



BCSSA Stroke + Turn Level 1 Clinic

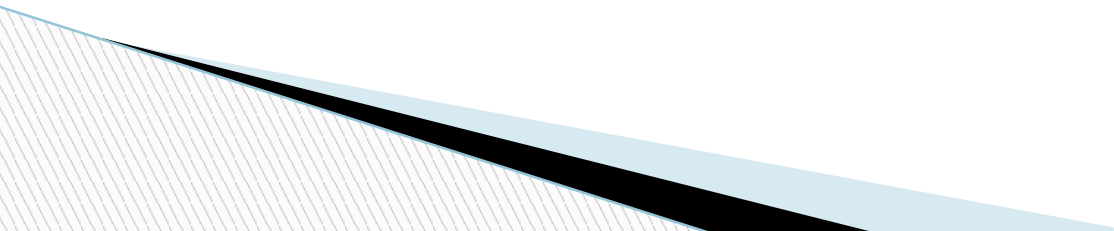
BC Summer Swimming Association
Officials Certification Program

BCSSA Official's Certification

- Level 1 – Junior Pin (Green)
 - Lane Timer & Lane Recorder, Marshal & Understanding of Stroke and Turn
- Level 2 – Intermediate Pin (Red)
 - S&T, Recording Office, 2 of the following: Head Timer, Clerk of the Course or Electronics
- Specialist Pin (Orange)
 - Any of: Clerk of the Course, Hy-Tek, Meet Manager, Chief Meet Recorder or Electronics
- Level 3 – Senior Pin (Light Blue)
 - All Level 2 plus Starter, Referee, Meet Manager, DDO and CMR
- Level 4 – Master Pin (Navy Blue)
 - Evaluated by the Provincial Dir. Of Officials & Written Exam

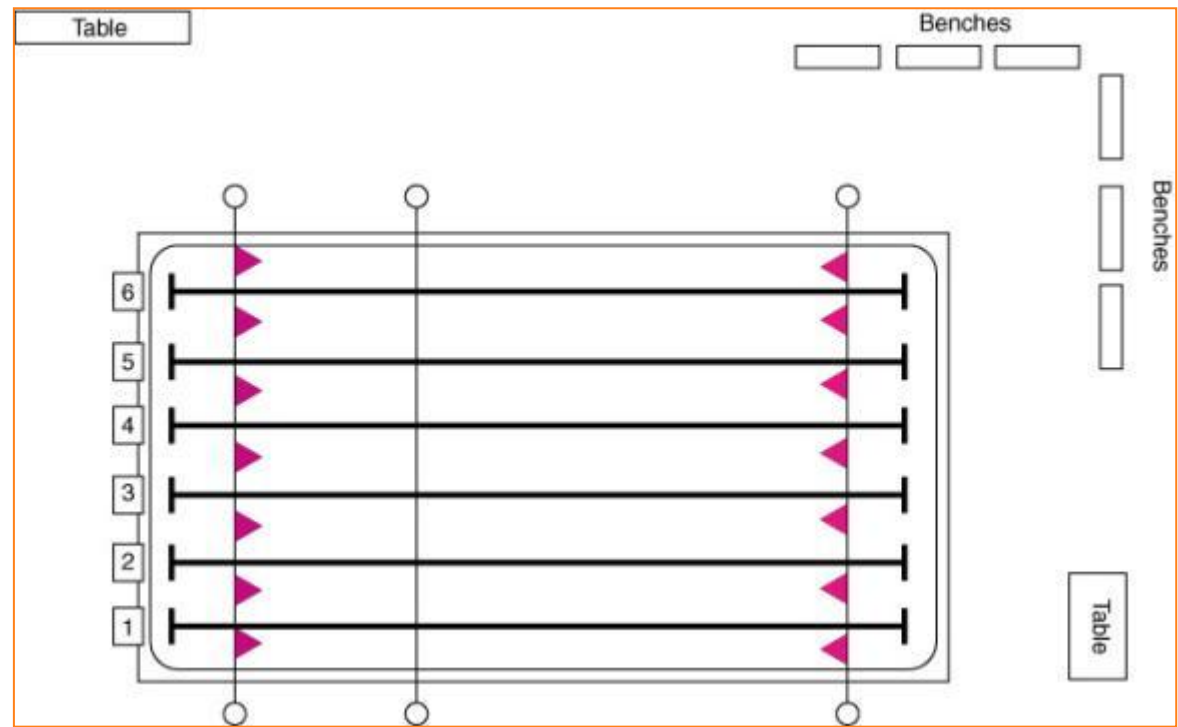


Today

- Walk around the Pool Deck
 - Stroke & Turn Judge
 - Quick Questionnaire
 - Review
- 

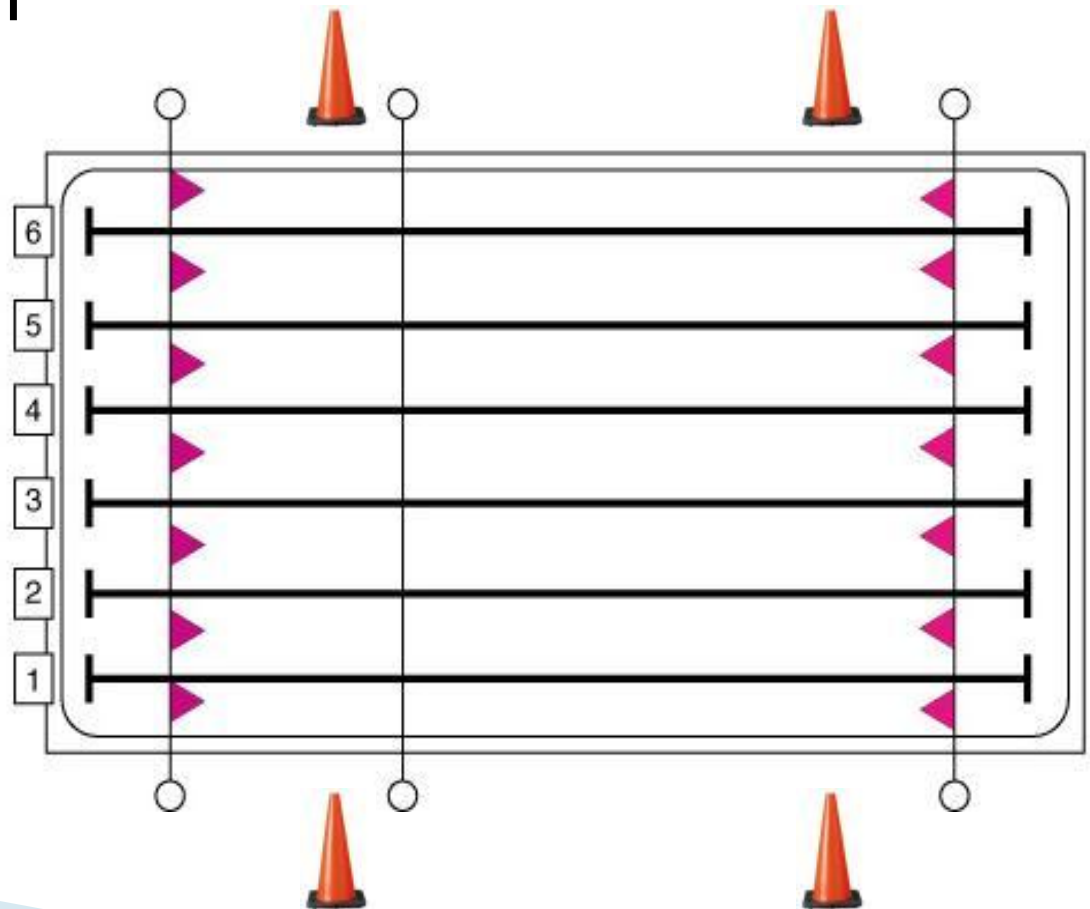
The Pool Deck

- Number of lanes (6 – 8)
- 25m or 50m
- Lane 1 is on the right hand side facing down the course
- Working deck shall consist of those areas within 1.8m of the sides and turning end of the pool and within 4.5m of the finished end

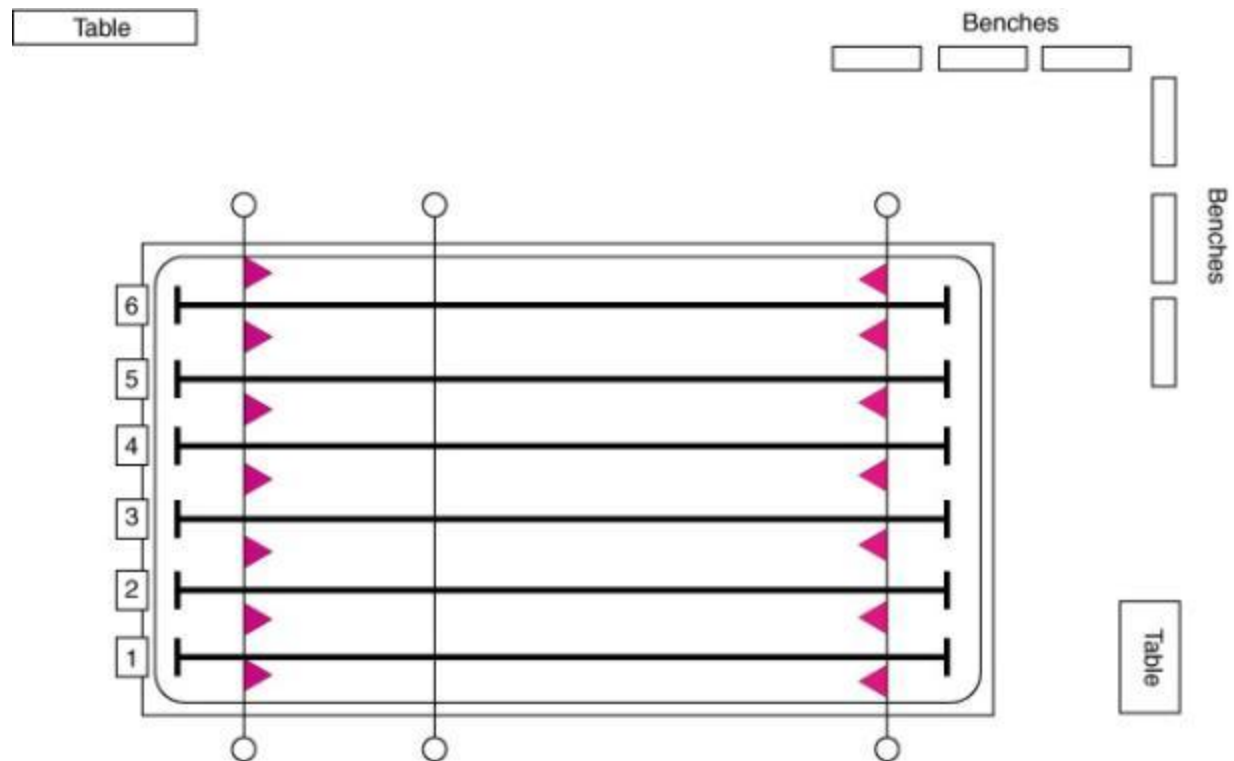


The Pool Deck

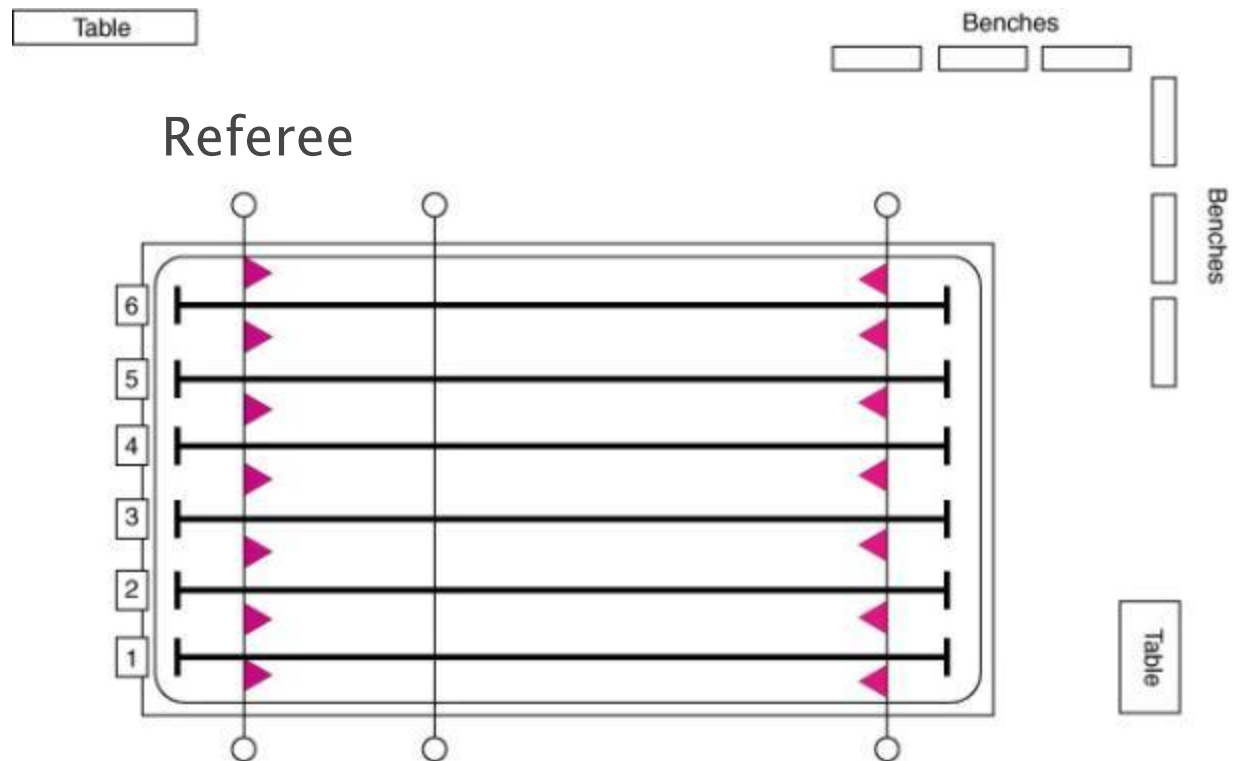
- Backstroke flags 5m
- Recall rope 15m
- 15m cones



