

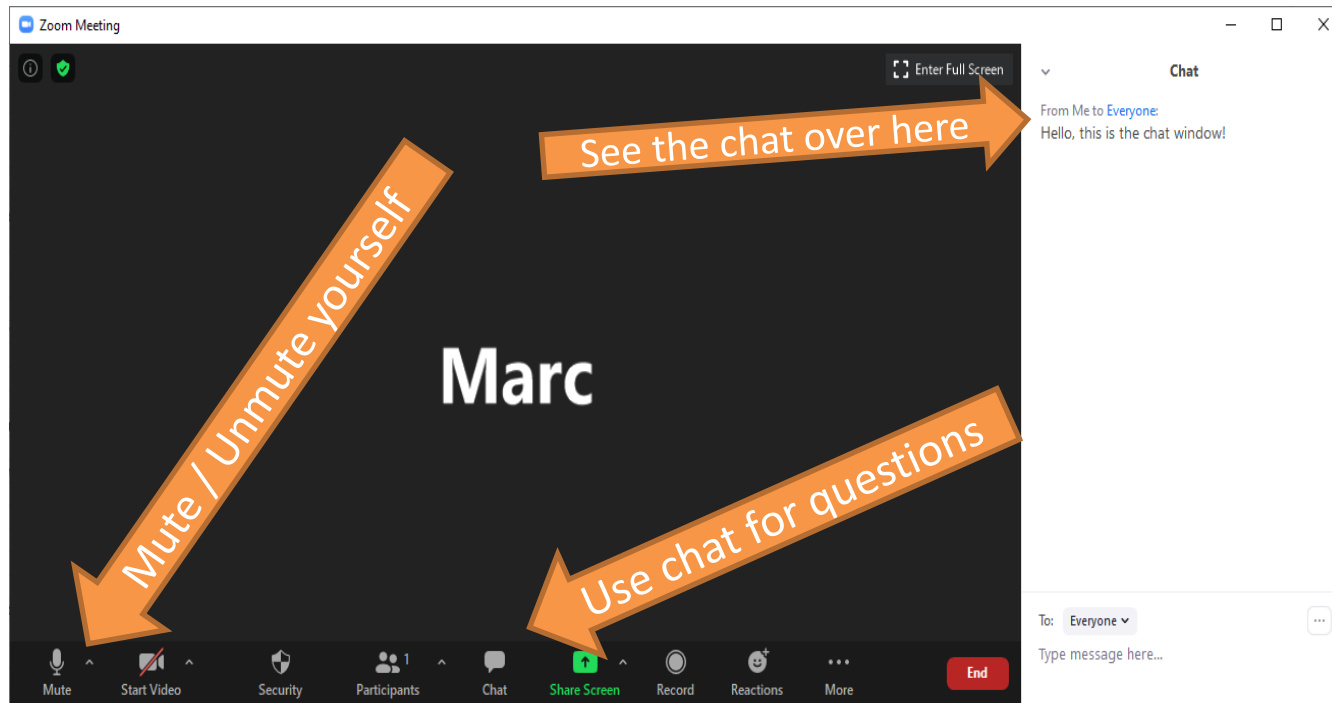


Welcome!

Stroke and Turn Clinic

South Texas Swimming

Presentation Logistics



At some point during this clinic, please use the Chat window to tell us your name. It's how we take attendance.

“Marc Digby was here!”

Presentation Expectations



- We will send out a copy of this presentation after the clinic, so you don't need to try to remember everything or take notes.
- We will also provide links to much of this material (including the videos) online.
- If you are new to swimming or officiating, you will hear new jargon during this presentation. Don't worry! This material is only intended to be an introduction. If you miss something, you'll have plenty of exposure to the same concepts during your on-deck "shadowing" sessions.

