

Judge of Strokes Inspector of Turns



STROKE AND TURN CLINIC (SNC)

Table of Contents

A. LOCATION OF THE CLINIC - EQUIPMENT AND SUPPLIES	3
B. HANDOUTS AND/OR OVERHEADS-----	3
C. ROLE DESCRIPTION AND POOL POSITION-----	3
1. ROLE DESCRIPTION -----	3
2. POOL POSITION-----	4
D. RULES AND PHILOSOPHY-----	5
1. RULES PERTAINING TO THE POSITION-----	3
E. HANDOUT -----	6
1. PHILOSOPHY OF JUDGING-----	3
F. HEAD LANE TIMEKEEPER -----	7
1. PHILOSOPHY OF DISQUALIFYING-----	8
2. MECHANICS OF JUDGING -----	9
G. THE STROKE RULES - COMMON TO ALL STROKES-----	3
1. SW 10 THE RACE -----	3
2. FREESTYLE -----	3
3. BACKSTROKE -----	13
4. BREASTSTROKE -----	18
5. BUTTERFLY -----	24
6. MEDLEY RACES -----	29
H. THE STROKES -----	33

STROKE AND TURN CLINIC (SNC)

I. WORDING FOR DISQUALIFICATIONS----- 37

STROKE AND TURN CLINIC (SNC)

A. LOCATION OF THE CLINIC - EQUIPMENT AND SUPPLIES

- a) This clinic should be given at a location where a pool is available for demonstration (when possible):
 - Use a few senior swimmers for demonstrating legal and illegal strokes and turns.
 - Recommend giving the theory of the clinic first,
 - Then use swimmers for demonstration to reinforce the theory and finally write the examination.
 - Use the FINA Stroke and Turn video.

B. HANDOUTS AND/OR OVERHEADS

- a) Judge of Stroke and Inspector of Turns Judge Philosophy
- b) Wording of Disqualification's
- c) Sample Disqualification Card
- d) Procedure for Disqualification
- e) The Strokes

C. ROLE DESCRIPTION AND POOL POSITION

1. Role Description

i) Judges of Stroke - **SW 2.6**

SW 2.6.1 *Judges of Stroke shall be located on each side of the pool.*

SW 2.6.2 *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 2.6.3 *Judges of Stroke shall report any violation to the Referee on signed cards detailing the event, lane number, and the infringement.*

ii) Inspector of Turns - **SW 2.5**

SW 2.5.2 *Each Inspector of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the*

STROKE AND TURN CLINIC (SNC)

last arm stroke before touching and ending with the completion of the first armstroke 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.

iii) Chief Inspector of Turns – SW 2.4

- 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.

2. Pool Position

- i) Judges of Stroke: Shall operate on both sides of the pool.
- ii) Inspector of Turns: **SW 2.5**
 - a) Should be stationed in the assigned lane(s) above or to the side of lane (to see the touch \ turn).
- iii) Chief Inspector of Turns
 - a) Should be stationed at start and/or finish ends along side of pool.

D. RULES AND PHILOSOPHY

1. a) Rules Pertaining to the Position

- **SW 2.4** Chief Inspector of Turns
- **SW 2.5** Inspector of Turns
- **SW 2.6** Judges of Stroke
 - **SW 5** Freestyle
 - **SW 6** Backstroke
 - **SW 7** Breaststroke
 - **SW 8** Butterfly
 - **SW 9** Medley Swimming

STROKE AND TURN CLINIC (SNC)

- *SW 10.1 – 10.15* The Race
- *CSW 2.1.6.1 - CSW 2.1.6.3* – Disqualifications

E. HANDOUT

1. Judge of Stroke and Inspector of Turns Judge Philosophy

- Swim meets are for swimmers.
- Officials should be unobtrusive and inconspicuous.
- Officials should not be military or officious.
- Officials will gain the respect of swimmers and coaches by being responsible, knowledgeable, and competent.
- Swimmers must be taken seriously at all levels.

They have worked hard to excel and may be under a great deal of pressure.
- Officials must continue to learn and keep abreast of rule changes.
- The rules exist to regulate "fair play".
- The strokes are racing categories and are not styles to be marked.
- Always give the benefit of the doubt to the swimmer.
- For competent stroke and turn judging, it is as important to learn what variations in strokes are legal, as those which are illegal.
- 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 a swimmer's stroke unless it is illegal.
 - 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.

STROKE AND TURN CLINIC (SNC)

As the **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.
- 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 disqualification.

2. After the Meet

- i) **BE AVAILABLE** in case you have made a DQ during the last 1/2 hour of the meet – in case of a Protest.

F. HEAD LANE TIMEKEEPER

- a) Present this clinic in conjunction with stroke and turn clinics.
- b) This position is assumed by an official who is a certified Judge of Stroke / Inspector of Turns.
 - i) A Head Lane Timekeeper is both a Timekeeper and the Inspector of Turns at the start end.
- c) Other duties include assigning the various timer responsibilities prior to the start of the meet. These duties include:
 - taking splits
 - ringing the bell on distance events (**SW 2.5.4**)
 - recording times

STROKE AND TURN CLINIC (SNC)

- relay take-overs
 - checking swimmer's name, (order of relays)
- d) If this clinic is given alone review the turn infractions for the four strokes as well as the medley at the end of this clinic. Review the **RESPONSIBILITIES OF TIMEKEEPERS** (Level 1 Clinic) and discuss the importance of Head Lane Timekeepers attending the pre-meet briefings for Timers and Inspector of Turns.