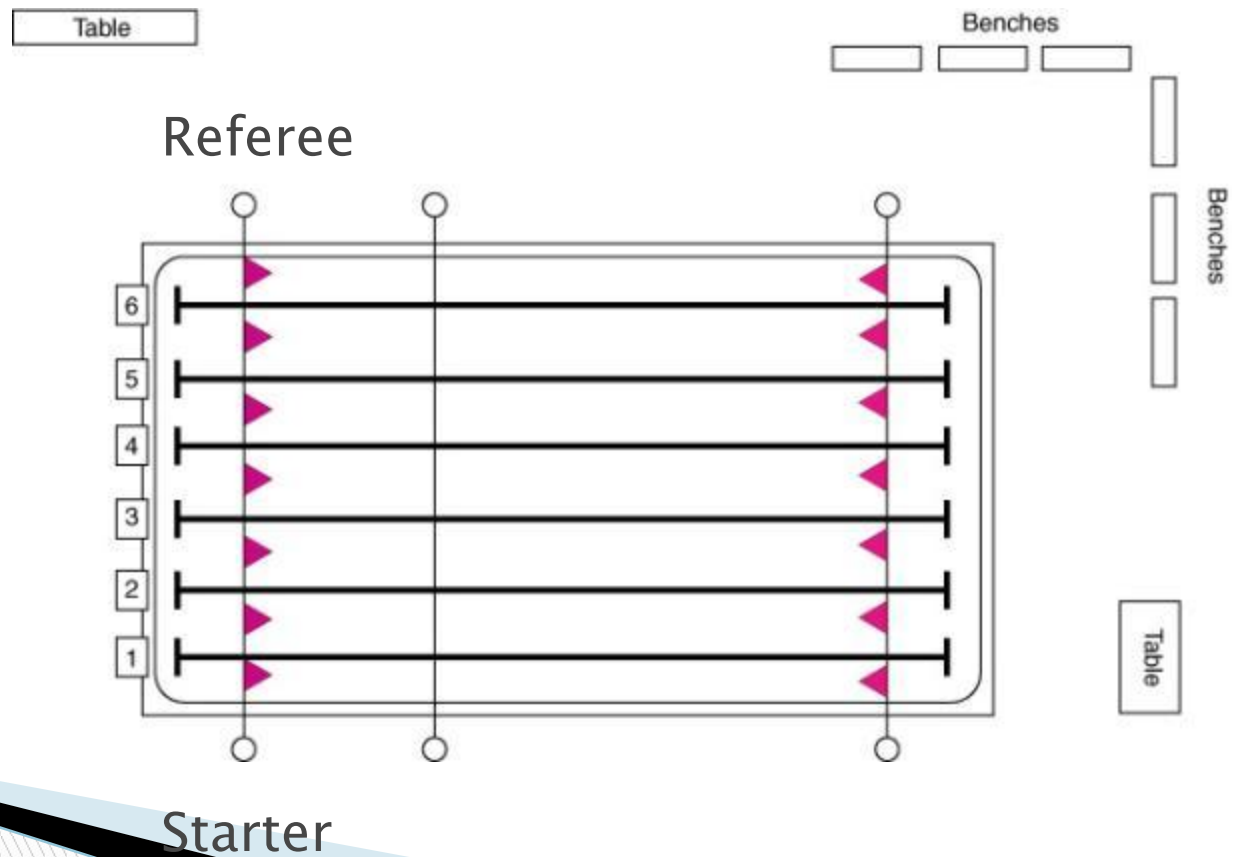
Meet the Officials



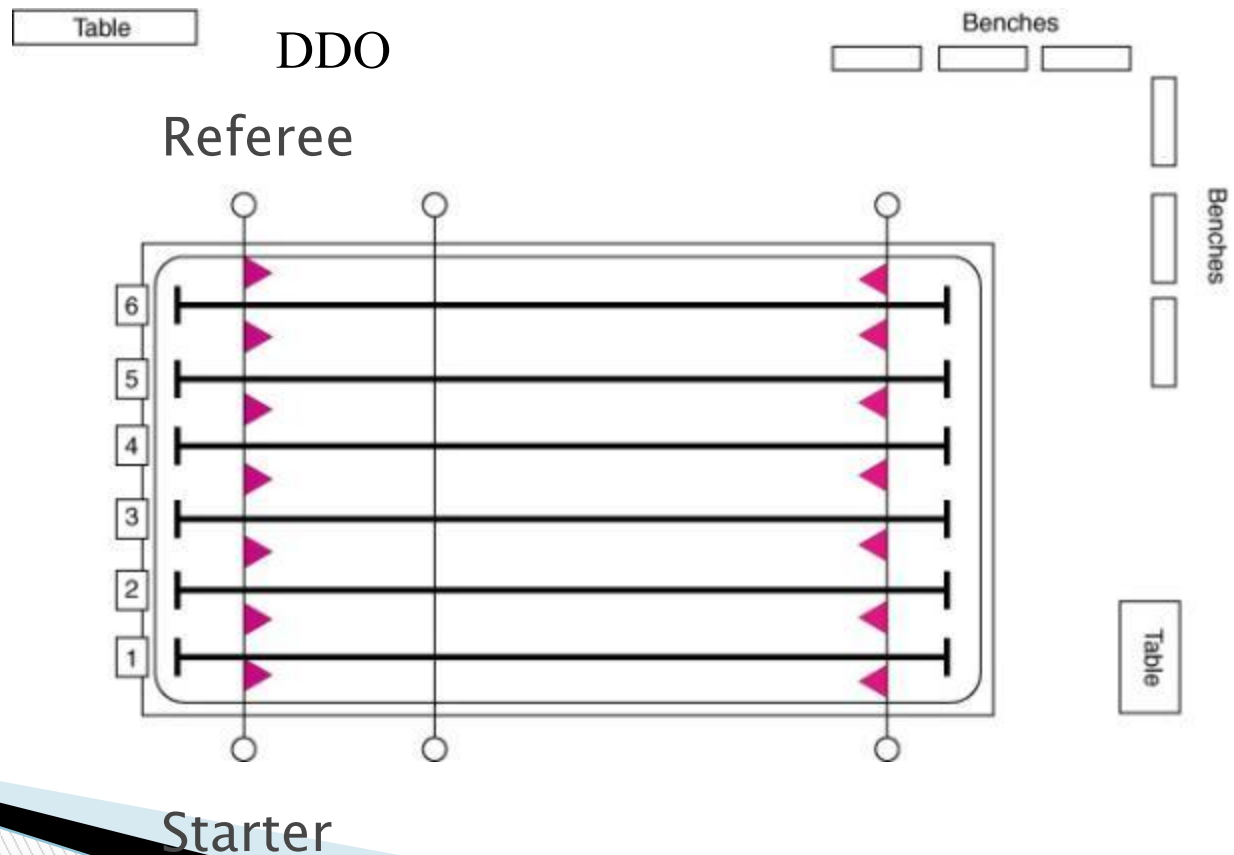
Meet the Officials



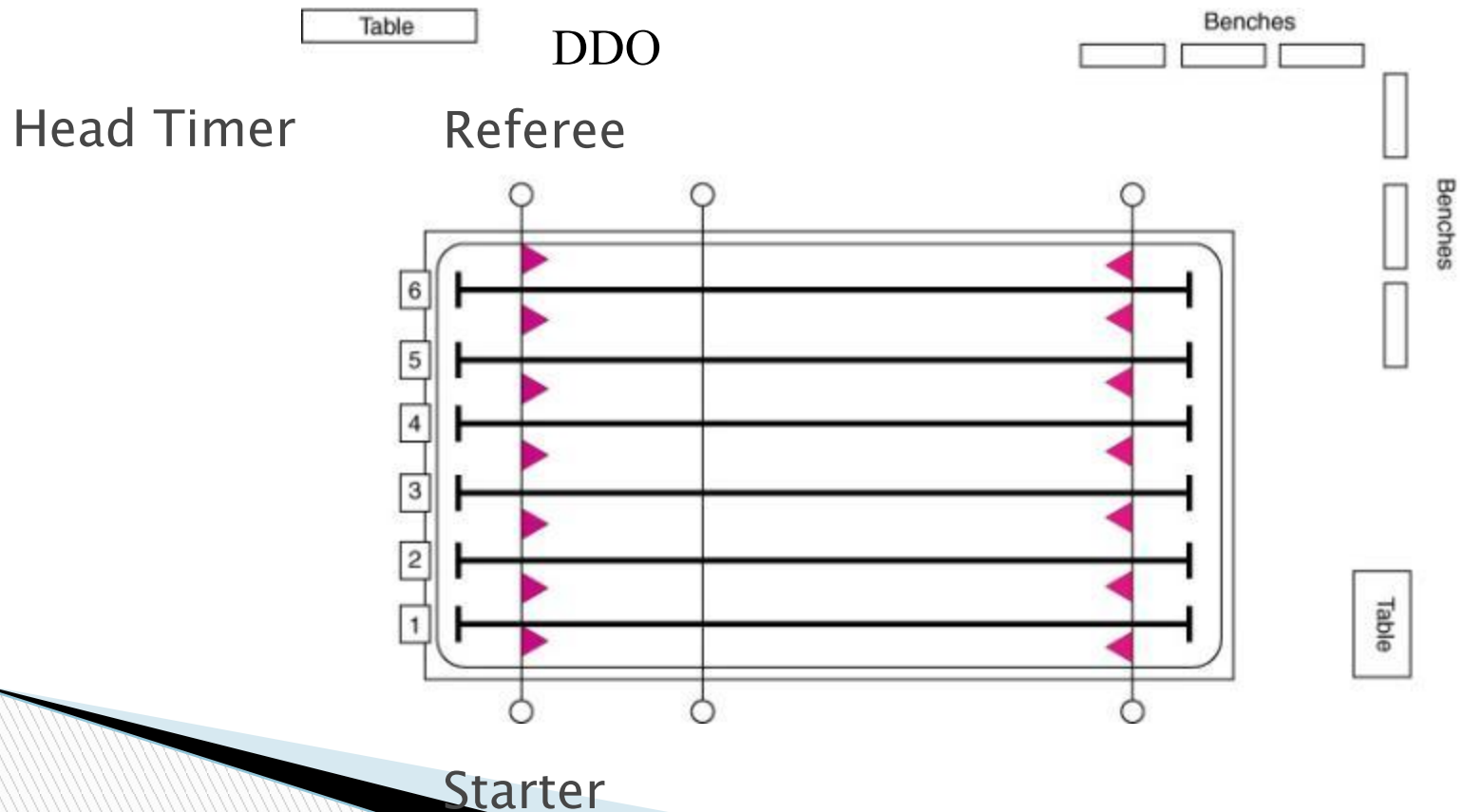
Meet the Officials



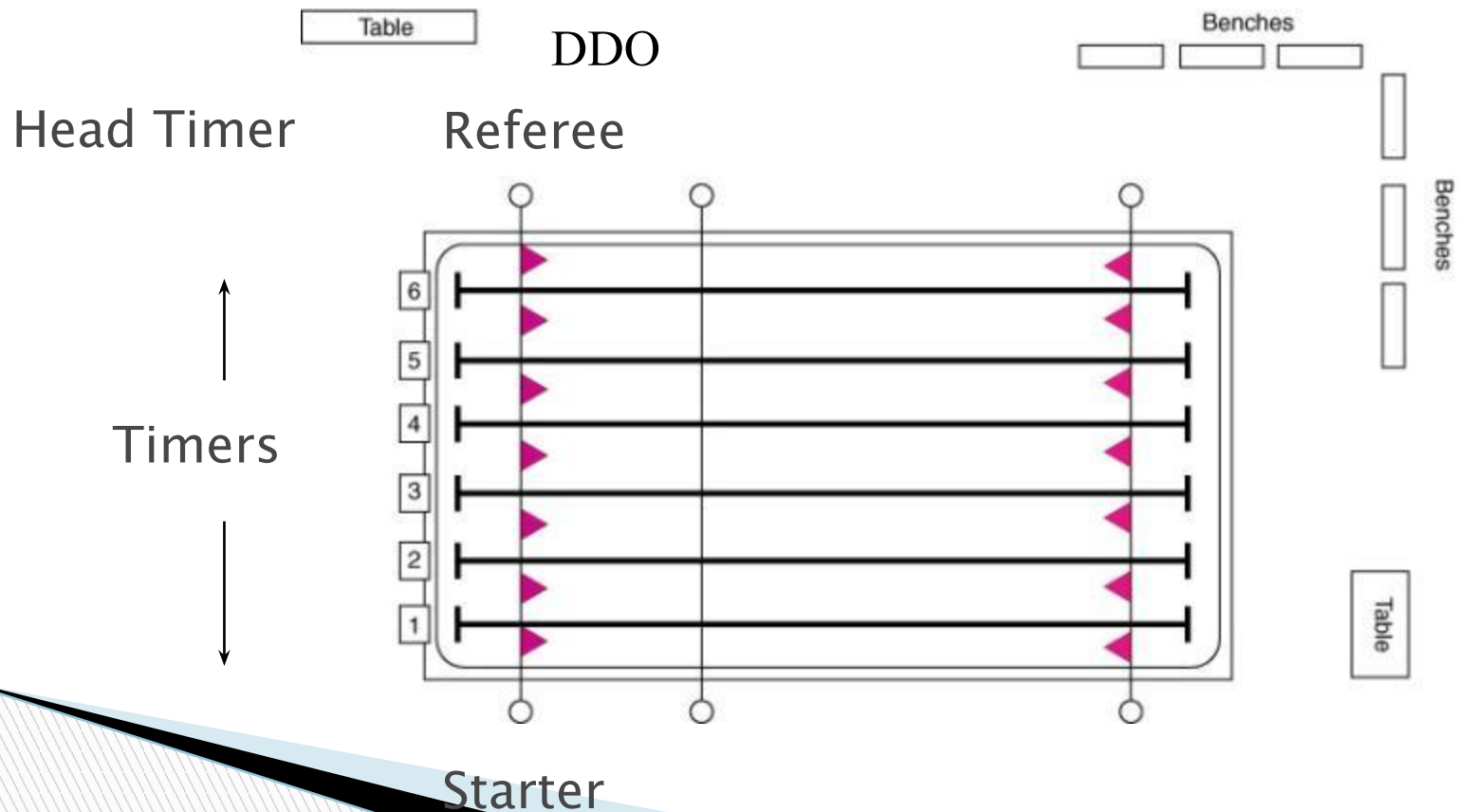
Meet the Officials



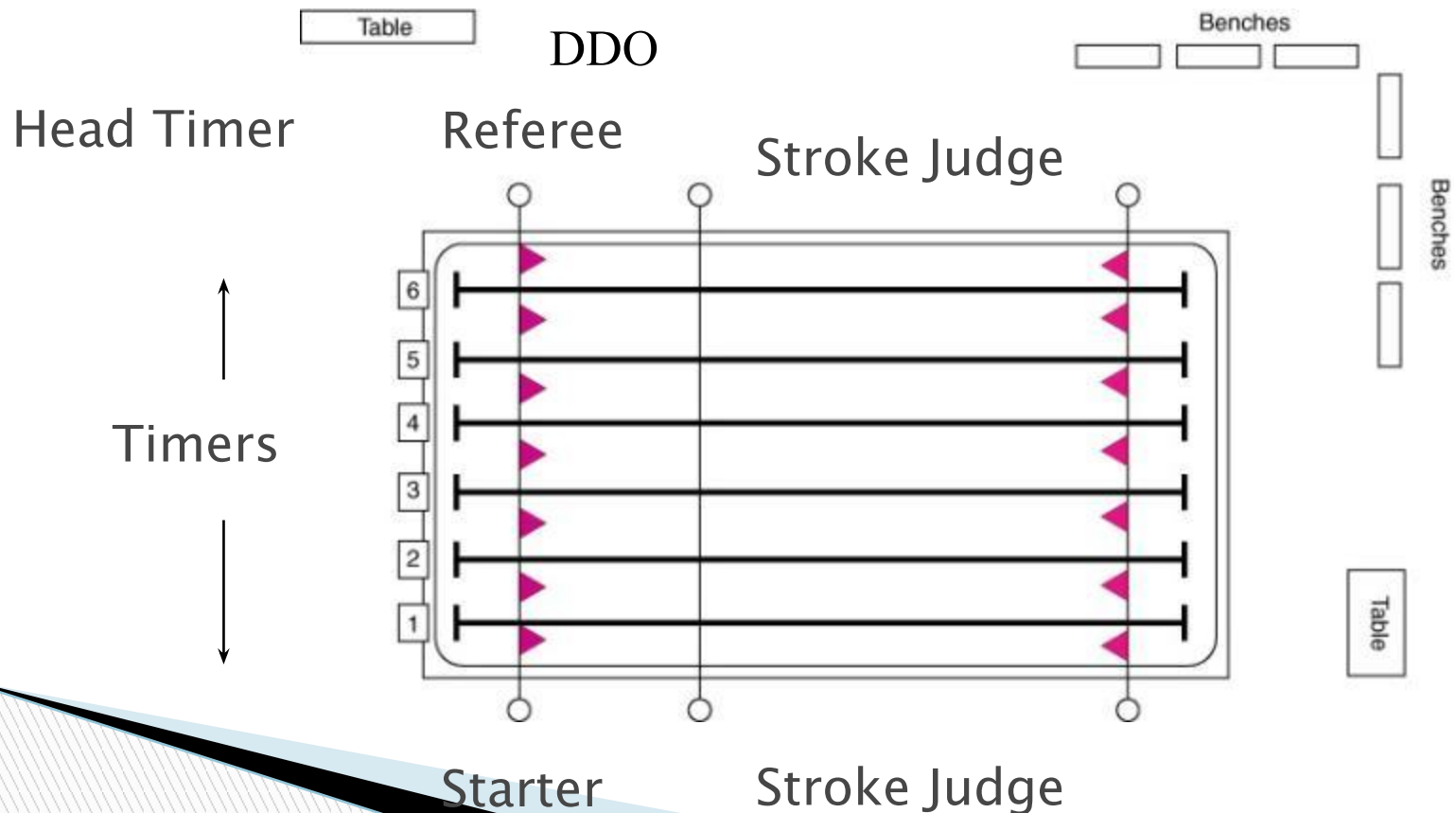
Meet the Officials



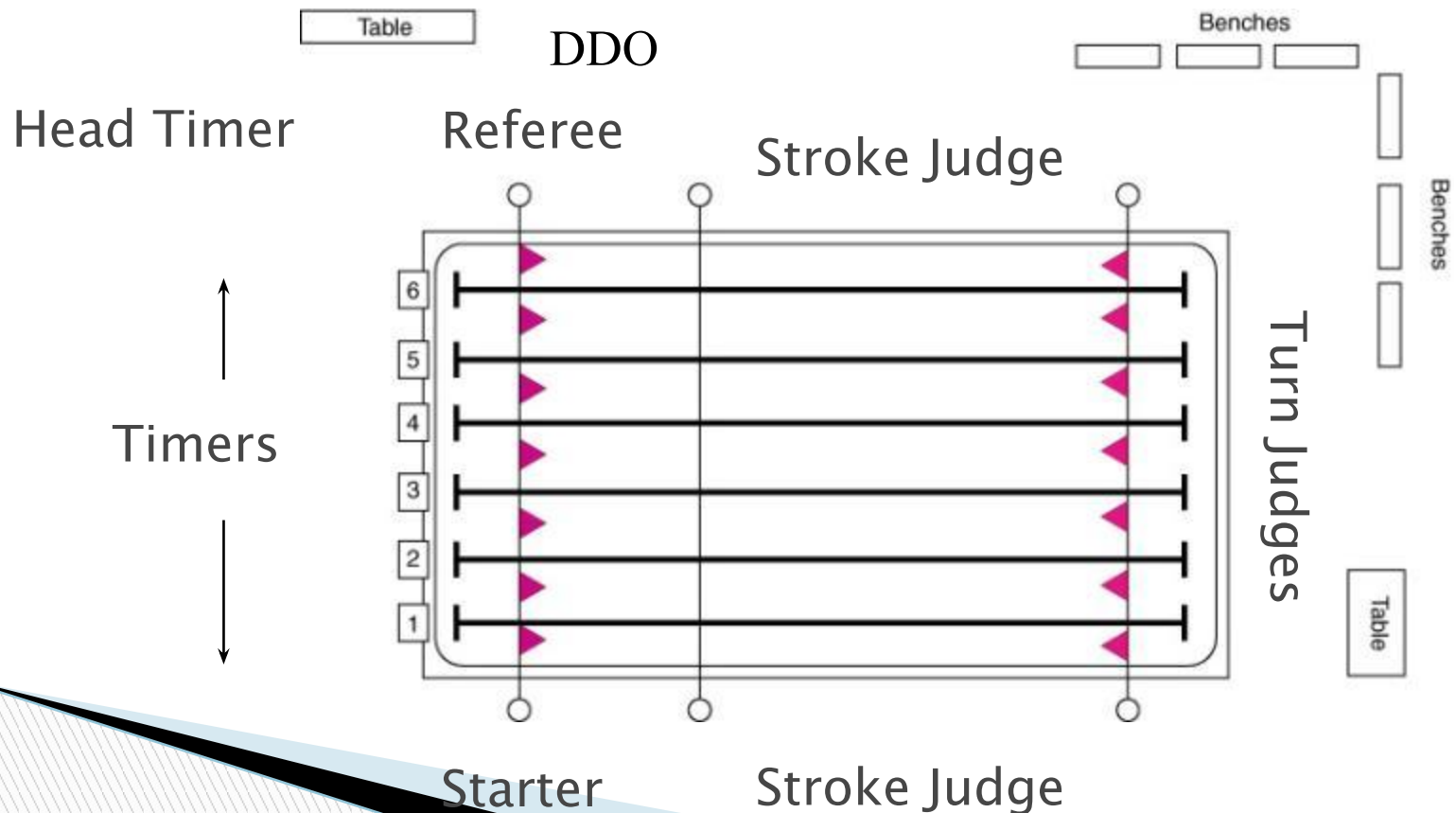