Agenda



- Introduction to Officiating (5 mins)
- Certification Process (10 mins)
- Swim Meet Logistics & Expectations (20 mins)
- Technical Rules (40 mins)
 - UIL Differences
- Closing Remarks Q&A (5 mins)



Introduction to Officiating

11/21/2023



USA Swimming



- USA-S is a National Governing Body
- Divided into 59 Local Swim Committees (LSCs)
- We are in the South Texas (ST) LSC
 - 8500+ athletes, 40+ clubs, 300+ coaches, 200+ officials
 - The South Texas LSC is responsible for the training and certification of local officials per the [Policies and Procedures Governing Officials](#)
- Certification of officials for National Meet is governed by USA-S



Many Different Officials



- Meet Director
- Deck Marshal
- Scorer
- Announcer
- Clerk of Course
- Head Timer
- Timers
- Head Lane Timer
- **Meet Referee**
- **Administrative Referee**
- **Deck Referee**
- **Starter**
- **Chief Judge**
- **Stroke and Turn Judge**





High School Swimming



- Rules come from the National Federation of State High School Associations (NFHS)
- Texas officials are certified/administered by the Texas Interscholastic Swimming and Diving Officials (TISDO) www.tisdo.org
- Certification (including the registration fee and the test) required every year, but mostly only matters at TISCA, District, Regionals and State meets
- There is no separate training/certification for different positions (so be careful what you get yourself into!)

Role of the Swimming Official



- To provide a safe, fair and equitable condition for competition
 - Ensures an equal playing field
 - Protects all swimmers
- Your objective is not to catch violators, but to observe swimmers and report infractions

The swimmer always gets the benefit of the doubt






Certification Process

11/21/2023

Certification for USA-S

...has changed for 2023/2024



- 0 Attend an Officials Clinic ←  Good job
- 1 Complete your Registration
- 2 Complete your Prerequisites (APT, BGC, CPT)
- 3 Pass the Online Test
- 4 Complete on-deck “Shadowing” Sessions

Certification for USA-S



1 Complete your Registration – Existing Official

1. Login to your account on the [USA-S](#) site
2. Go to your Dashboard and click on “Renew Memberships”
 - If you can select your membership, do so and then click “Renew”
 - If “Team is Renewing” is displayed, you should contact your team to verify they are registering for you

PRIOR MEMBERSHIP (EXPIRES)	RENEWAL MEMBERSHIP (EXPIRES)	SELECT
Official (12/31/2023)	Official (12/31/2024)	Team is Renewing

- If your team is not registering for you, you want to register as Unattached, or you want to change your team affiliation, then first register as Unattached using the registration link on the [South Texas Swimming](#) site under the registration menu option. Then, if you want to register with a team, contact the team and transfer your affiliation.

Registration Information -

All Unattached USA swimming members must register using SWIMS 3.0 Online Member Registration.

[registration link](#)

THANK YOU FOR STARTING THE REGISTRATION PROCESS

My Member Cards

(Click to view card)

Official
Good Standing

RENEW MEMBERSHIPS

Certification for USA-S



1 Complete your Registration – New Officials

1. Create an account on the [USA-S](#) site if you do not have one (**do not create a new account if you already have one**)
2. If you want to **register with a team**, click on the registration link for the team you want to register for and register
 - When searching for the team, use the syntax ST/clubcode, e.g. – ST/AAAA
3. If you want to **register as Unattached**, use the registration link on the [South Texas Swimming](#) site under the registration menu option

Registration Information -

**All Unattached USA swimming members must register
using SWIMS 3.0 Online Member Registration.**

[registration link](#)

4. When you finish your Concussion Protocol training, email the certificate to registration@stswim.org

Certification for USA-S



2 Complete your Prerequisites: APT, BGC, CPT

The screenshot displays the member portal for Charles Yang, an Official. The main navigation bar includes 'Members' and 'Education'. A secondary navigation bar also shows 'Members' and 'Education'. A dropdown menu under 'Education' is open, with 'Course Catalog' highlighted. The main content area is divided into several sections: 'My Member Cards' (Official, Good Standing), 'My Family' (No Family Members), and 'My Account' (General Info, Contacts, Photos, Groups). On the right, the 'USA Swimming University' section shows 'My Courses' with a 'Certification Filters' dropdown set to 'All Courses'. The listed courses are 'Athlete Protection Training' (Format: Course), 'Background Check' (Format: Other), and 'Concussion Protocol Training' (Format: Course). All courses have 'Dates: Open'.

After completion of 1 and 2, you can work on deck!