STROKE AND TURN CLINIC (SNC)

1. 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.
 - Try to think of them as numbers in the water, not by name, club, or company.
- v) Disqualifying at a minor meet may save disqualification later at an important one.
- vi) If anything, judge major national or international meets with more leniency than normal, as done in other sports.
- vii) Your responsibility is to see that no competitor gets an **UNFAIR ADVANTAGE** by doing something that is **SPECIFICALLY PROHIBITED** by the rules.
- viii) Never warn – you could intimidate the swimmer.
 - An action is either prohibited, or **if there is any doubt, it is legal.**
- ix) 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.
- x) 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.**

STROKE AND TURN CLINIC (SNC)

2. MECHANICS OF JUDGING

- i) As a **Judge of Strokes**:
 - a) For Freestyle – Stand halfway down the side of the pool.
 - b) For Other Strokes
 - (1) Walk on the pool side in good view of the leading swimmers.
 - (2) For Backstroke, do not walk where you are staring into the faces of the swimmers.
 - c) Give all lanes equal attention.
 - (1) Do not concentrate on the closest.
 - 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) **From the start till** the start of the last arm stroke on the **approach to a turn**, and
 - (3) From the completion of the **first arm stroke after a turn** through **to the finish touch**.

- ii) 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 itself.

STROKE AND TURN CLINIC (SNC)

(3) From touch to push off if is a **FREE ZONE**.

c) **Stay seated when not judging.**

iii) **When Disqualifying:**

- (1) 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.
- (2) Notify the Referee immediately after the race (Inspector of Turns should inform the Chief Inspector of Turns, when utilized) of the infraction.
- (3) If DQ is accepted, notify the swimmer, after the swimmer is out of the water, or coach (preferred for young or new swimmers) that the swimmer was disqualified, verifying infraction: event, heat, lane and time occurred.
- (4) Say what the swimmer did that was prohibited. Do **NOT** say what you think the swimmer should have done. **DO NOT COACH.**
- (5) This is to be done within 15 minutes to allow time for protest.
- (6) If you cannot find the swimmer or coach inform the referee.
- (7) Inform Recorder, usually by filling in a disqualification form, and sending it with the time cards.

RIGHT

WRONG

RIGHT	WRONG
DISQUALIFICATION FORM Event 5 Heat 3 Lane 4 <i>Legs – downward dolphin kick thrust at 10 to 40 meters</i>	DISQUALIFICATION FORM Event 5 Heat 3 Lane 4 <i>Dolphin kick</i>

STROKE AND TURN CLINIC (SNC)

Time: 7:10 pm	Time:
Judge: "J.S."	Judge: "J.S."

G. THE STROKE RULES - COMMON TO ALL STROKES

1. 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
- d) Turn must be made from wall and swimmer must not take a step or 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 meter mark, at the start \ following the turn at ___m. (Except in the Breaststroke, some portion of head

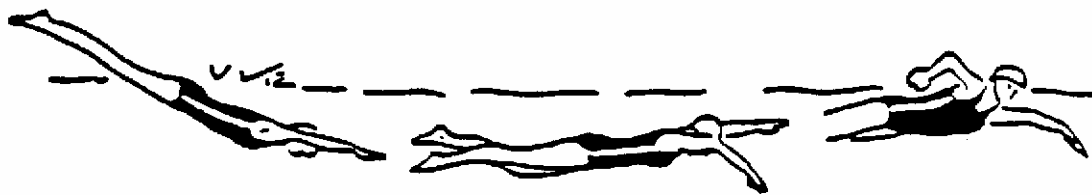
STROKE AND TURN CLINIC (SNC)

must surface by or at the 15m mark at the start and following the turn.)

2. 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.*



Normal (but not only allowable) stroke:

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 meters after the start and each turn. By that point, the head must have broken the surface.*

- Consider the head from the top to include the chin surfacing at 15 meters..

STROKE AND TURN CLINIC (SNC)

i) Stroke Judging:

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

ii) 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):

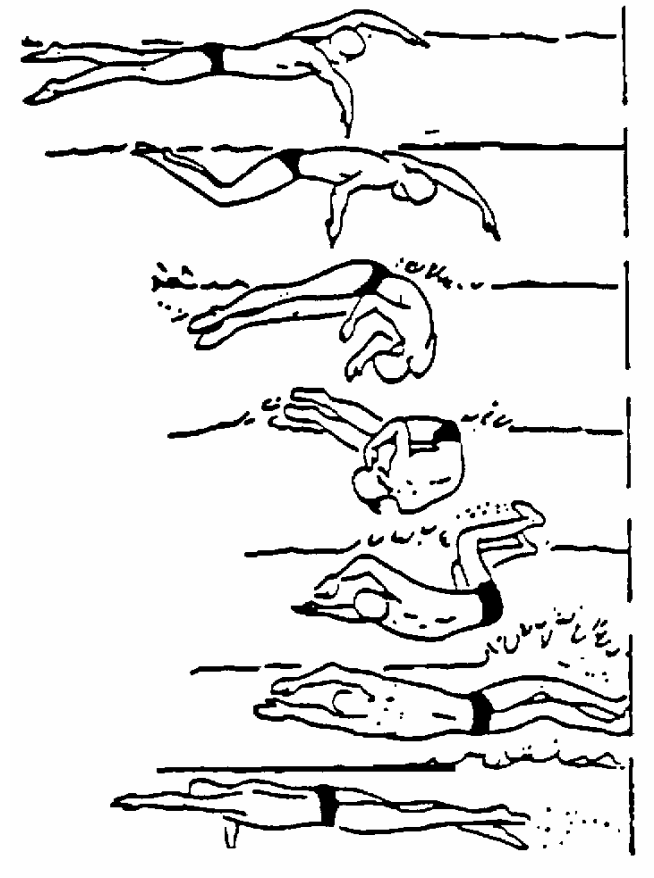
a) During Touch:

- **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 15m at start and turns



3. BACKSTROKE

SW 6.1 The swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. The feet, including the toes, shall be under the surface of the water. 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.