Meet the Officials



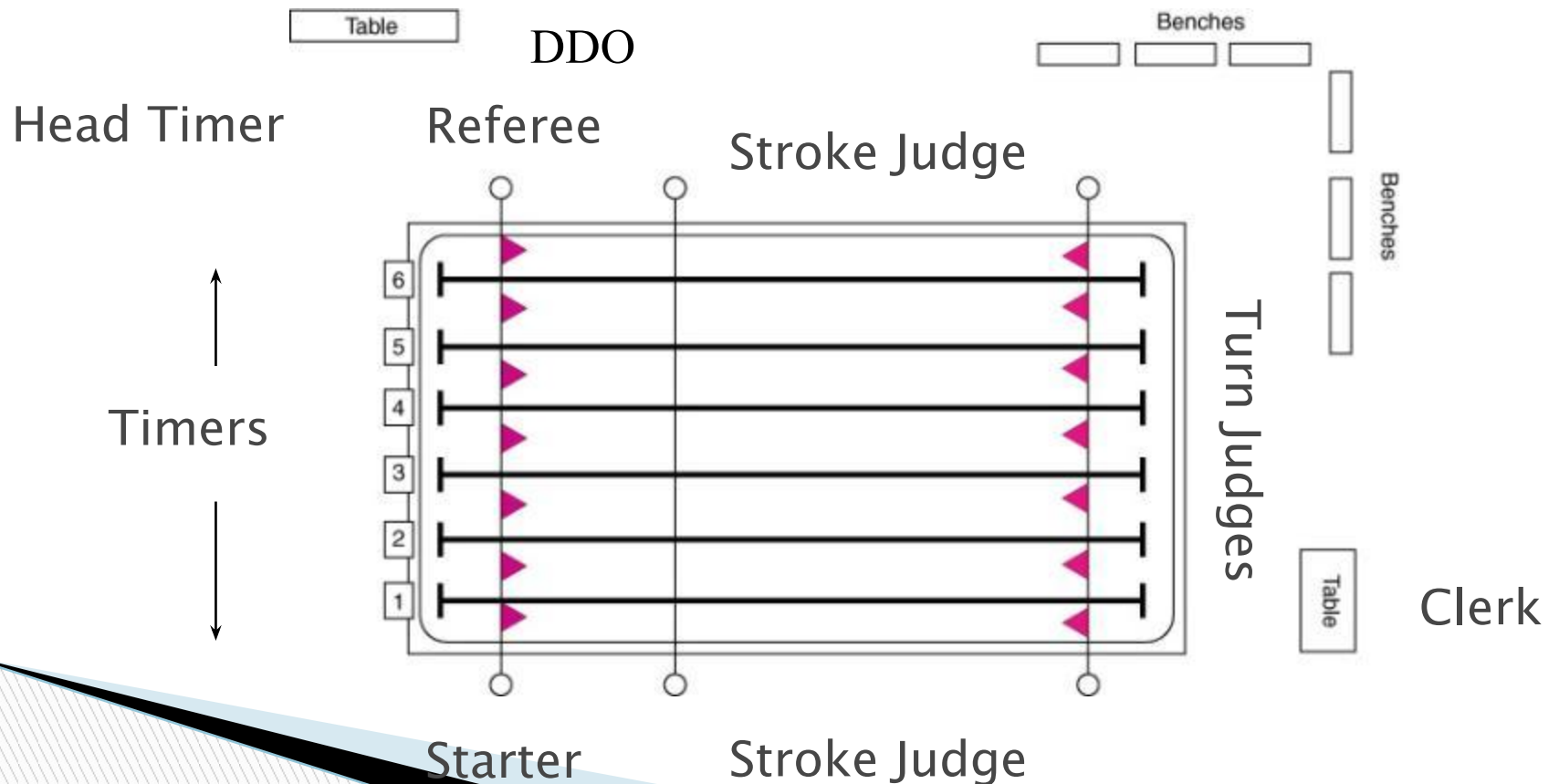
Meet the Officials



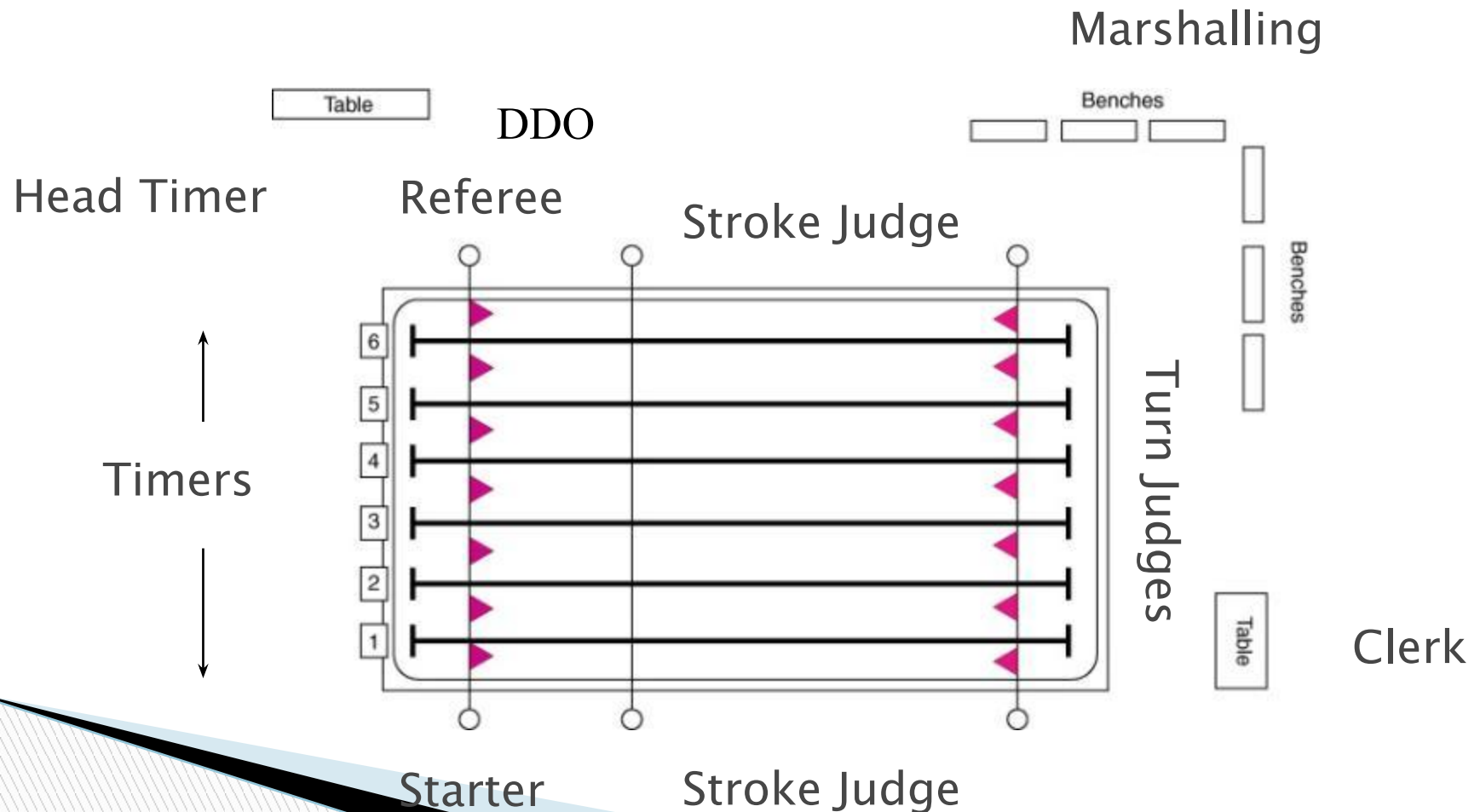
Meet the Officials



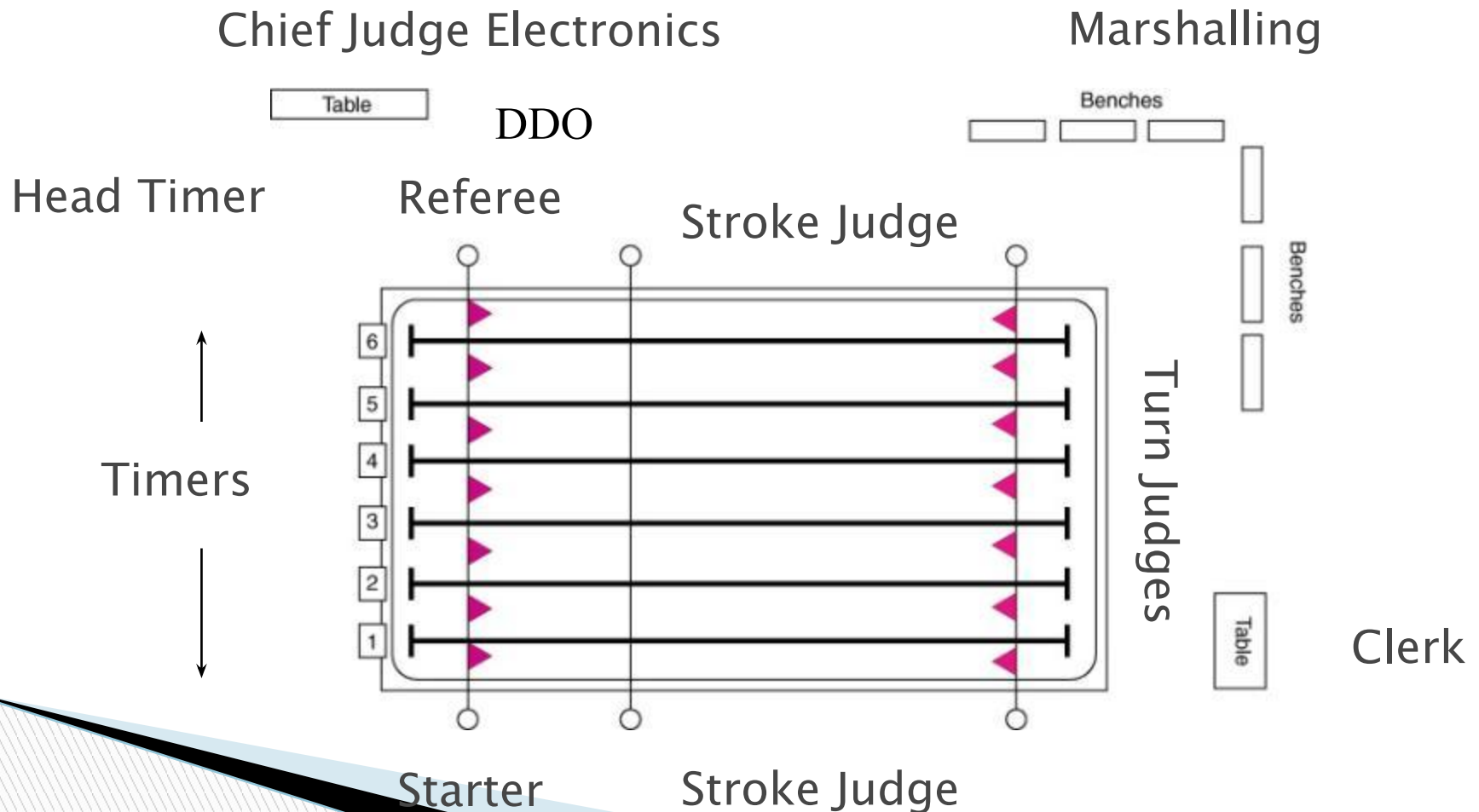
Meet the Officials



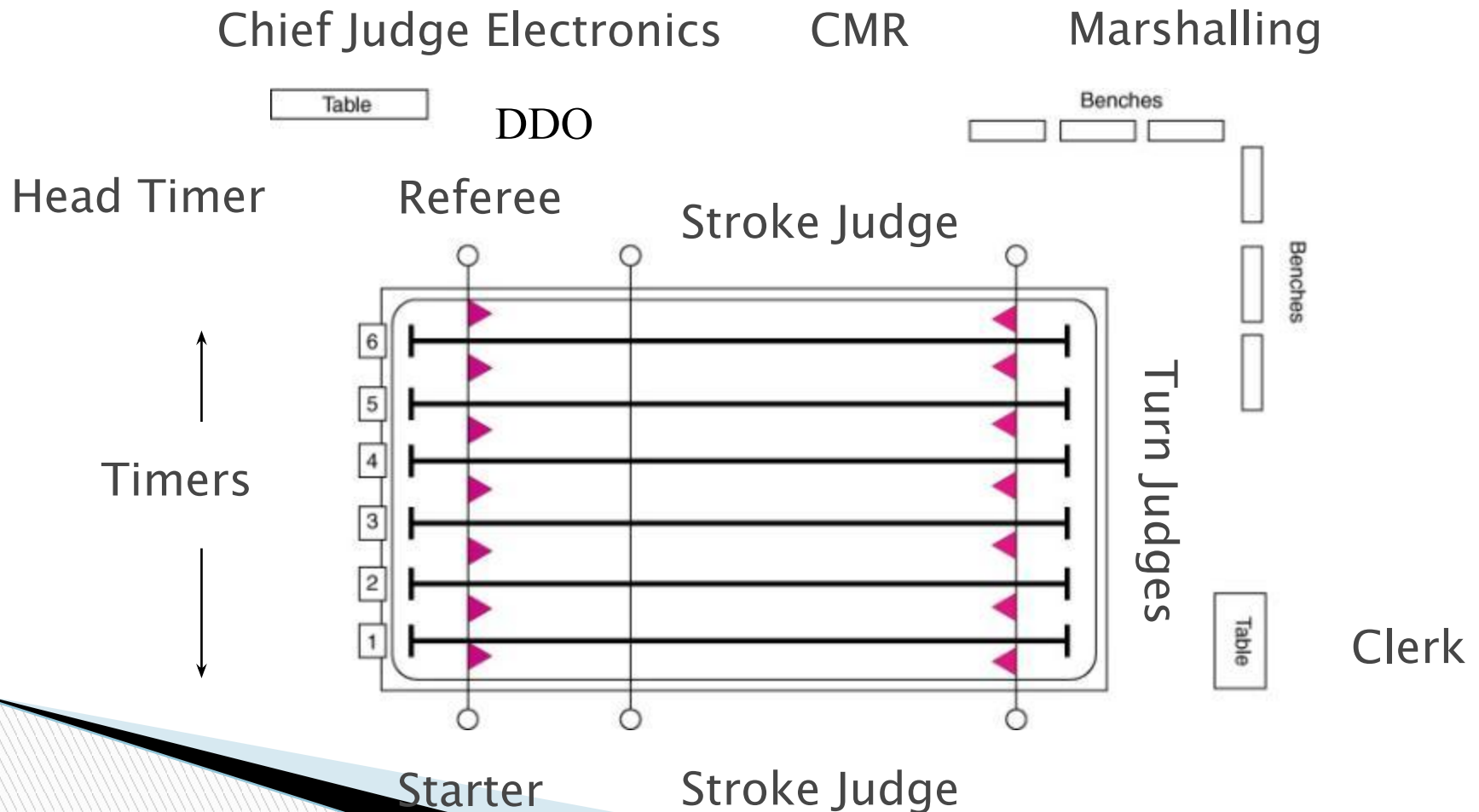
Meet the Officials



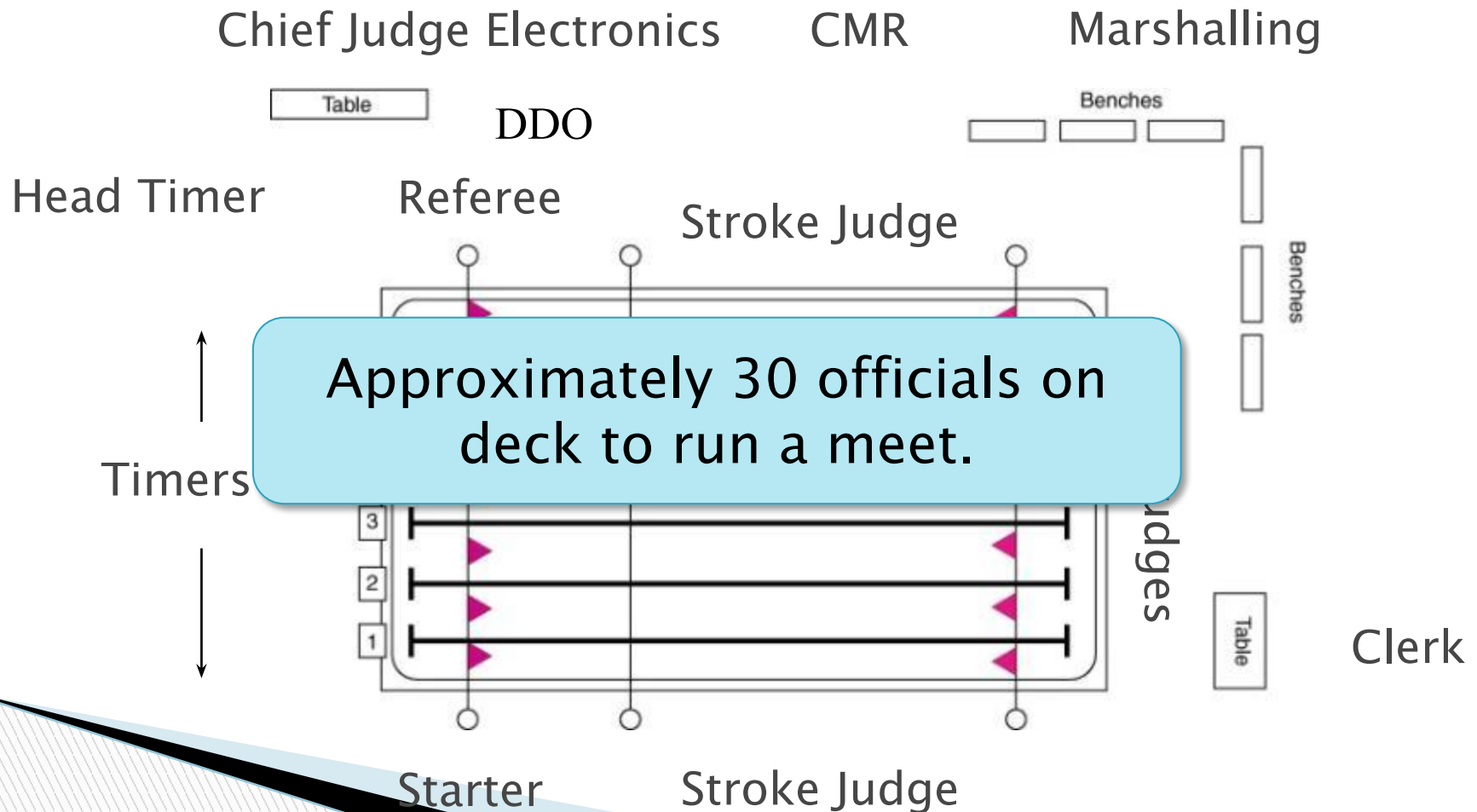
Meet the Officials



