

# VFCAL

Stroke and Turn Judge  
Training

# Role of a Stoke and Turn Judge

- Benefit of the doubt always goes to the swimmer
- Work with a partner to identify common violations and disqualify swimmers if necessary
- Judge is NOT to scrutinize technique

## Requirements

- Must attend the League training clinic
  - If unable to attend, must participate in a training session with their League Representative
- All new judges are strongly encouraged to shadow an experienced judge for one or more meets
- To judge at Championships, judges must work a minimum of two meets, judging the same events, and be recommended by their League Representative

# During the Meet

- The Judge's jurisdiction is over the swimmers immediately after the race has begun
- Judges will be located in pairs on both sides of the pool and are responsible for observing the swimmers in the lanes on their half of the pool
- Whenever possible, Judges must be in the correct position when judging infractions
  - Make sure to walk up and down your designated area if possible
- Because each pool is slightly different, Judges are responsible for attending the meeting with the Meet Referee before the meet begins
- The Meet Referee for each meet is most likely the League Representative of the home team
  - Main responsibility is to insure that all swimmers have fair and consistent judging
  - Meet Referees have the power to override a Judge if they determine the Judge was not adequately positioned to clearly see the violation

# Making a Disqualification (DQ)

- Step One: immediately raise one hand overhead to alert your partner and the Meet Referee
- Step Two: Fill out the League DQ slip
  - Make sure to fill out the slip with the correct event number, age group, and lane
  - Any designated officials who see the violation should sign the DQ slip
- If a parent, coach, or swimmer disagrees with your decision, refer them to the Meet Referee
  - Remember that league rules state that parents, coaches, and swimmers may NOT approach a Judge to harass, question, complain or persuade them to change a judgement

# Freestyle

- Freestyle means that the swimmer may swim any style
  - Only exception is during the medley relay or individual medley event, freestyle means any other style than butterfly, breaststroke or backstroke
- Starts: forward start
- Finishes: it is sufficient if any part of the swimmer touches the wall
- There are no disqualifications unique to this stroke
- [https://www.youtube.com/watch?time\\_continue=1&v=baQJzcnG3oQ](https://www.youtube.com/watch?time_continue=1&v=baQJzcnG3oQ)

# Backstroke

- Starts: swimmers line up in the water facing the starting end, with both hands resting either on the end or edge of the pool, or any part of the starting platform; push off on their back
  - Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited
- Turns: During the turn, the swimmer may turn over onto their stomach to perform a flip turn
  - Swimmer is allowed only one continuous arm stroke while on their stomach and must return to a position on the back before their feet leave the wall
- After the start and each turn, the swimmer may remain underwater for up to 15 yards and must resurface before reaching the 2<sup>nd</sup> set of backstroke flags
- Finishes: when any part of the body touches the wall at the end of the pool
- <https://www.youtube.com/watch?v=v5IjKFBIY18>

# Backstroke

## Disqualifications

Body past vertical	Except during a legal turn, swimmers cannot go past vertical (must stay more on their back, than their stomach).
2 arm pulls at turn	Not OK. During the turn, the shoulders may be turned past vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used.
Underwater more than 15 yards	Must surface prior to second set of flags. Dolphin kick is OK.
Start	Swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

# Butterfly

- Starts: forward starts
- Following the start and turns, the swimmer is permitted one or more dolphin kicks, but only one arm pull underwater
- All up and down movements of the legs and feet must be simultaneous
- At each turn and finish, the swimmer must touch the wall simultaneously with both hands, above or below the surface of the water
- <https://www.youtube.com/watch?v=4ajQQQnSKQ0>



# Butterfly

## Disqualifications

Underwater recovery	Both arms must be brought forward over the water and pulled back simultaneously.
Arms not in unison	Must begin in unison. Recovery may be out of unison.
Flutter/Frog/Scissors Kick	All up and down movements of the legs and feet must be simultaneous. The position of the legs and the feet need not be on the same level. A scissors or breaststroke kick is not permitted.
One-hand touch	Not OK. At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

# Breaststroke

- Starts: forward starts
- The hands cannot be brought beyond the hip line, except during the first stroke after the start and each turn
- Some part of the swimmer's head must break the surface of the water at least once during each complete cycle
- After the start and at each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged
- At each turn and finish, the swimmer must touch the wall simultaneously with both hands, above or below the surface of the water
- <https://www.youtube.com/watch?v=6ZXUEfP-Agc&list=PLJUznnzZd1j8Urx4pxOW9gYFCzrWMb0jgx&index=5>