Certification for USA-S



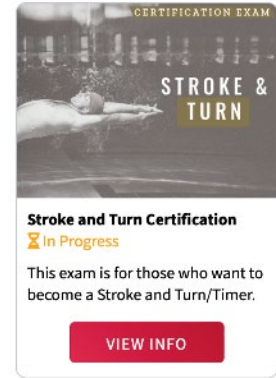
3 Pass the online test (it's open [book](#))

- Login to your account on the [USA-S](#) site
- Navigate to Education -> Course Catalog
- Click on Officials and then Certification Exams
- Select the test labeled “Stroke and Turn Certification”

4 Complete your on-deck “Shadowing” sessions

- 10 sessions over 3 or more meets (any 3 or more)
- No requirement to work all sessions at a meet

Once you complete this training and notify the [Official's Chair](#), you can request reimbursement from South Texas Swimming for all your registration and BGC fees.

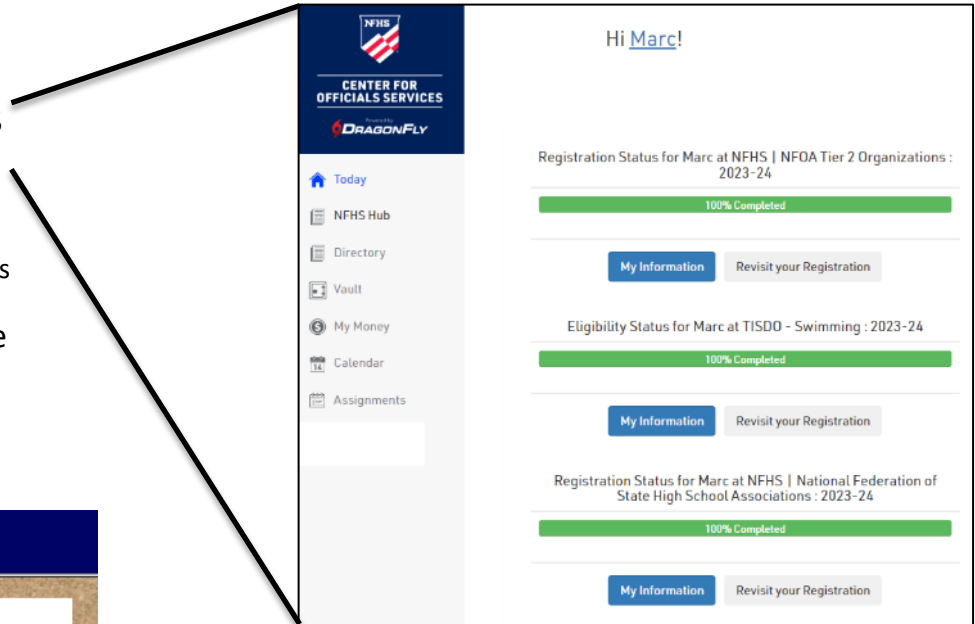


Certification for High School



- Prerequisites

- Browse to <http://www.tisdo.org/>
- Click on the link labeled “2023 - 2024 NFHS and Dragonfly Registration and Testing”
- Follow the steps to...
 - Register for NFHS
 - Register for TISDO and Take the Online Rules Test
- Registration is a non-reimbursable ~\$50 fee (in two separate payments)
- Registration open 9/1 – 11/15



News, Data and General Information

- [2023 - 2024 NFHS and Dragonfly Registration and Testing](#)