Meet the Officials



Meet the Officials

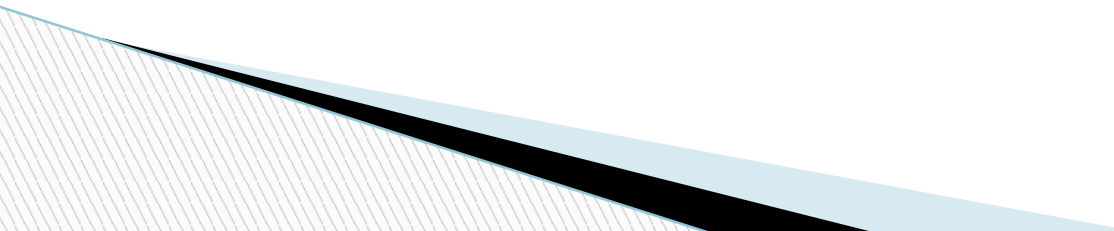


Officials - Expectations

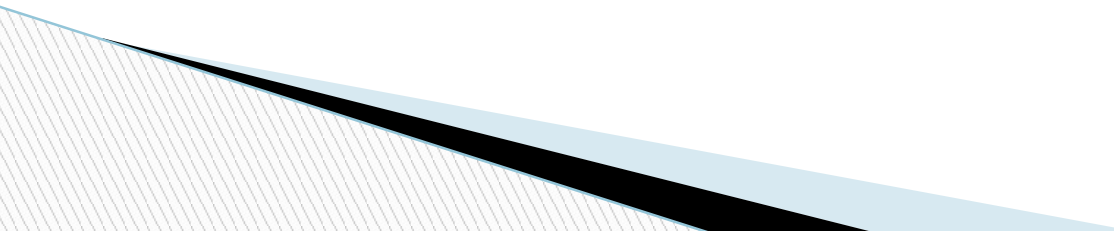
□ Dress Code

- White clothing (shorts or pants) or,
- Matching shirts if provided by meet management
- Comfortable, rubber soled shoes
- Expect to get wet!!
- Sunglasses, sunscreen and hats outdoors