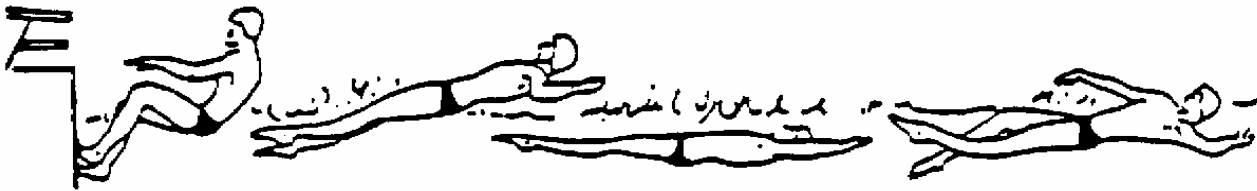
STROKE AND TURN CLINIC (SNC)

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.*

▪ i) Stroke Judging:

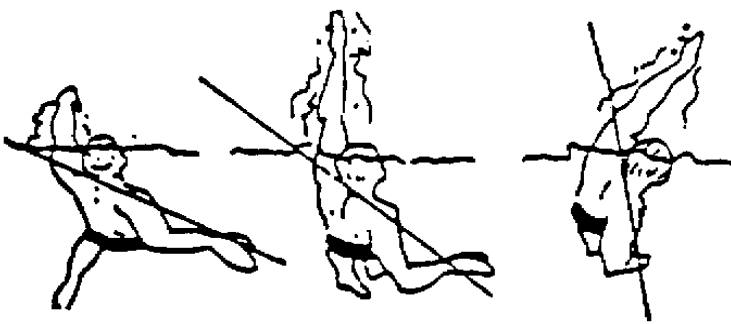
- Virtually any stroke or combination may be used as long as it is swum on the back. Except for the touch, it is back freestyle.



- 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.

STROKE AND TURN CLINIC (SNC)

- **CONSIDER** infractions common to all strokes.
 - **OBSERVE** that the swimmer remains on their back for the whole race.
 - The shoulders may roll to 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 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.)



Allowable roll during stroke



Infraction: Rolling beyond vertical (greater than 89'), except when initiating the turn

STROKE AND TURN CLINIC (SNC)

▪ ii) Turn Judging

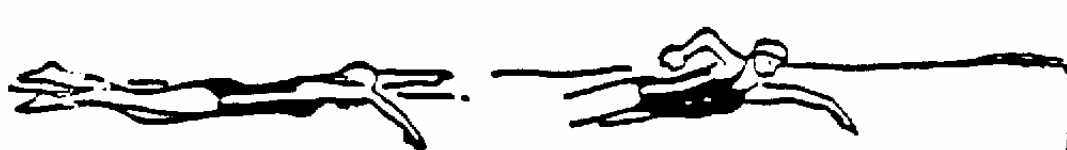
- **SW 6.4** *During the turn the shoulders may be turned over the vertical to the breast, after which a continuous single arm pull or continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous 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.*
- Still allowed up to 90° upon leaving the wall.



ALLOWABLE – Single arm pull to execute turn



ALLOWABLE – Double arm pull to execute turn

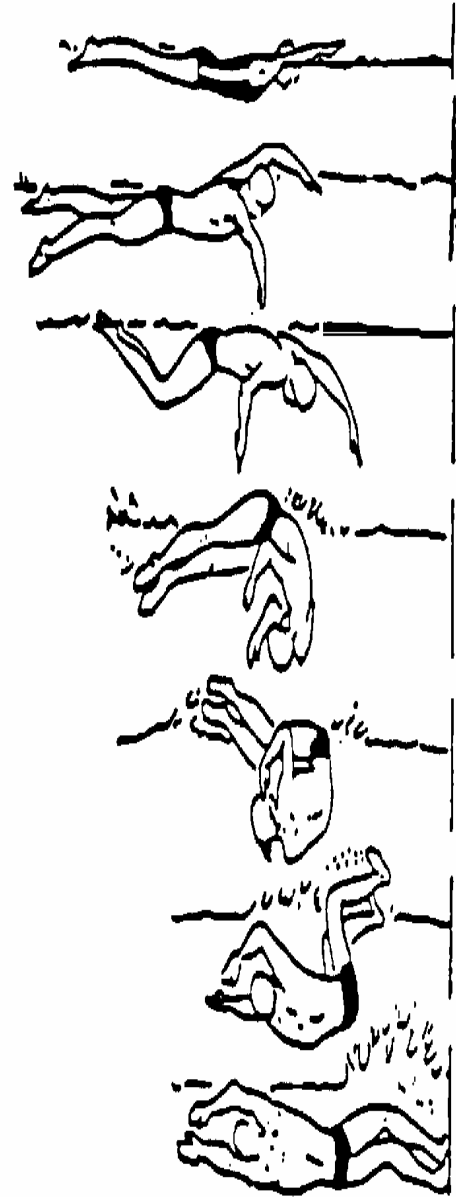


INFRACTION – More than one single arm or double arm pull before executing turn

• Backstroke Turn

STROKE AND TURN CLINIC (SNC)

- 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 at each turn.



