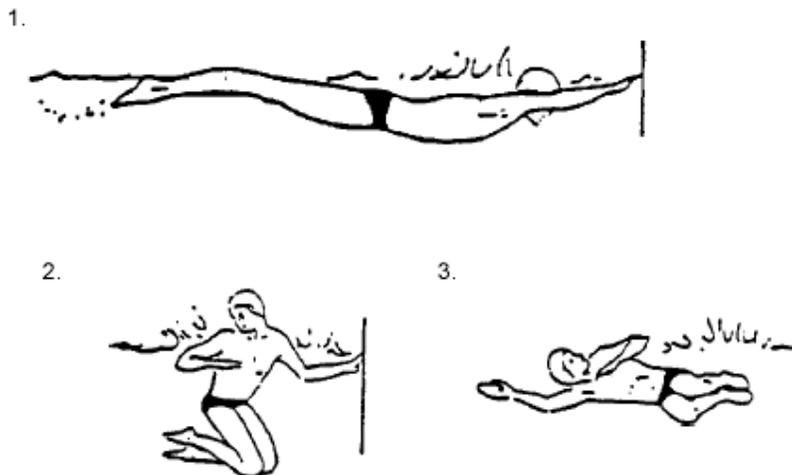
Once a legal touch is made a swimmer may turn in any manner, but the body must be beyond the vertical toward the breast when he/she leaves the wall (up to but not including 90°). It is not permitted to roll on the back at any time. The proper form “on the breast” must be achieved from the first arm stroke onwards.

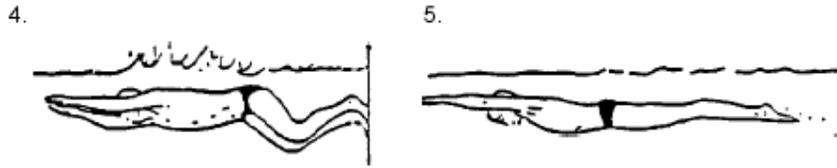
- **SHOULDERS:** DO NOT NEED TO BE HORIZONTAL
- **THE TOUCH:** SIMULTANEOUS ONLY.

Turn Judging:

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.





The touch is made with both hands **SIMULTANEOUSLY**.



INFRACTION: Arms not recovered OVER the water.



ALLOWABLE: Hands not at the same level.



INFRACTION: Hands not simultaneous

- **NOTE** that the swimmer is allowed to take no more than one arm stroke while totally submerged. **SW8.5**
- A swimmer who surfaces in the wrong lane may return to proper lane without penalty if butterfly form maintained.

MEDLEY RACES

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.

INDIVIDUAL MEDLEY

Butterfly
Backstroke
Breaststroke
Freestyle

MEDLEY RELAY

Backstroke
Breaststroke
Butterfly
Freestyle

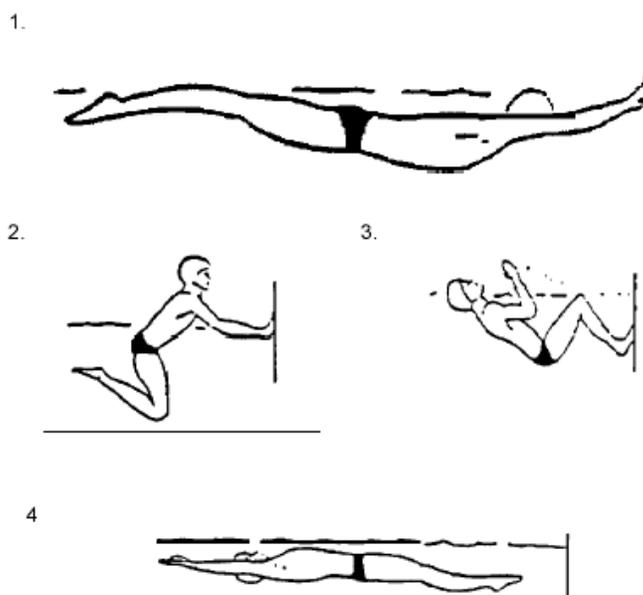
Stroke Judging:

- **CONSIDER** infractions common to all strokes.
- **OBSERVE** that the strokes are swum in the proper order, individual or medley relay.
- **Each leg** of the medley must be swum according to the rules of that stroke. Last touch of each stroke must be a finish touch for that stroke.
- The rules state that the last leg shall be freestyle **other than** butterfly, backstroke or breaststroke.

Turn Judging:

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

(1) BUTTERFLY TO BACKSTROKE



(2) BACKSTROKE TO BREASTSTROKE

1.



2.



3.



4.



5.



(3) BREASTSTROKE TO FREESTYLE

1.



2.



3.



4.



5.



During Turn:

- **OBSERVE** that the swimmer makes the approach and touch according to the rules of the incoming stroke.
- **JUDGE** that the swimmer touches according to the rules of finishing touches when changing from one stroke to another.

During Push-off:

- **OBSERVE** that the swimmer makes the push-off according to the rules of the outgoing stroke. (Back to breast, note: touch out while on back, then free to turn in any manner, but must leave on breast).

With thanks to Swim Natation Canada for the use of some of their materials in this document.

Notes:



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/

Auckland Swimming Association
Ph:448 1480 Fax: 415 4594
P O Box 300 633 Albany
Email: info@aksim.co.nz Website: www.akswim.co.nz