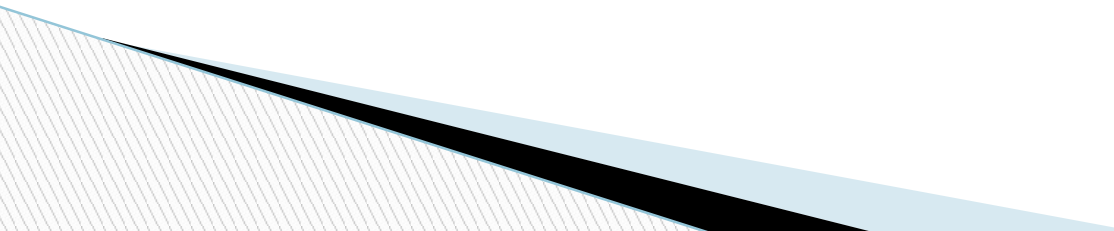
● Arrival Time

- At the officials meeting (usually in Meet Pkg.)
 - If you are 1st shift, arrive 10-15 min prior to the planned start time.
 - If you are 2nd or 3rd shift, arrive at your post to relieve the current official, 5 minutes before.
- 

Officials - Ethics

- Have a positive attitude.
 - Accept an assignment only if you intend to honour the commitment.
 - Accept the assignment you have been given.
 - Don't leave your post.
 - Complete the session.
 - Be impartial (cheering shouldn't be done).
 - Be unconstructive and inconspicuous.
 - A Referee's decision is final (don't be offended).
 - Remain cool and professional at all times.
 - Be fair to all.
 - Be friendly, but don't distract swimmers mentally preparing for a race.
 - Know the rules thoroughly.
- 

Other Important Positions

- Runners
 - Deck Food Preparation
 - Marshalling
 - Safety Marshal
 - Meet Office (or Crash Desk)
 - Electronics
 - Announcer
 - Meet Manager
- 

Philosophy and Behaviour

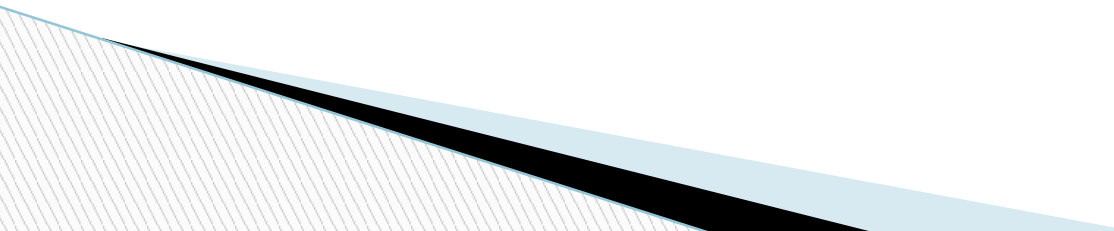
▣ **Swim Meets are for swimmers**

- ▣ Be as inconspicuous as possible.
 - Avoid being militant or officious
 - Lead by example
- ▣ You will earn the respect of swimmers and coaches by being responsible, competent and knowledgeable.
- ▣ You must continue to keep up with rule changes (attend a clinic each year to keep up to date).

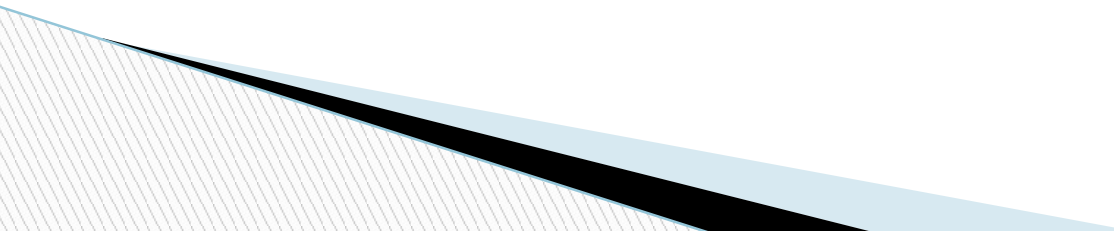
Philosophy and Behaviour

- ▣ Rules and guidelines exist to regulate fair play, and to prevent the unfair advantage of one competitor over the other.
- ▣ You are there to ensure fairness; **no unfair advantage.**
- ▣ You are also there to provide learning and instruction to swimmers (the errors you point out are the areas the coach will focus on in future practices).
- ▣ **Always give the benefit of the doubt to the swimmer.**

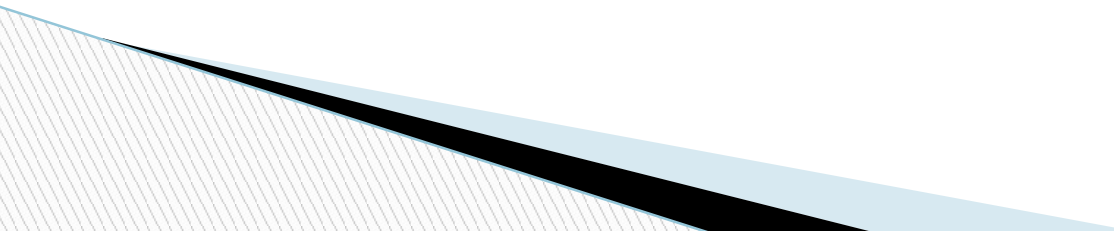
Philosophy & Behaviour

- Pay attention, do your job (the swimmers take it seriously, so should you).
 - Ensure you are properly situated with no obstruction (e.g.: turn at edge of pool).
 - Be aware of stroke variations that are legal, as well as those that are illegal.
 - Always use common sense.
 - Be reasonable and certain of what you are doing.
 - If unsure, always consult the referee or other officials.
- 

Philosophy & Behaviour

- Arrive before the meet starts in time for the Officials meeting.
 - Before the meet, the Meet Referee will establish the procedures to be followed for the meet.
 - Have your rulebook with you.
 - If you are going to make a DQ, ensure your position is covered.
 - STROKE: Starter & Referee
 - TURN: Increased coverage by turn judges
- 

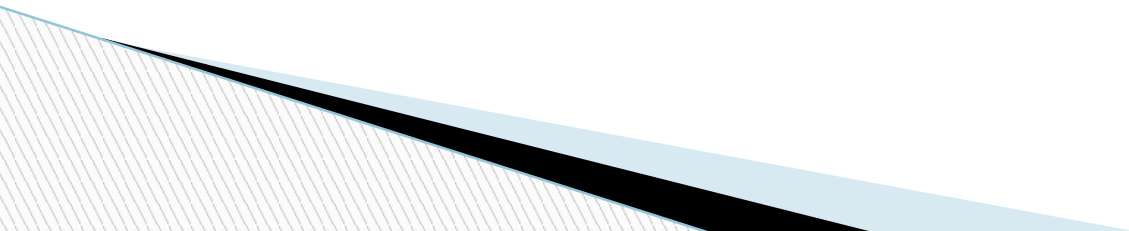
Philosophy & Behaviour

- ❑ Rotations occur at the end of each page in the swim program, unless otherwise specified – be alert and prompt in rotations.
 - ❑ When responsible for the recall rope, ensure you know how to release it.
 - ❑ Take advantage of conflict resolution and harassment clinics when they are held in your region.
 - ❑ Be familiar with the Harassment Policy.
- 

BCSSA Harassment Policy

- ▣ ***There will be no tolerance of harassment within the BC Summer Swimming Association.***
- ▣ The BC Summer Swimming Association is committed to providing a sport and work environment in which all individuals are treated with respect and dignity.
- ▣ Each individual has the right to participate and work in an environment which promotes equal opportunities and prohibits discriminatory practices.

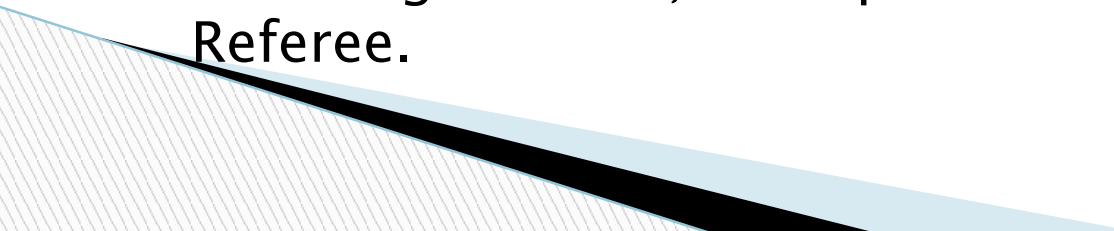
Level 1 Official...



Level 1 Overview

- Green Pin
 - awarded by Club DO or Regional DO
- Lane Timer & Recorder
- Marshal
- Understanding and Participation of Stroke and Turn

Lane Timer

- Shall time the swimmer in the assigned lane from the starting signal to the 'final touch.'
 - Shall take up a position over the finish end of the assigned lane.
 - Timers should remain seated when not engaged in timing the finish of a race or performing other assigned duties.
 - If manual timing, shall start the watch on seeing the flash of the starting signal, and shall stop it when the swimmer has completed the required distance and any part of the body touches the pad, the end wall, or crosses the vertical plane [imaginary] extending upward from the wall.
 - May act as the Relay Take-Over Judge and/or Turn Judge in the assigned lane, if so qualified and authorized by the Referee.
- 

Lane Recorder

- Ensure that the swimmer's name coincides with the swimmer on your heat sheet.
Ask the swimmers, "what is your name?" If you ask, "Is your name Johnny?" he may say yes, even though his name is Fred.
- Ask the Timers for their initials and write them in the appropriate space on the heat sheet if manual timing.
- As the Timers give you their times, write them on the time card opposite the appropriate initials.
- Return your clipboard at the end of the session.
- Shall determine if the swimmer has a light touch, and report this to the Chief Meet Recorder, by suitable notation on the time card.
- Shall check for the correct swimmers in Relay[s].

Place Judge (if used)

- Position yourself in line with the end of the pool. Ensure that your line of sight will not be blocked.
- You have priority over ANYONE in this area of the pool.
- Write the event number, heat number and your initials on each Place Judge slip
- Record the lane numbers as the swimmers finish.
- A swimmer has finished when any part of the body touches the touchpad or end of the pool, or passes over the vertical plane of the wall.
- Be attentive - try to write down all of the lanes in order of finish. If you do not get all of the places DO NOT GUESS, write down the ones that you are sure of, leaving dashes for those in doubt.
- Do NOT call out numbers as people finish - it may distract other Place Judges.
- Record swimmers as they finish, rather than trying to recall the positions afterwards. Your first impression is likely to be correct.
- Record your decision only. DO NOT COPY another judge or the scoreboard.

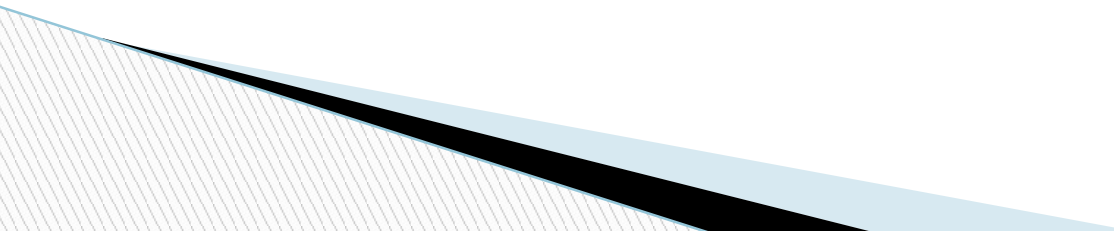
Marshal

- Report to the Clerk of the Course. Your duties may include:
 - Keeping order in the marshalling area
 - Arranging swimmers on deck
 - Leading swimmer to the starting blocks.
- Responsibilities:
 - Marshals assist the Clerk and follow the Clerk's instructions.
 - Marshals are responsible for directing the swimmers from the marshalling area to the blocks and for the swimmers' conduct on deck
- You will get the swimmers' respect by being firm but fair, friendly, polite and tactful.