Certification for High School



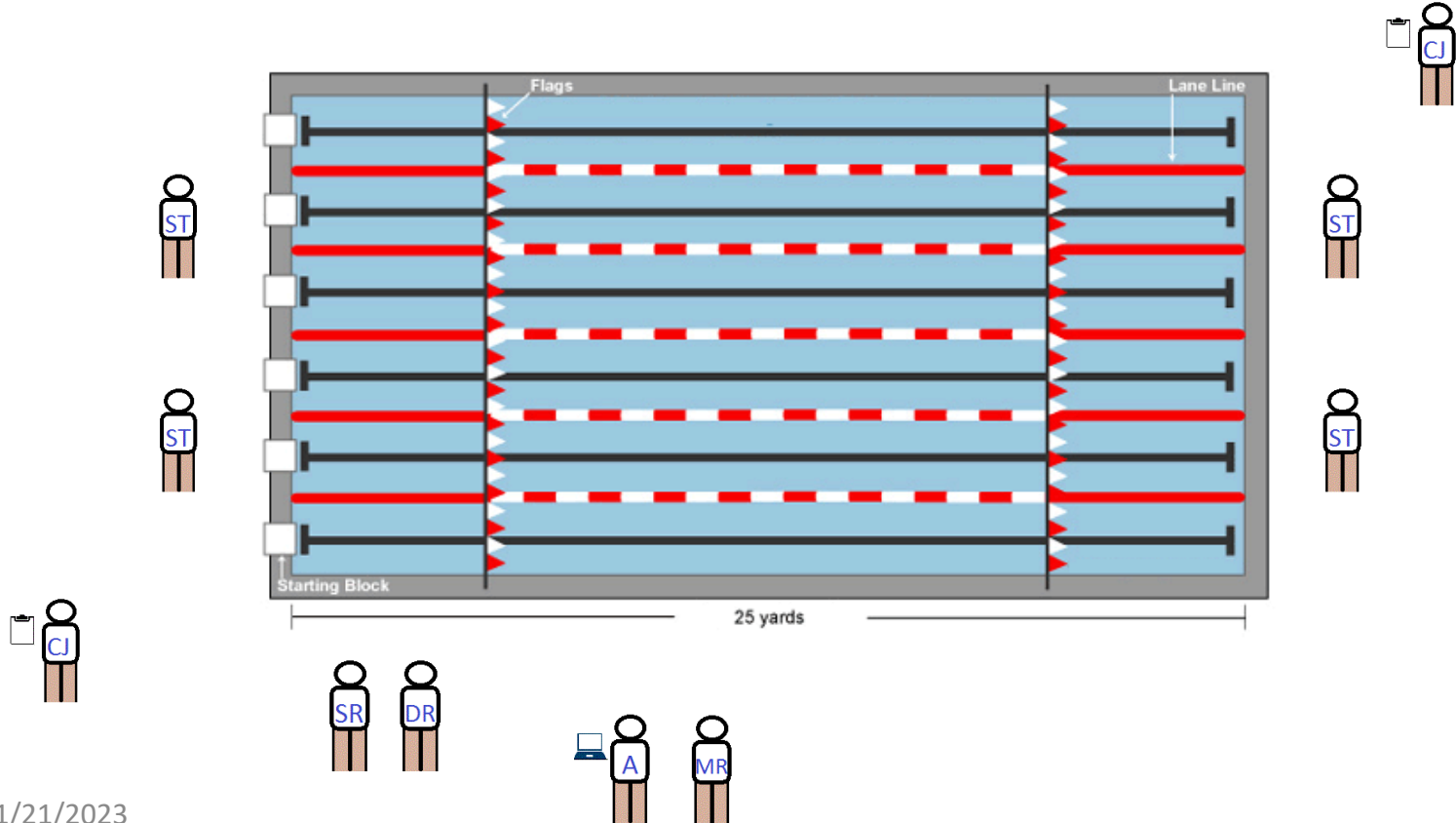
- Training

- This is it!
- There are guidelines published on the TISDO website, including a [TISDO-focused presentation](#) for more info about high school meets.
- The technical videos published by USA Swimming are still good resources since the technical rules overlap 99%.
- Look for a mentor. Other more-experienced officials are a great resource when new to officiating.