STROKE AND TURN CLINIC (SNC)

4. BREASTSTROKE

SW 7.1 *From the beginning of the first armstroke 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.*

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 *All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.*

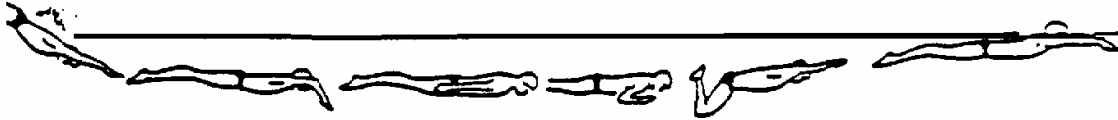
SW 7.5 *The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.*

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 7.7 *During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that 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. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.*

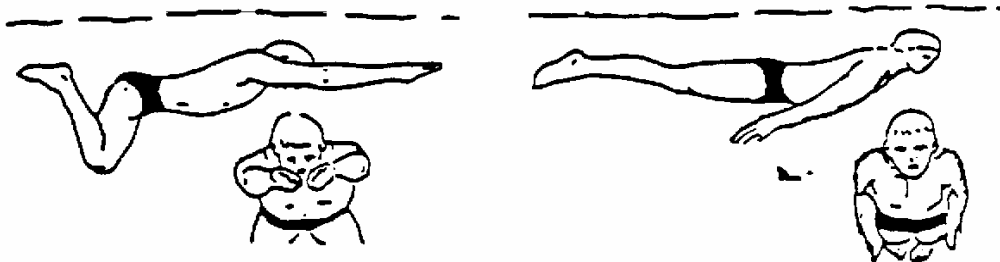
STROKE AND TURN CLINIC (SNC)

▪ Breaststroke Start:



i) Stroke Judge:

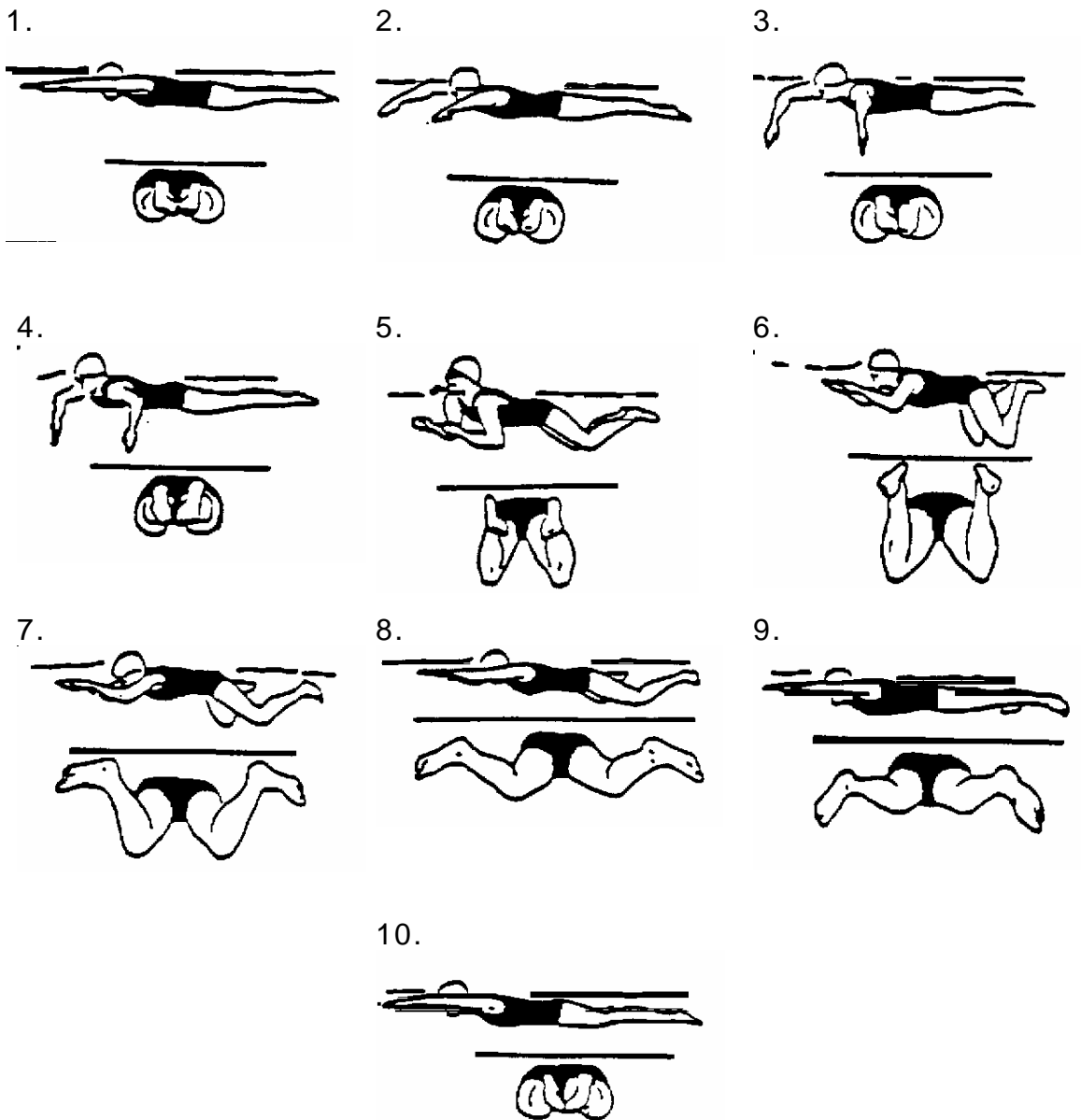
- ❖ **CONSIDER** infractions common to all strokes.
- **At Start:**
 - **The head must break surface** of the water before the hands turn inward at the widest part of the second stroke. (*after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged, cycle of one arm stroke and one leg kick, in that order*)
 - **DELIBERATE** dolphin **kicking motion** or **downward thrust** is not allowed. (Note: the legs may undulate in the water current without penalty) During the breaststroke kick feet are turned outward.