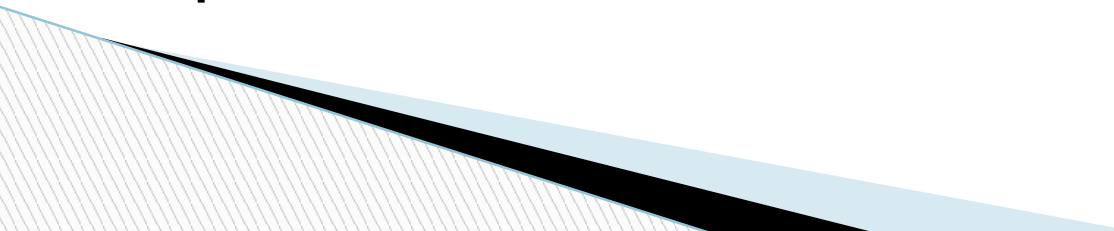
Marshal

- ❑ Direct the swimmers to pass behind the Starter and Place Judges and not in front of them.
- ❑ If any swimmer becomes a problem, discuss the situation with the Clerk
- ❑ The Clerk will inform you as to how the swimmers are to be marshalled.
- ❑ Ensure that each swimmer knows which lane he/she is in, and that all swimmers are seated in the correct order (mainly for the lower divisions).
- ❑ Assist in arranging the swimmers into heats.
- ❑ Ensure that the waiting heats of swimmers are quiet for the start.
- ❑ Swimmers must remain in the marshalling area once marshalled.
- ❑ Keep the Referee posted as to heat changes from the Clerk of the Course.

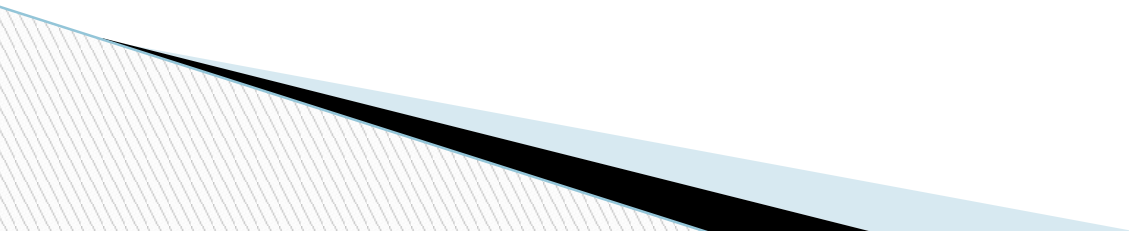
Safety Marshal

- ❑ Responsible to the Referee for all aspects of safety, related to the conduct of the warm-up period.
 - ❑ Swimmers shall enter the water FEET FIRST in a cautious manner.
 - ❑ No running on the pool deck or diving from the side of the pool.
 - ❑ Diving starts are only permitted in Sprint Lanes during the warm-up period (Circle swimming lanes can be converted to Sprint Lanes).
- 

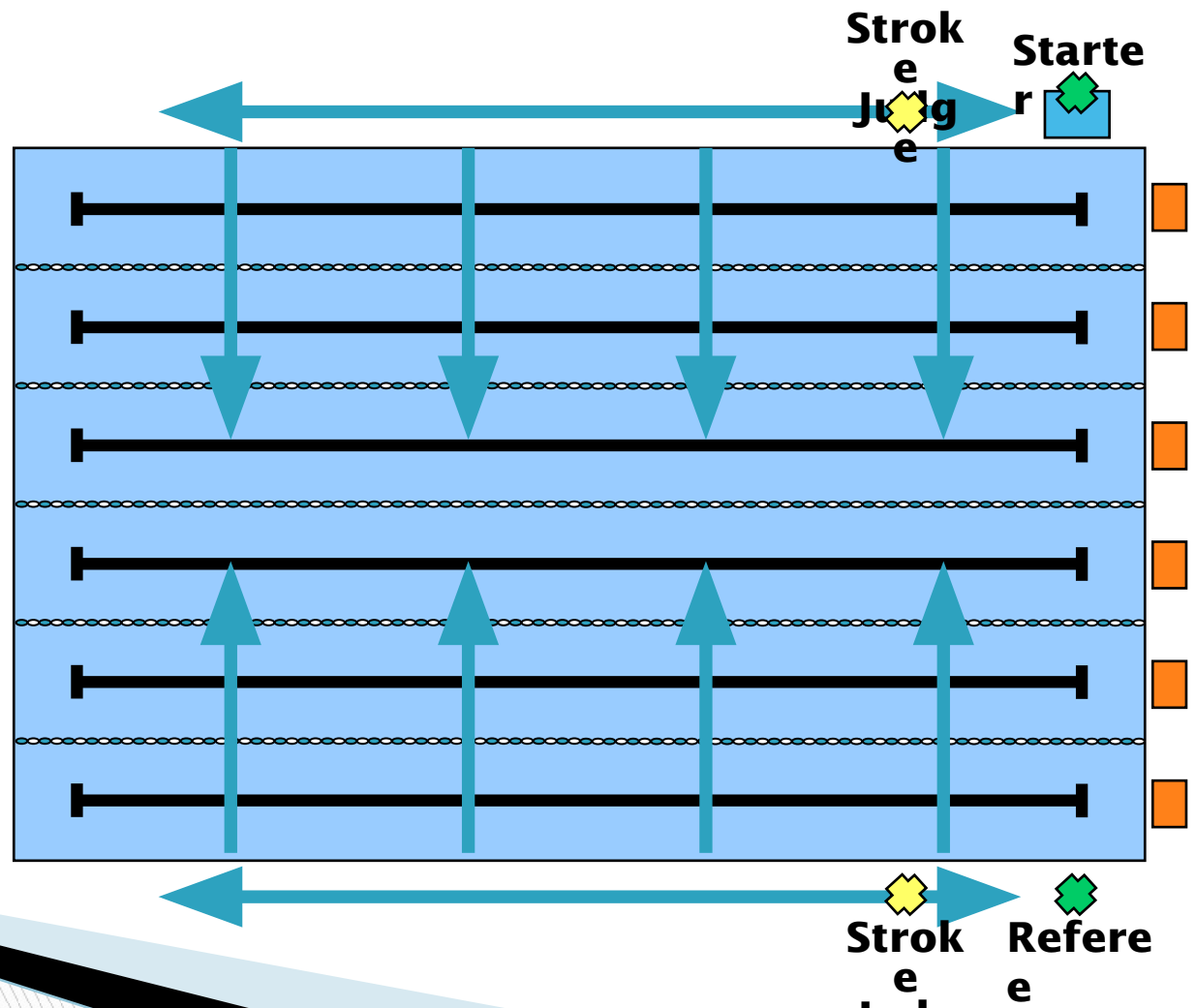
Safety Marshal (cont.)

- Each club shall be assigned a lane as normal.
 - There shall be no diving in the pool during the “circle swimming” period.
 - Coaches may change their lane to become a “Sprint lane”, however that permits only Dive 25's to take place. No more circle swimming shall be allowed.
 - Lanes shall be open primarily for “circle swimming” during the general warm-up period.
- 

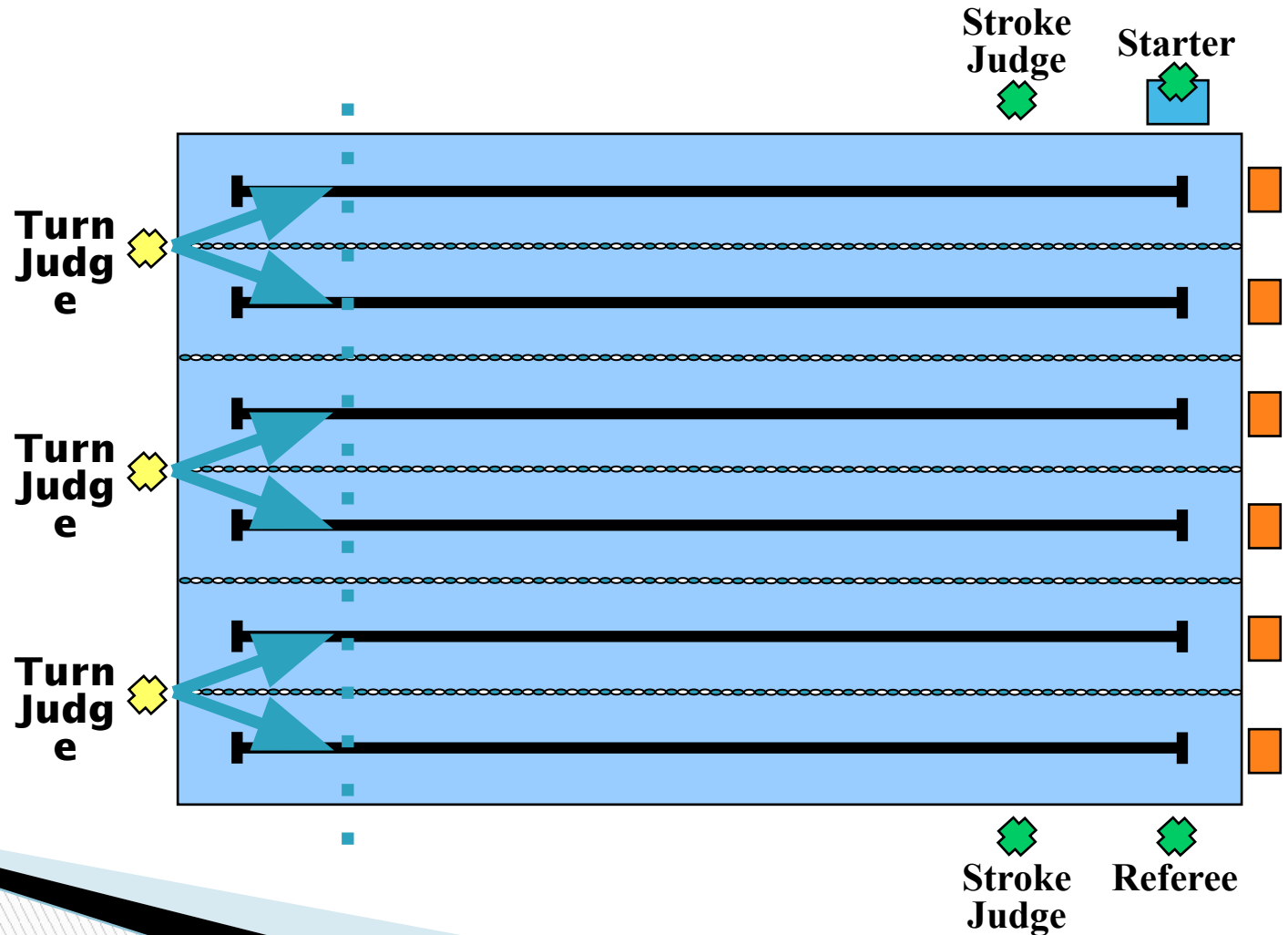
Stroke & Turn...