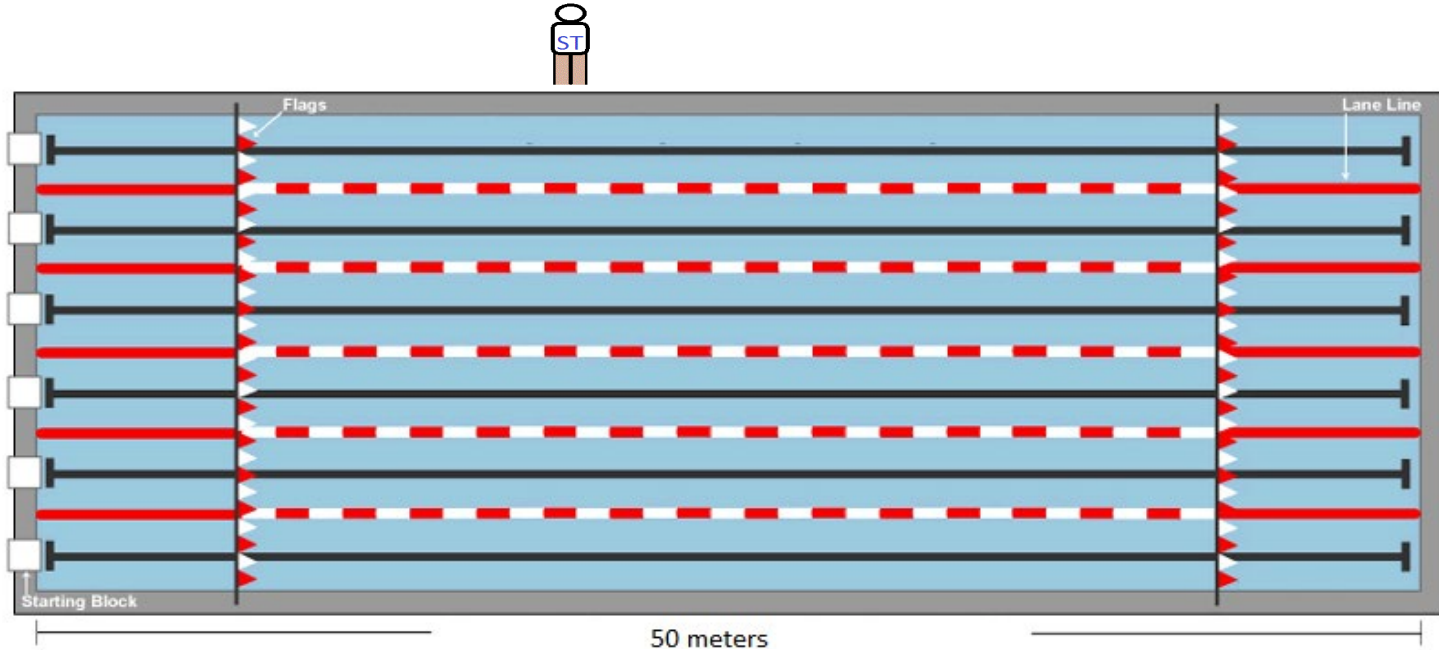


Logistics and Other Information

Officials on Deck

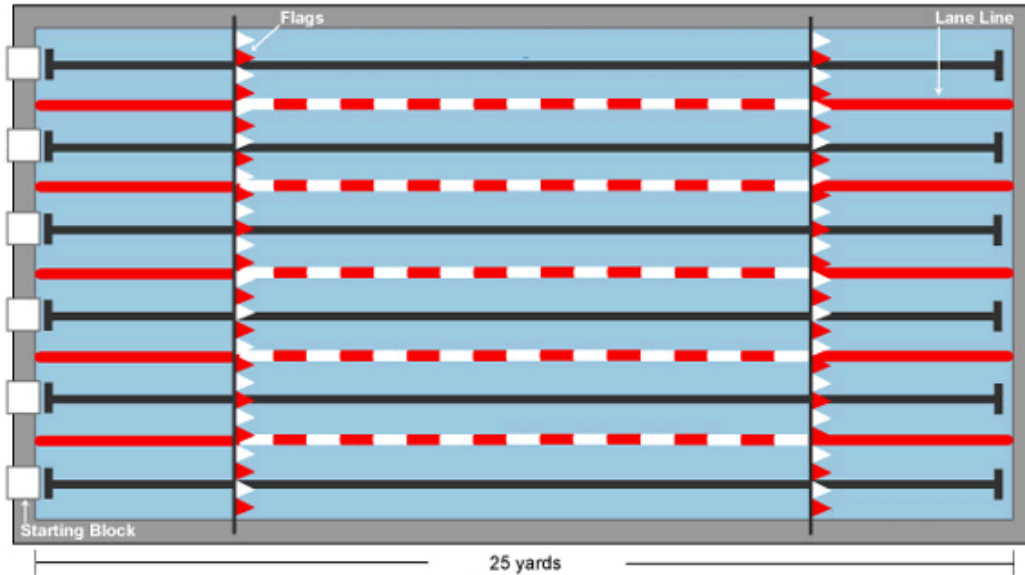


Officials on Deck



Officials on Deck

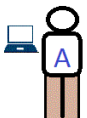
small or dual high school meet



Coach with a whistle



Mom or Dad with a laptop



Turn/Finish Judge Position



- Between assigned lanes
 - At the start end, do not step forward until race starts
- Step forward when swimmers approach your jurisdiction
- Step back after swimmers have left your jurisdiction
- Stand with one foot forward and one foot back at the edge of the pool
- Jurisdiction will be defined by your Meet Referee
- Freestyle MAY be judged from the side - it will be up to the Meet Referee