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

STROKE AND TURN CLINIC (SNC)

Breaststroke:

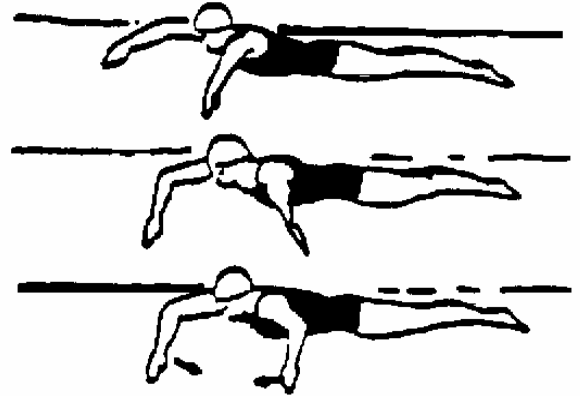


- Shoulders don't count when judging Breaststroke.
- **ARMS & LEGS:** SIMULTANEOUS & HORIZONTAL.
- **THE TOUCH:** SIMULTANEOUS ONLY.

STROKE AND TURN CLINIC (SNC)

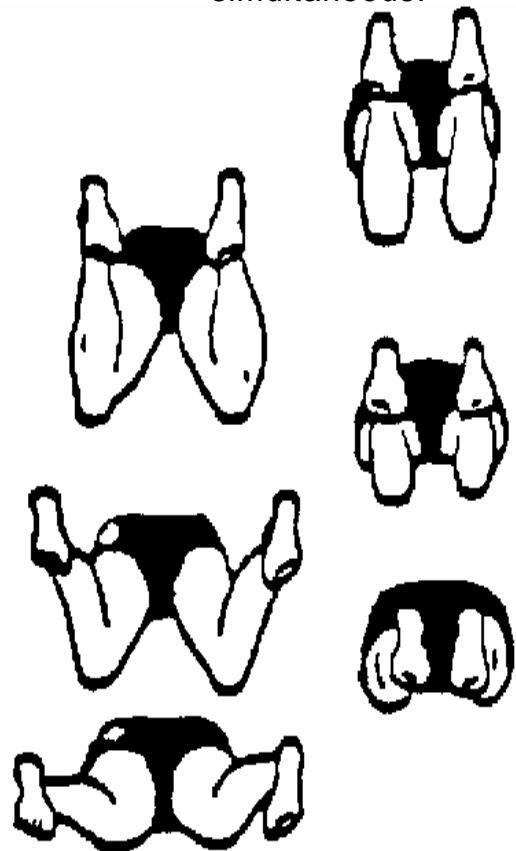
Judging Stroke:

- 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

STROKE AND TURN CLINIC (SNC)

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



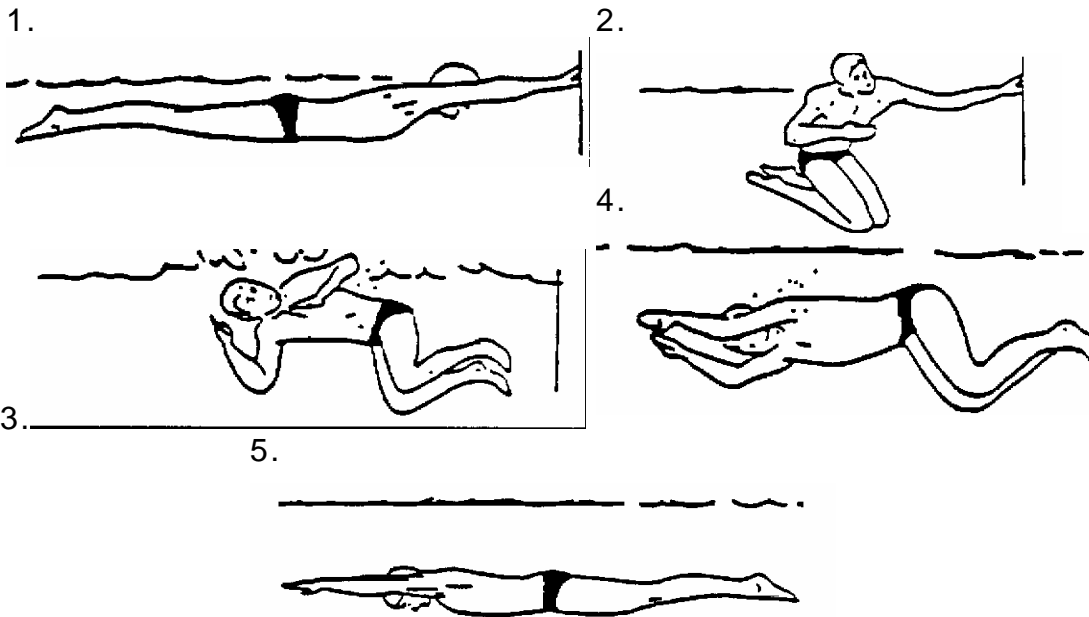
Head must break surface during stroke cycle.