Jurisdiction – Stroke Judge

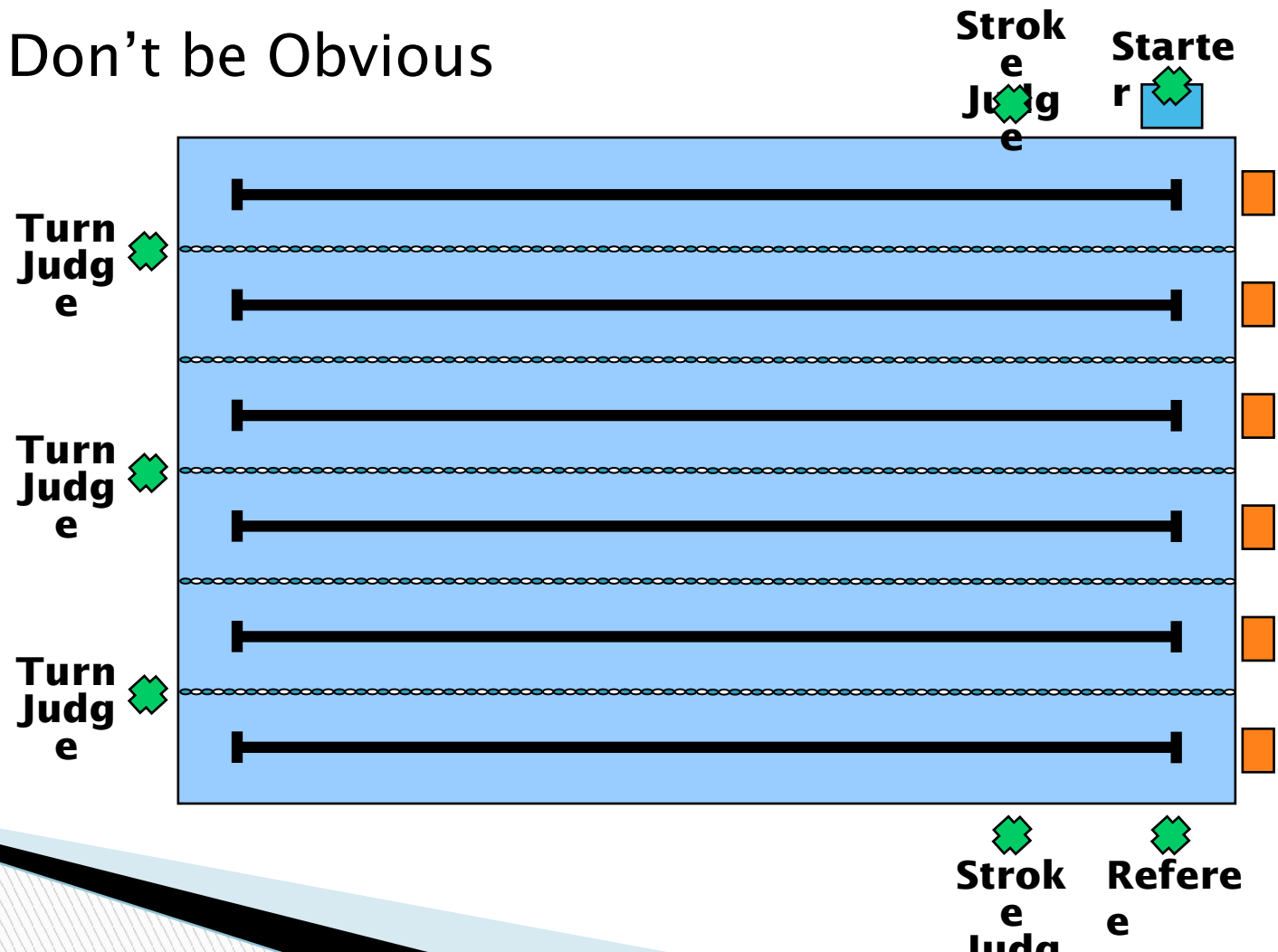


Jurisdiction - Turn Judge

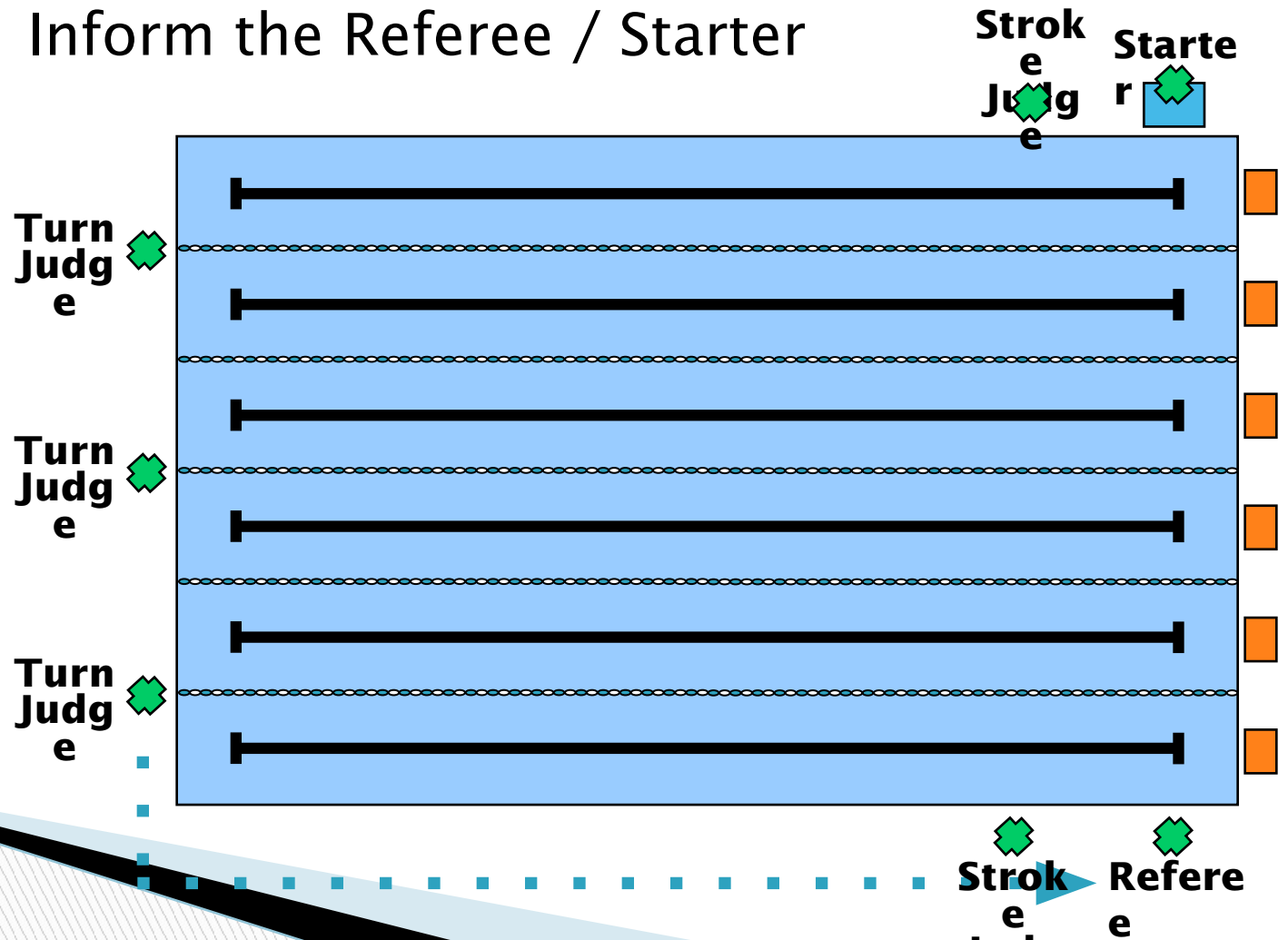


Disqualifications

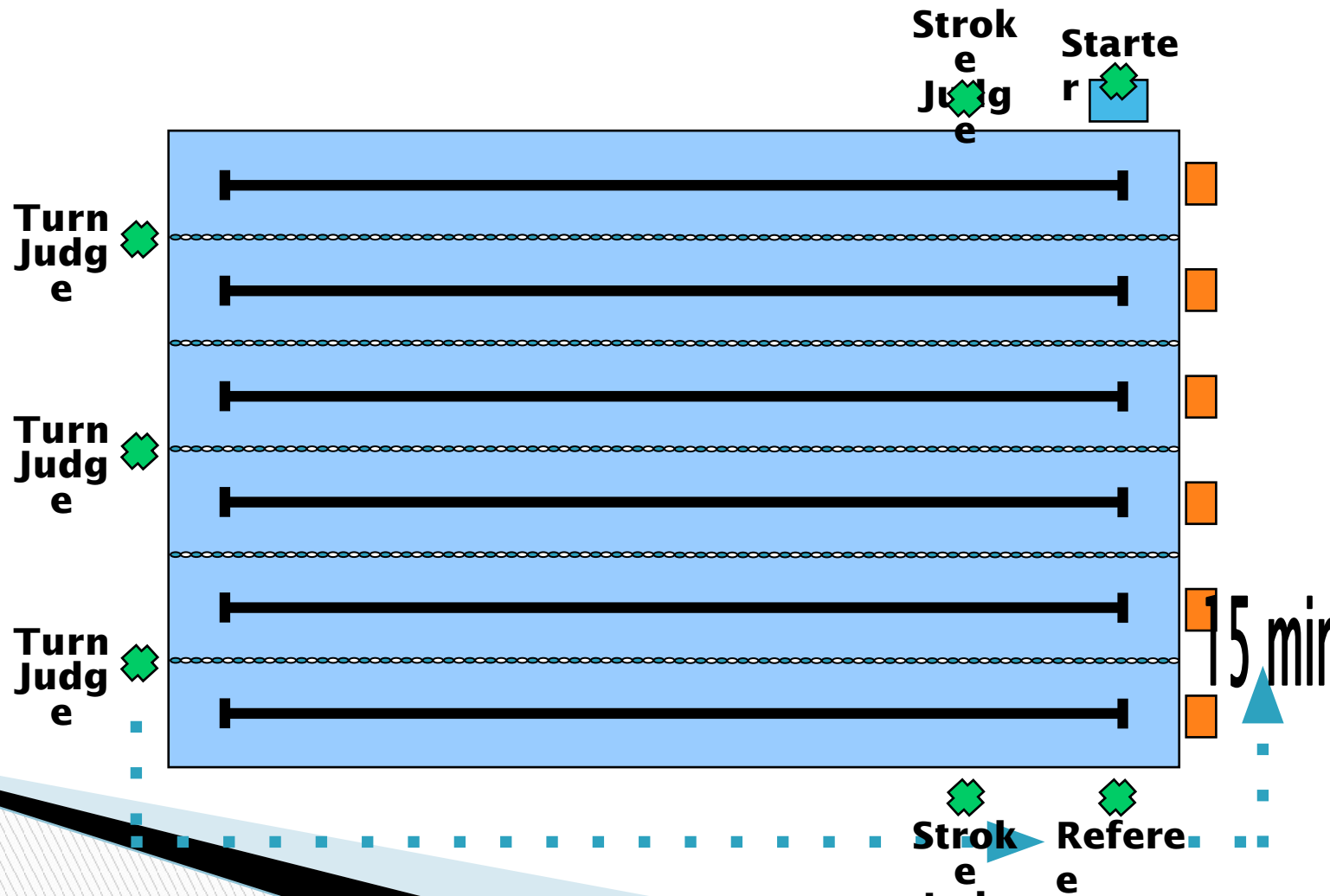
Don't be Obvious



Disqualifications




Disqualifications

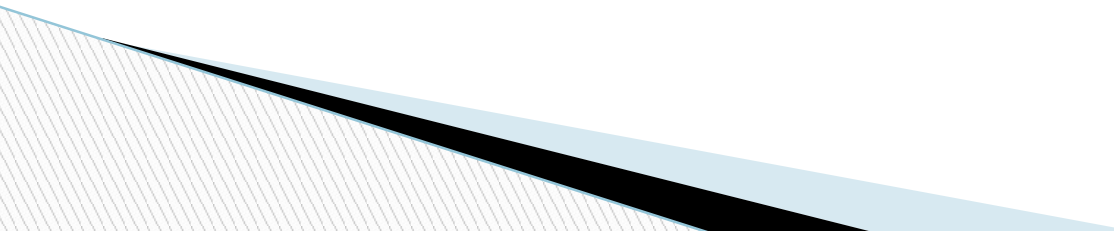


The DQ Slip – How do I fill it out?

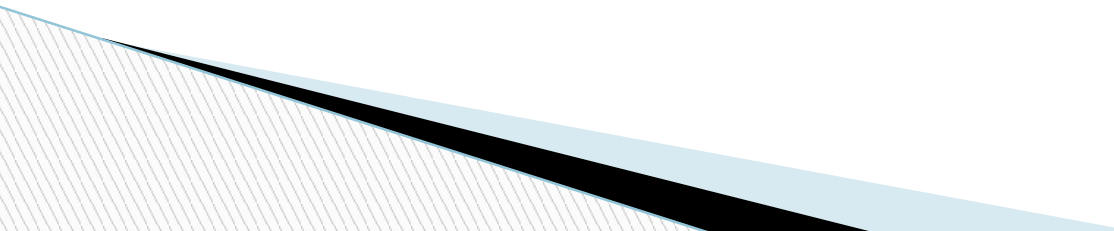
- Event #
- Heat #
- Lane #
- Your Name and Club
- Reason for DQ
 - Use “common wordings” but write what you saw
- Print neatly – especially your name and club
- Sign Off

	Disqualification Form
Event # _____ Heat # _____ Lane # _____	
Name _____ Club _____	
Observed Infraction	
Swimmer was advised at _____	
Coach was advised at _____	
Official Name _____ Official Home Club _____	
Office Referee _____	
Sept 2008	

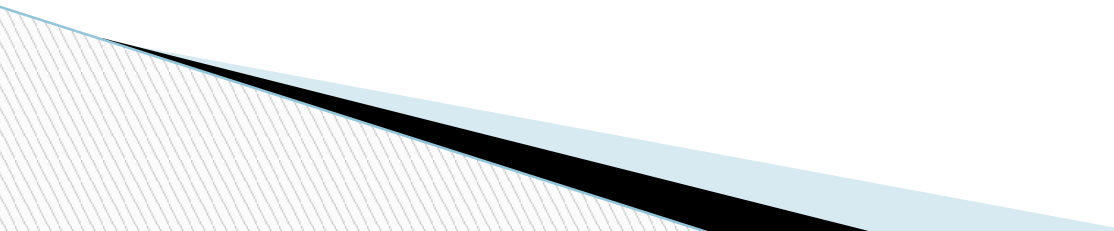
Process for Disqualifications

- When infraction occurs within your jurisdiction, note on your heat sheet.
 - Don't leave your position early or otherwise signal a DQ.
 - Advise Ref/Starter, which swimmer is being DQ'd and for what reason.
 - After Referee has signed off the DQ, Designated Disqualification Official (DDO) will advise the coach of the DQ'd swimmer and for what reason.
- 

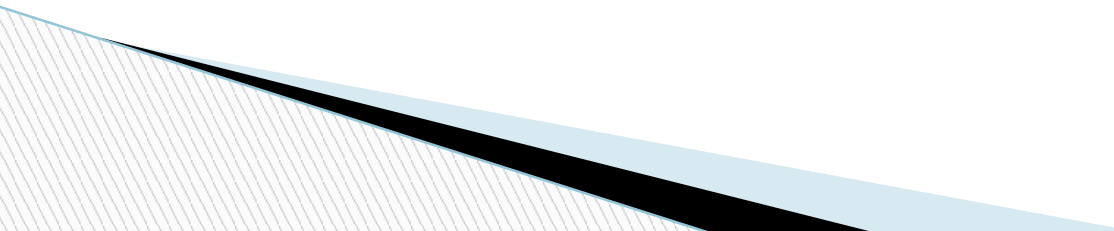
Process for Disqualifications

- After Referee has signed off the DQ, Designated Disqualification Official (DDO) will advise the coach of the DQ'd swimmer and for what reason.
 - Take your time to explain the reason for the DQ to the referee. Don't feel rushed or mistakes could be made.
- 

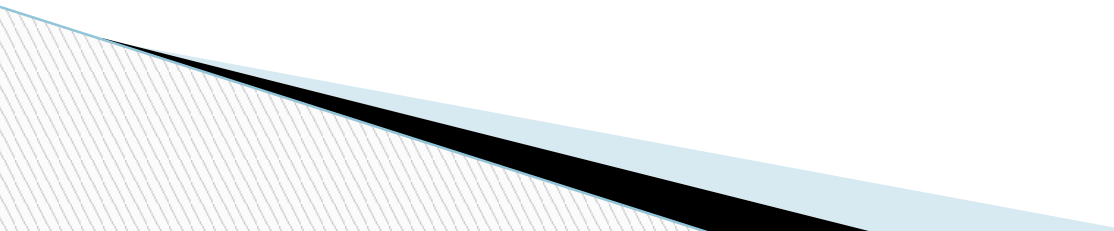
Disqualifications

- ❑ Be consistent in all competitions
 - ❑ Treat all competitors alike
 - ❑ Watch for infractions of the rules whether they give an advantage or not
 - ❑ Never coach or warn a swimmer
 - ❑ Make your presence felt, but not obvious
 - ❑ Be sure you saw what you think you saw
 - ❑ NO DQ's for 25m events (6 & Under)
- 