Stroke Judge Position



- Freestyle
 - Position yourself at 15-meter mark to judge heads up
- Backstroke
 - Position yourself at 15-meter mark to judge heads up, then walk toward finishing wall to judge completion of the race
- Butterfly
 - Position yourself at 15-meter mark to judge heads up
 - Walk with swimmers, just behind the last swimmer
- Breaststroke
 - Position yourself about where the swimmers will surface, NOT at 15-meter
 - Walk with swimmers, just behind the last swimmer
- Protocol can be changed by the Meet Referee.



Making a Call

- Hand up, palm out, immediately
- Stay in position, keep officiating
- Be ready to answer the 3 questions:
 - Where were you - Jurisdiction?
 - What did you see - Description?
 - What rule was broken - Infraction?
- DQ slip
 - Stroke and Turn Judge, Chief Judge, or Referee may fill out slip

Key Points to Remember



- One set of rules applies to all swimmers, no matter the age or ability level
 - However, rules can be modified by the Meet Referee for a swimmer with a permanent physical or cognitive disability that substantially limits one or more major life activities
- We do not judge style – we only determine if a swimmer conforms to the rules
- Give equal time to all lanes, including empty lanes, so that no swimmer is watched more than others

Key Points to Remember



- Always look and act professionally
 - No cell phones, food, extraneous material
 - Maintain focus, stay in position (you will get wet)
- Be supportive but don't cheer for one swimmer or team
- Don't argue with coaches or parents – let the Referee do it for you

What to know for the Meet



- Meet attire – Meet uniform will be indicated in the published Meet Information
 - Standard in South Texas LSC is white shirt over khaki shorts, skirts or long pants (finals for some meets require long pants)
 - Keep shirt tucked in (some shirts made for women are cut to be left untucked – check with Meet Referee)
 - White shoes
 - Name tag
 - Credentials
- What to bring to a meet
 - Pen
 - Rule book ← maybe, maybe not...
- Arrive early (an hour BEFORE the session is to begin) for the officials meeting
- You are always needed and welcome to work at meets, even if you have no children swimming
- Assignment, jurisdiction and limitations are given by the Meet Referee (and at their discretion) – don't demand a particular assignment; however, you can always make a request (“Can I walk Stroke?” or “I'd like to do relay take-offs”, for example) at the pre-session meeting