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

ii) TURN JUDGING

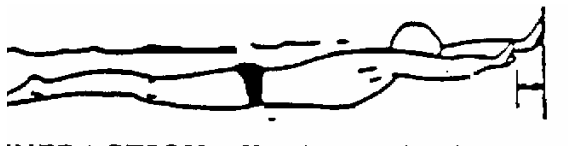
- Breaststroke turn:



STROKE AND TURN CLINIC (SNC)

During Touch:

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



INFRACTION: Hands not simultaneous.

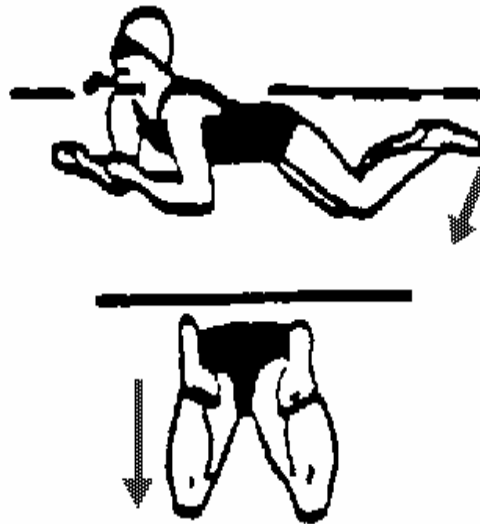


ALLOWABLE: Hands not at same level:

- **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.

- 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.



INFRACTION: Deliberate downward Dolphin Kick.

- A **DELIBERATE** downward dolphin kicking motion or thrust is illegal (note: the legs may undulate in the water current without penalty).

STROKE AND TURN CLINIC (SNC)

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

4. 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.*

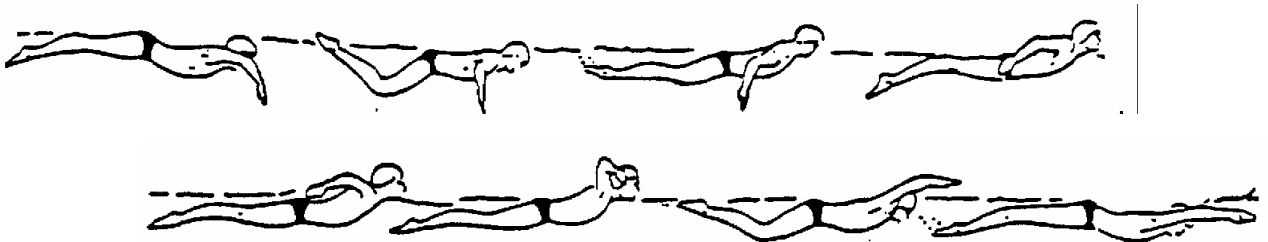
SW 8.2 *Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to **SW 8.5**.*

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.*

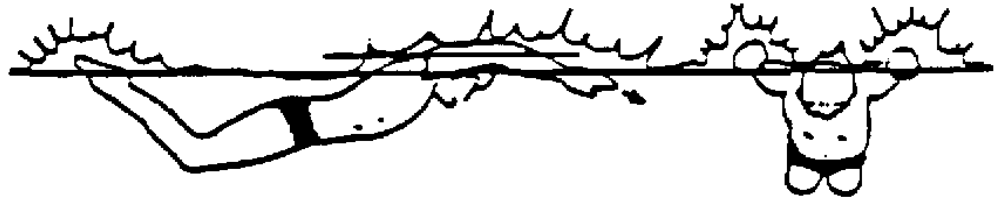
i)-Stroke Judging:

- **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:**



STROKE AND TURN CLINIC (SNC)

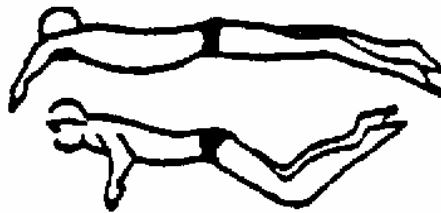


ALLOWABLE: Arm recovery over the GENERAL water level for most of the stroke

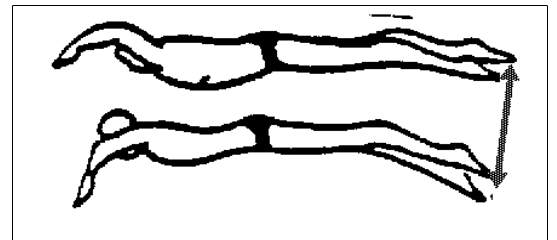


INFRACTION: Arm recovery not OVER the water

- **Observe** that the legs do not **ALTERNATE** with each other. One is allowed to be carried higher than the other.



ALLOWABLE: One leg higher.



INFRACTION: Legs alternating.

- Breaststroke kick is not allowed in butterfly. (except in Masters)
- In butterfly the feet are turned inwards during propulsive phase of kick.

STROKE AND TURN CLINIC (SNC)

Finish Touch in Butterfly:

- The swimmer shall not recover his arms **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:** NO LONGER NEED TO BE HORIZONTAL
- **THE TOUCH:** SIMULTANEOUS ONLY.