# Breaststroke

## Disqualifications

2 strokes underwater	Not OK. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
Head doesn't break surface	Not OK. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick in that order.
Hands pull past hips	Not OK. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn.
Arms not in unison	The arms shall move in simultaneously and in the same horizontal plane without any alternating movement.
Flutter/Scissors/Dolphin Kick	Not OK. Unless the kick is immediately after the start or turn, during this time a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all vertical and lateral movements of the legs shall be simultaneous. A scissors, flutter or downward butterfly kick is not permitted. Breaking the surface with the feet shall not be a DQ unless it's followed by a downward butterfly kick.
1 hand touch	Not OK. At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously, at, above, or below the water surface.

# Individual Medley

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
- The turns from one stroke to another are considered turns, not finishes and are as follows:
  - Butterfly to Backstroke – after a legal touch, the swimmer may turn in any manner desired, but must be past vertical on their back before their feet leave the wall
  - Backstroke to Breaststroke – the swimmer must touch the wall while on their back, and then may turn in any manner; swimmer must past the vertical on their stomach when their feet leave the wall
  - Breaststroke to Freestyle – the swimmer must touch the wall with both hands simultaneously before turning in any manner desired
- [https://www.youtube.com/watch?v=6w452d\\_ZcAA&index=3&list=PLJUznrZd1j8Urx4pxOW9gYFCzrWMb0jgx](https://www.youtube.com/watch?v=6w452d_ZcAA&index=3&list=PLJUznrZd1j8Urx4pxOW9gYFCzrWMb0jgx)

# Relays

- Medley Relay Order: Backstroke, Breaststroke, Butterfly, Freestyle
- Strokes and turns for each stroke follow the rules for that stroke
- No swimmer may swim more than one leg in any relay event
- Early start (or false start) is called if a swimmer's feet have lost touch with the starting platform before the preceding teammate touches the wall
- Each swimmer must exit the water immediately upon finishing their leg of the race
- A relay team can be disqualified if they jump into the water after their race
- <https://www.youtube.com/watch?v=BV2dAE0VXTE&index=2&list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMB0jgx>

# General Disqualifications

Missed Wall / No Touch	Must touch wall - it is okay to go back and touch as long as stroke is performed correctly.
Wrong Stroke	Not OK.
Interference	Parents cannot touch swimmers once they are called to the blocks. Coaches may touch to guide or comfort, but only until the starter calls them to their marks. OK to swim into another lane as long as it doesn't interfere with opponent's race.
Walk/Spring from the bottom of the pool	Not OK.
Pull on the lane line	OK to hit lane line and push away as long as there is no forward progress. It is OK to hold on to the lane line.
Finish in the wrong lane	Not OK. Swimmer must finish in the same lane as they started in.
More than 1 swimmer in lane/water	In relays, swimmer(s) must exit the water before the next swimmer touches or turns.
Relay start interference by parent, coach or swimmer	ONLY coaches can touch swimmers to comfort or guide swimmer until swimmer steps forward, ready to start.
Early take off	Called by starter, designated stroke and turn judges and meet referees only. These officials must be in line with the end of the pool or directly over their assigned lanes.
Jumping in after a race	Not OK.
Individual Medley (Backstroke to Breaststroke)	The swimmer must touch the wall while on the back.

# Other Rules

- A swimmer may, during their race, accidentally swim into another lane. This will, however, result in a DQ if they obstruct or otherwise disrupt the competitor in that lane. The swimmer must start and finish the race in their assigned lane.
- Any swimmer not entered in a race that enters the pool where a race is being conducted before all swimmers have completed the race shall be disqualified from their next scheduled competition in that day's session. This includes placing feet in the gutter, getting in to cool off, etc.
- A 6 & under swimmer may have an aide in the pool to act as a safety assistant. The safety assistant must remain behind or next to the swimmer and any body contact will result in disqualification.
- Swimmers with disabilities that may prevent them from swimming a stroke in the prescribed manner will be given leniency if the disability/limitation is presented to the stroke and turn judges at the pre-meet meeting and that the modification to the stroke does not put the swimmer at a greater advantage.