Common Questions

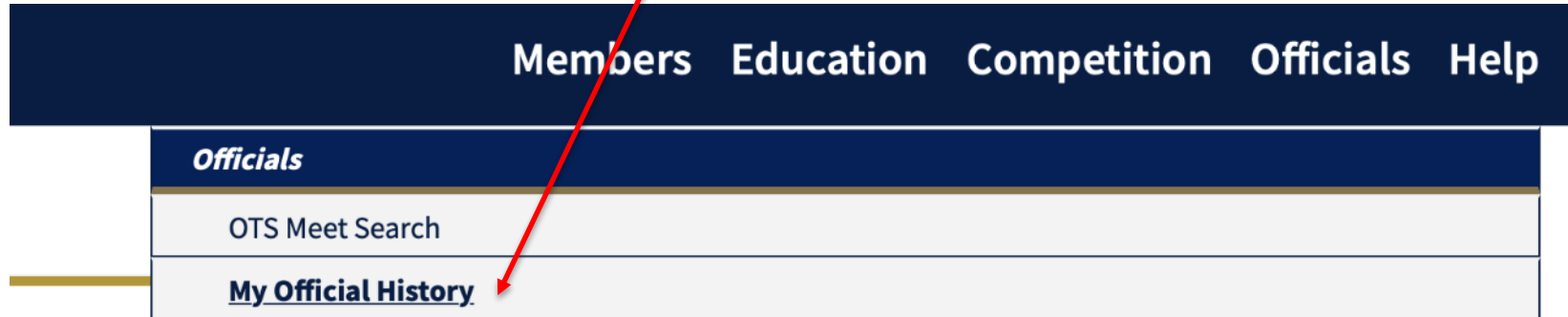


- When do I work?
 - Work the sessions* you can, at almost any meet you want to!
 - Not required to work every session at a meet, *but please work the whole session*
 - Doesn't have to be your team/club. Your athlete doesn't need to be competing.
- What's a session?
 - Each session is anywhere from 30 mins to 4 hours.
 - Typically starts right after warm-up, and goes until the last event
 - Longer meets may be divided into multiple sessions (prelims/finals, morning/afternoon, Friday/Saturday, younger/older, etc.)
- Do I sign-up or apply somewhere?
 - You *can* just show up, but...
 - If possible, PLEASE contact the Meet Referee ahead of time (a couple days to a couple weeks) to let him/her know what your qualifications are and which sessions you will be able to work

Common Questions - Continued



- How do I document sessions worked
 - Officials Tracking System (OTS)
 - Entered by the Meet Referee
 - <https://www.usaswimming.org/officials/popular-resources/officials-tracking-system>
 - Meet history can be viewed here:



“Cultural” Considerations



- USA Swimming
 - USA Swimming meets *should* look ‘about the same’ everywhere you go
 - The Meet Director and the Meet Referee are running the meet (Coaches and Athletes are participants)
 - Every meet (assuming it is sanctioned) “counts” ...times go in the database...so officiating “matters”
- High school
 - High school meets might look like just a USA meet, and often they do if they are ‘observed’ by USA officials, or have 4 or more teams competing.
 - High school meets might look more like a summer league or practice event. Minimal officials, minimal structure, minimal protocol....*and that’s ok for smaller dual and tri meets.*
 - At high school meets, the coaches have a larger role (in particular the host coach) in meet operations. The officials may be more like ‘staff’.
 - Prior to District, Regionals and State...most meets don’t really “count”. The times aren’t recorded outside the team (not eligible for records or all-state or qualifying). An exception is the TISCA meets.
 - Some high school meets are ‘observed’, which means USA officials are officiating in specific positions. For those meets, the times may not ‘count’ for high school, but they go into the USA database...so they become qualifying times. This is true at most (but not all) championship meets, and most (but not all) large multi-team meets.
 - *When working a high school meet...understand the expectations for formality based on the level of competition.*



Technical Rules

11/21/2023

Rule Changes – USA Swimming



- USA Swimming – Effective Jan 1, 2023
 - The rules for the Breaststroke stroke and kick were amended to remove the requirements that all movements of the arms or legs be in the same horizontal plane. (Articles 101.2.2, 101.2.3)
 - Hand signals for swimmers who are deaf or hard of hearing were modified. (Article 105.3)
 - The rules for Backstroke were amended as follows: “once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch.” (Article 101.4.2)
- Handy [site](#) for mid-year rule updates

Rule Changes – High School



- Written record required for dual confirmation of false start
- Adopted USA-S Backstroke change (submerged prior to the touch)
- Adopted USA-S Breaststroke change (arms and legs in same horizontal plane)
- Adopted USA-S Breaststroke requirement for hand separation at touch and finish
- Adopted USA-S Butterfly requirement for hand separation at touch and finish

Shoulders Past Vertical...What?



Captain Marvel is in legal body positions for Butterfly and Breaststroke, because her shoulders are "AT or PAST vertical toward the breast".

Past Vertical Toward the Breast ←

Shoulders Vertical

→ Past Vertical Toward the Back

Superman is in legal body positions for Backstroke, because his shoulders are "AT or PAST vertical toward the back".



Butterfly



- Forward Start
- Head surface by 15 meters after start and after each turn
 - 15m mark is now defined by markings on the pool edge, not the lane lines
- Chest/shoulders past vertical to the breast after start/turn
- One arm pull and as many kicks as desired after start and turns
- First arm pull must bring swimmer to surface of the water
- Up and down motion of the legs must be simultaneous, not necessary to be at same level, shall not alternate
- Arms must pull and recover simultaneously, with forward arm motions over the water
- Some part of the arms must break the surface of the water
- Simultaneous, separated two hand touch on turns and finish at, above, or below water surface

Hand Separation at Touch



Separated Hands



"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

OK



**Separated means:
No stacked hands**



The slide features a blue background with a central image of a swimmer's hands in motion, splashing water. The text and images are arranged to illustrate the concept of hand separation. The "OK" section shows three pairs of hands: the first pair is held side-by-side with fingers spread, the second pair is held together with palms facing each other, and the third pair is held side-by-side with fingers slightly overlapping. The "Separated means: No stacked hands" section shows a pair of hands where one hand is placed directly on top of the other, which is the prohibited action.