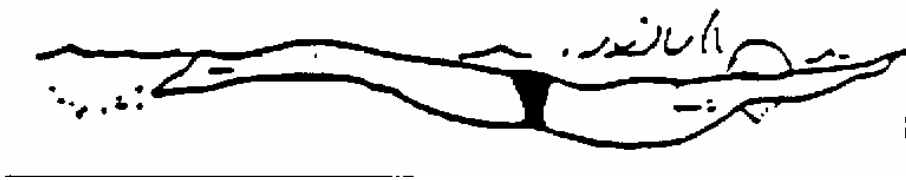
STROKE AND TURN CLINIC (SNC)

ii) 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 meters 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.

1.



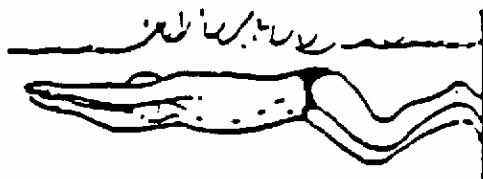
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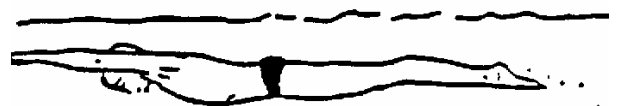
3.



4.



5.



STROKE AND TURN CLINIC (SNC)



INFRACTION: Arms not recovered OVER the water.
The touch is made with both hands **SIMULTANEOUSLY**.



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.

STROKE AND TURN CLINIC (SNC)

5. 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	MEDLEY RELAY
Butterfly	Backstroke
Backstroke	Breaststroke
Breaststroke	Butterfly
Freestyle	Freestyle

i) 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.

STROKE AND TURN CLINIC (SNC)

ii) Turn Judging:

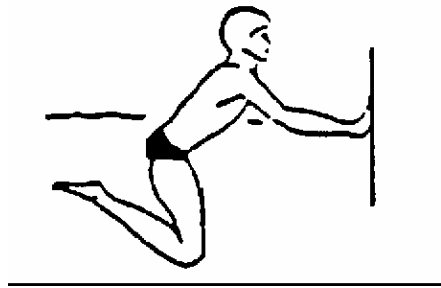
SW 9.3 Each section must be finished in accordance with the rule which applies to the style concerned.

(1) BUTTERFLY TO BACKSTROKE

1.



2.



3.



4



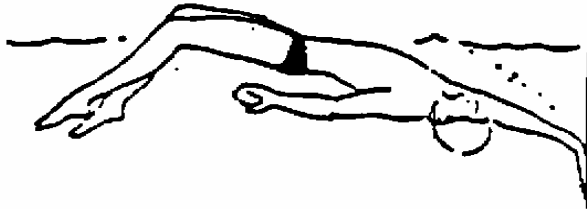
STROKE AND TURN CLINIC (SNC)

(2) BACKSTROKE TO BREASTSTROKE

1.



2.



3.



4.



5.



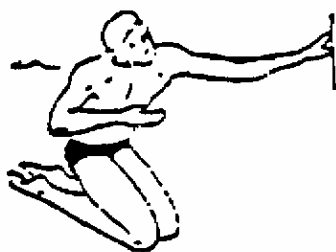
STROKE AND TURN CLINIC (SNC)

(3) BREASTSTROKE TO FREESTYLE

1.



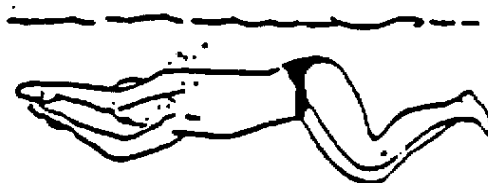
2.



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).

H. THE STROKES:

STROKE AND TURN CLINIC (SNC)

LEGAL	INFRACTION
Freestyle SW 5	
<ul style="list-style-type: none"> - Any stroke or combination of strokes - Touch wall with any part of body - Medley must swim front crawl 	<ul style="list-style-type: none"> - Failure of the head to surface at the 15m mark on start and turns - Did not touch wall <p>Swam stroke other than front crawl in IM or Medley relay</p>
Medley Swimming SW 9	
<ul style="list-style-type: none"> - Individual Medley-order of strokes is Butterfly, Backstroke, Breaststroke and Freestyle (Front Crawl) - Medley Relay – order of strokes is Back, Breast, Butterfly, Freestyle (Front Crawl) - Each section must be finished in accordance with rules of the stroke concerned 	<ul style="list-style-type: none"> - Swim in incorrect order of strokes in individual medley or Medley Relay - Failure of the head to break the surface at the 15m mark at start and at the turn (except Breast) - Failure to touch on back on turn from backstroke to breaststroke - Rotation of shoulder past 89 degrees before Backstroke touch on turn from Backstroke to Breaststroke
Backstroke SW 6	
<ul style="list-style-type: none"> - Position on back (roll up to but not including 90 degrees) except when executing a turn - Part of swimmer breaks the water throughout race except after start and turns - Head surfaces at 15 metres after start and turns - One arm pull or double arm pull after turning past vertical to execute turn - Touch wall on back at finish - Head submerged during turn 	<ul style="list-style-type: none"> - Roll past 90 degrees before executing a turn - Roll past 90 degrees when toes leave wall after executing a turn - Swimmer submerged at any time during race (except during turns and at the finish) - Head surfaces at distance more than 15 meters after start or turn - Two or more arm pulls after turning past vertical to execute turn - Rotation past vertical before finish touch

STROKE AND TURN CLINIC (SNC)