Backstroke



- Start on the back, facing blocks
- Toes cannot be above lip of gutter or curl over gutter
- Head must surface by 15 meter mark
- Must be on back throughout the race except when turning.
 - “On the back” means shoulders and chest past vertical to the back; arms, hands and legs no special rules
- For backstroke turn CAN turn onto breast as long as turning motion begins immediately
 - Turning motion may include one single or simultaneous double arm pull, which must be followed by turning motion/action
- After turn, the swimmer’s shoulder must be at or past vertical to the back when feet leave the wall
- Must finish on the back
- Once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch

Breaststroke



- Forward start
- Chest/Shoulders past vertical to the breast
- At start and after each turn the head must break the surface of the water before the hands turn inward at the widest part of the second stroke
- Head must surface during each cycle
- Stroke cycle is one arm pull first followed by a breaststroke kick
- Elbows remain under (forward position only) water except the last stroke into the wall at turn or finish
- Breaststroke is Continued on the next page...

Breaststroke



- Leg motion must be simultaneous
- Feet must be turned outward during the propulsive part of the kick
- Simultaneous, separated two hand touch on turns and finish, at above or below the water surface
- Shoulders need not be parallel to the wall at turns and finishes
- Head can 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 stroke cycle preceding the touch.
- The feet can break surface of water unless followed by a “downward” butterfly kick
- After the start and at each turn 1 butterfly kick is permitted (BUT NOT REQUIRED) anytime prior to the first breaststroke kick

Freestyle



- Head must surface by 15 meter mark
- Any style swimming allowed (exception IM and Medley Relay)
- Must touch wall at completion of each length
- Any part of body must touch wall at turn and finish
- Can stand on bottom, but not walk or push off
- Can hold lane line, but not pull on it
- Cannot leave pool before conclusion of race (Actually applies to ALL the strokes, including the IM)

Individual Medley (IM)



- Order:
 - Butterfly
 - Back
 - Breast
 - Free - can swim anything other than breast, back or fly
- Intermediate turns must conform to TURN RULES for the stroke
- Transition turns must conform to FINISH RULES for the completing stroke

Freestyle and Medley Relays



- 4 individual swimmers
 - Swimmer order set before race-no switching order
- Medley Relay order
 - Back
 - Breast
 - Butterfly
 - Free – Freestyle swimmer must swim anything other than fly, back or breast
- Stroke rules apply to Medley Relay
- Exchange: swimmer on block can be in motion
 - Watch the feet first and then verify the touch



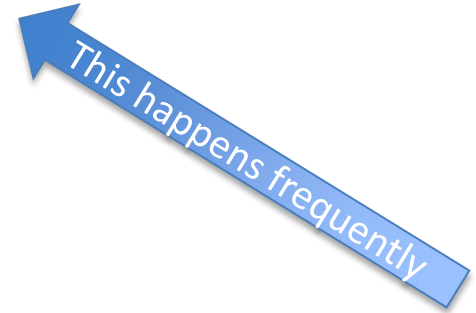
UIL Differences

11/21/2023

Differences for UIL - Stroke



- Backstroke
 - Kick/glide permitted before and after turning action (once head passes backstroke flags)
 - The backstroke ledge is not permitted
- Handy reference: [Our Kids Initiative](#)





Helpful Links:

[USA Swimming \(usaswimming.org\)](https://usaswimming.org)

[South Texas Swimming \(stswim.org\)](https://stswim.org)

[High School Officiating \(tisdo.org\)](https://tisdo.org)

[Our Kids Initiative](#)

[How to Become a USA-S Official \(usaswimming.org\)](https://usaswimming.org)

[USA Swimming Officiating Videos](#)

[Find a Meet to work \(stswim.org\)](https://stswim.org)

[For Help with USA-S Registration, Mindy \(registration@stswim.org\)](mailto:registration@stswim.org)

[For Questions about Officiating, Charles \(hellaheat@yahoo.com\)](mailto:hellaheat@yahoo.com)



If you haven't already,
chat your name, please!

Thank You!