LEGAL	INFRACTION
Breaststroke SW 7	
<ul style="list-style-type: none"> - Body on breast from the beginning of first arm pull after start and turns - Hands pushed forward together on, under or over water and brought back on or under water - All movements simultaneous and in same horizontal plane with no alternating movement - Feet turned outwards during the propulsive part of the kick - Breaking surface of water with feet - Touch with both hands simultaneously at, above or below water. Hands may be at difference levels - Head breaks surface of water during each complete cycle of one arm stroke and one leg kick - After the start and turns swimmer may take one armstroke back to legs. - Head breaks surface of water before hands turn inward at widest part of 2nd stroke 	<ul style="list-style-type: none"> - Body rotates from breast (side, back) after first arm pull after start and turns - Non-simultaneous movements of arms or legs. (Scissor kick, flutter kick or dolphin kick) - Breaking surface of water with feet followed by downward dolphin kick - Non simultaneous touch - One hand touch - Failure to touch with hands - Head submerged during one or more stroke cycles - Swimmer takes 2 arm strokes back to legs after the start or turn - Head submerged after hands turn inward at widest part of 2nd stroke - Hands brought back beyond the hipline during swim.

STROKE AND TURN CLINIC (SNC)

LEGAL	INFRACTION
Butterfly SW 8	
<ul style="list-style-type: none"> - Body on breast at all times except when executing a turn - Body on breast from the first arm stroke after start and after each turn - Both arms are brought forward together over the water and brought backward simultaneously - Simultaneous up and down movements of legs and feet in the vertical plane (dolphin) - Feet & legs may be at different levels, but no alternating movements - Touch with both hands simultaneously at, above or below water surface - Hands may touch at different levels - At start and at turns swimmer may take one or more leg kicks and one arm pull which must bring him to the surface. - Under water kicking on the side is allowed. 	<ul style="list-style-type: none"> - Body NOT on breast (side, back) before turn - Body not on breast from the beginning of 1st arm stroke after start \ after turn - Arms do not clear water surface - Non-simultaneous movement of arms - Flutter kick, scissor kick, breaststroke. - Alternating leg movement - Feet & legs at different levels with alternating movements of feet and legs - One hand touch - Failure to touch with hands - Non simultaneous touch - Two or more arm pulls after start or turns before surfacing - Head surfaces at distance more than 15 meters after start or turn - Proper form “on the breast” not achieved with the first arm stroke.

STROKE AND TURN CLINIC (SNC)

LEGAL	INFRACTION
<p>Common to all strokes</p> <p>The Race <i>SW 10</i></p>	
<ul style="list-style-type: none"> - Swimmer must complete distance - Swimmer must complete race in same lane he started in - Must touch end wall at each turn - Turn must be made from wall and swimmer must not take a step or stride from bottom of pool - May stand on bottom during freestyle events but shall not walk 	<ul style="list-style-type: none"> - Swimmer did not complete race - Got out of water after ____ metres. - Swimmer in lane 4 completed race in lane 5. - Failure to touch at __m. - Turn made before reaching end wall at __m. - Swimmer stepped in direction of course after turn - Walking along bottom - Standing during backstroke, breast, or fly - Obstructing another swimmer by swimming across lane or otherwise interfering with another swimmer - Pulling on Lane Rope - Failure of the head to break the surface at the 15m mark after the start and following the turns (except breaststroke)

STROKE AND TURN CLINIC (SNC)

I. WORDING FOR DISQUALIFICATIONS

i) **FREE STYLE:**

- (1) Failure to touch ___ m.

ii) **BACKSTROKE:**

- (1) Failure to touch at ___ m.
- (2) Non continuous turn at ___m.
- (3) Failure to return to back at ___m. (upon leaving wall \ roll more than 89 degrees when toes leave wall after turn)
- (4) Failure to break water surface with stroke cycle at ___m.
- (5) Two or more arm pulls on breast at ___m.
- (6) Did not finish on the back. (may be submerged at touch)

iii) **BUTTERFLY:**

- (1) Non simultaneous touch at ___m. (one hand after the other)
- (2) Flutter kick \ alternating leg movement at ___ m.
- (3) Breaststroke kick at ___ m.
- (4) Underwater arm recovery at ___m. (at touch)
- (5) Non Simultaneous movement of arms.
- (6) Body not on breast at ___ m. (after turn)

iv) **BREASTSTROKE:**

- (1) Non simultaneous touch at ___m.
- (2) Two under water arm pulls before head surfaces.
- (3) Alternating \ Non Simultaneous leg movement.
- (4) Alternating arm movement.
- (5) Downward dolphin kick \ thrust at ___m.
- (6) Failure of head to break surface during each stroke cycle.
- (7) Failure of head to surface before the hands turn inward at the widest part of the second stroke on start \or after turns ___m.
- (8) Arms below hip line during swim phase.

v) **MEDLEY:**

- (1) Roll past 89'at ___m. (before finish touch, before change to breaststroke)
- (2) Did not finish on back at ___m. (tumble turn before touch out)

vi) **RELAY TAKE-OVER:**

- (1) #__ swimmer left blocks before #__ swimmer touched at ___m. (know distance from wall)

vii) **ALL STROKES:**

- (1) Did not finish (climbed out of pool at ___ m)
- (2) Walked during ___ m. \ lap of ___ m. swim.
- (3) Pulled along lane rope at ___m. \ __ lap.
- (4) Failure of the head to surface at the 15m mark, after start \ or after turn at ___m. (**except for Breaststroke**)