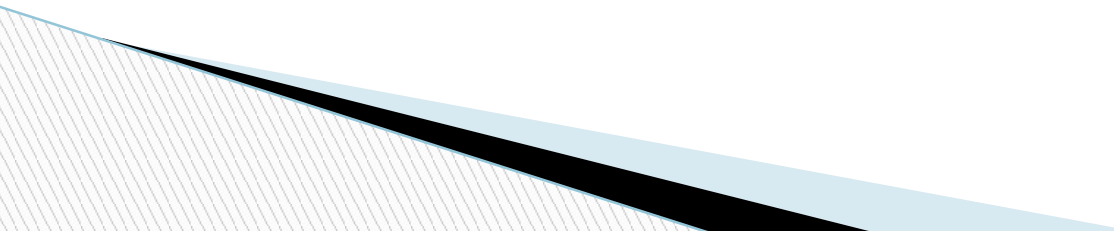
Disqualifications

- ❑ Be prepared to explain your observation to the Referee/Starter or to a Jury of Appeal.
 - ❑ If you make a mistake, its ok. Its part of the learning experience.
 - ❑ Never argue about a DQ with a swimmer, coach, or parent. Refer them to the Ref.
 - ❑ Don't be afraid to ask the opinion of another senior official.
- 

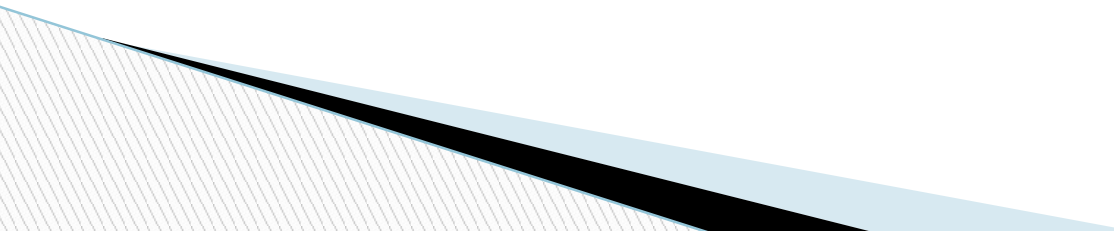
Stroke and Turn Judges

- ❑ One Stroke Judge shall operate on each side of the pool, walking and observing swimmers in the nearest half of the pool.
 - ❑ Stroke Judge shall observe the swimmers touch in the nearest half of the pool for each turn and finish.
 - ❑ A Turn Judge shall observe the swimmer during the turn.
 - ❑ A Relay Take-Over Judge shall observe the 'touch-out' and 'take off' of relay team members
- 

All Strokes - Allowed

- Standing on the bottom.
 - Resting on the float lines / side of pool.
 - Surfacing in the wrong lane (there must be no interference and must finish in the proper lane).
 - During the turn, from the touch until the swimmer leaves the wall is a “free zone”, (e.g.: goggles can be adjusted w/o DQ.)
 - Disabled swimmer deviations per Referee (no advantage over other swimmers).
- 

All Strokes – Not Allowed

- ❑ Leaving the water before completing the distance (DNF, not a DQ).
 - ❑ Walking in the desired direction along the bottom.
 - ❑ Springing from the bottom, if it impacts movement in the desired direction.
 - ❑ Pulling in the desired direction on float lines or the side of the pool.
- 

All Strokes – DQ Wording

- The following is the preferred, but not only wording for DQ's (write more rather than less):
 - “Walking on bottom toward finish”
 - “Pulling on the lane rope in the direction of the finish”
 - “Springing from the bottom toward the finish”

Freestyle

- Any stroke or combination in any sequence.
 - Front crawl is most common but any stroke is legal
- At each turn and at the finish, some part of the swimmer's body must touch the end wall or cross the imaginary vertical plane.
- On the start and at the turn, the head must break the surface before the 15m mark (marked with cones/lane ropes).

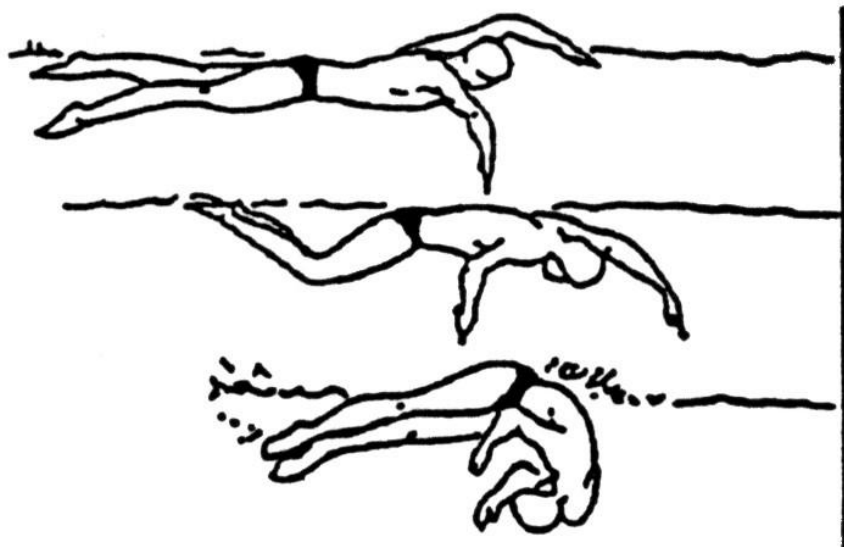


Freestyle Video (Video 1)



Freestyle Turn

- Did the swimmer touch the wall? If they missed touching, they can return to touch with no DQ; same for the freestyle relay if they left early.



Freestyle Turn

- Did the swimmer touch the wall?



Freestyle Turn Video (Video 2)

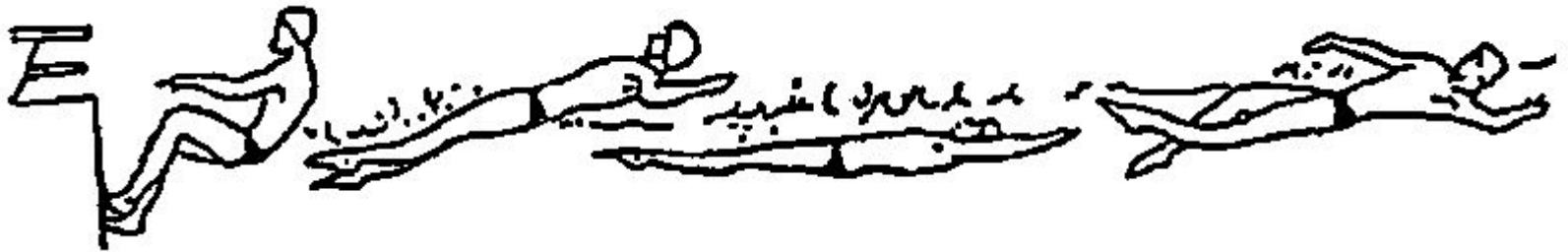


Freestyle – DQ Wording

- The following is the suggested, but not the only wording for disqualifications (write more rather than less):
 - “Failure to touch on the turn at 25m (50m, 75m)”
 - “Failure to surface by 15m after the start (or turn at 25m, 50m, 75m) in the freestyle.”

Backstroke

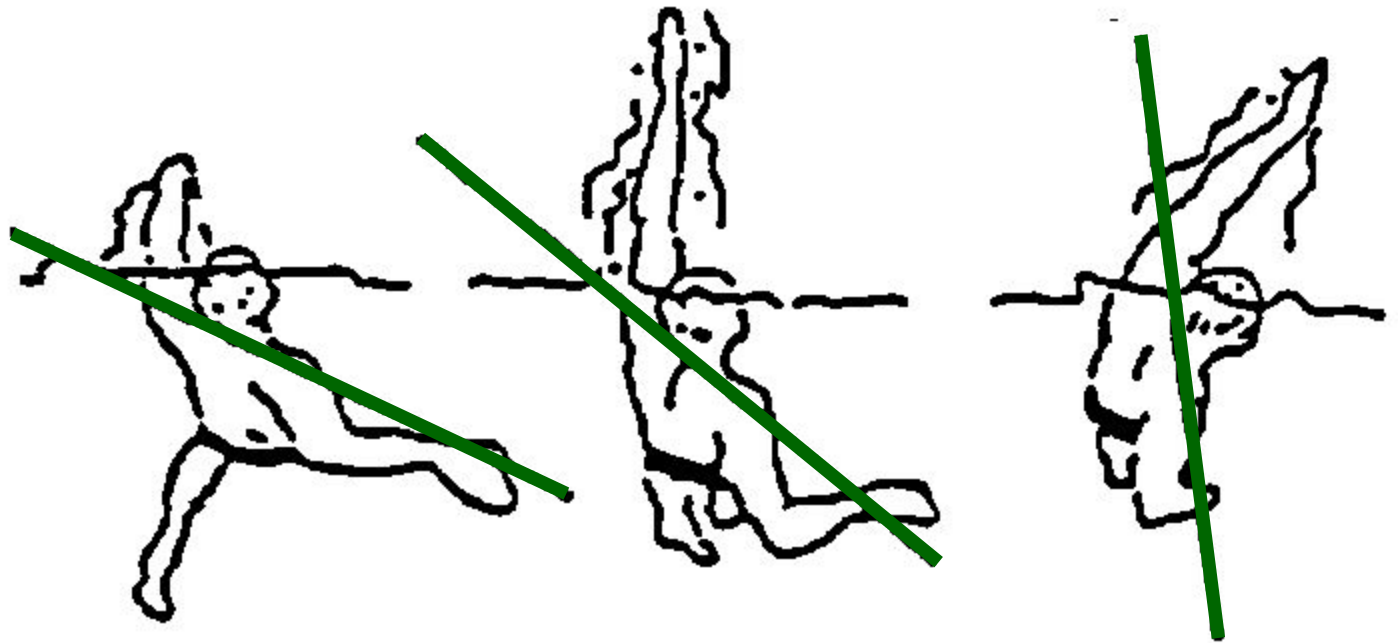
- Any stroke or combination may be used as long as it is **swum on the back.**



- Following the start and after the turn, the head must break the surface before the 15 metre mark.
- They must finish on their back **(including the backstroke portion of the relays).**

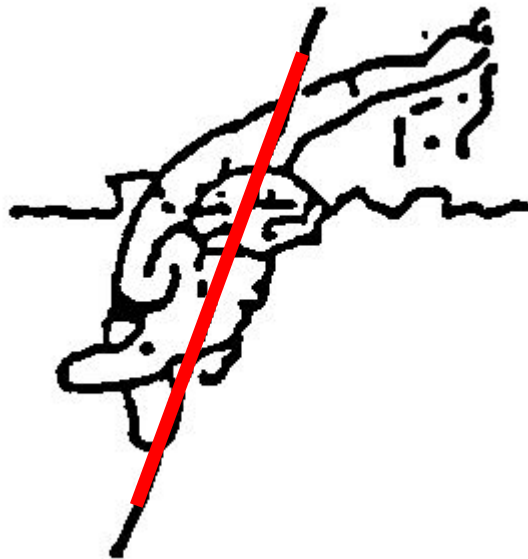
Backstroke

- The normal position on the back can include a roll movement of the body up to, but not past 90 degrees from horizontal as determined by the line of the shoulders.



Backstroke

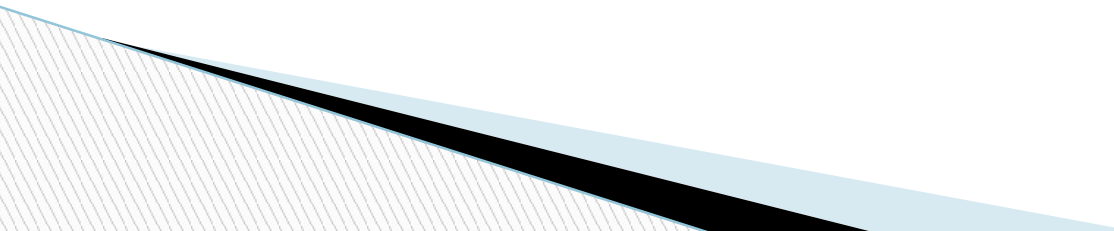
- Rolling beyond the vertical (Infraction during stroke, but permitted on the turn.)



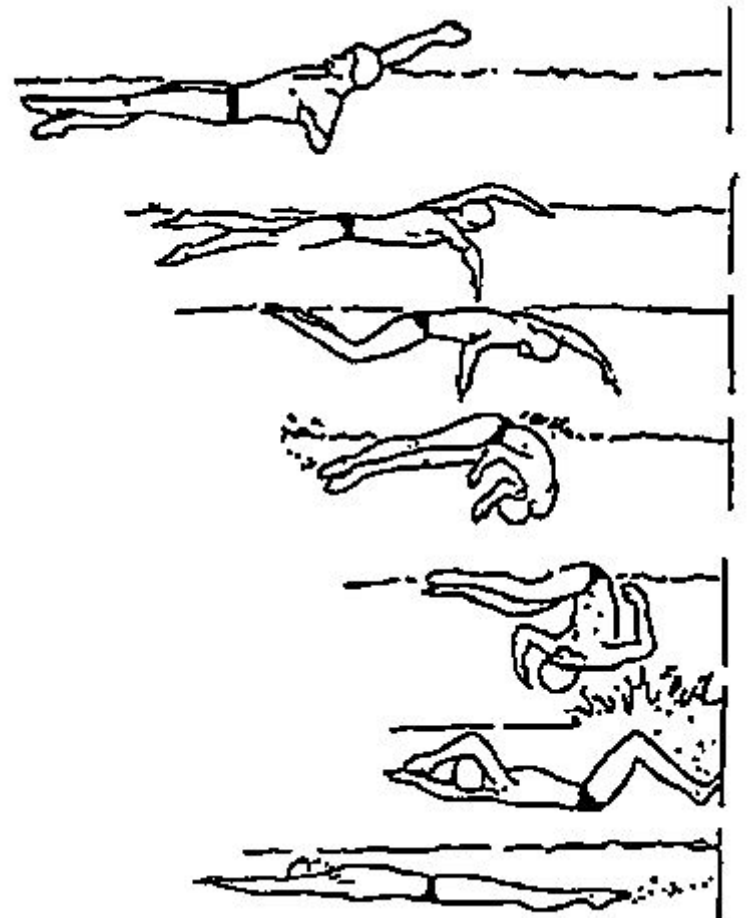
Backstroke Video (Video 3)



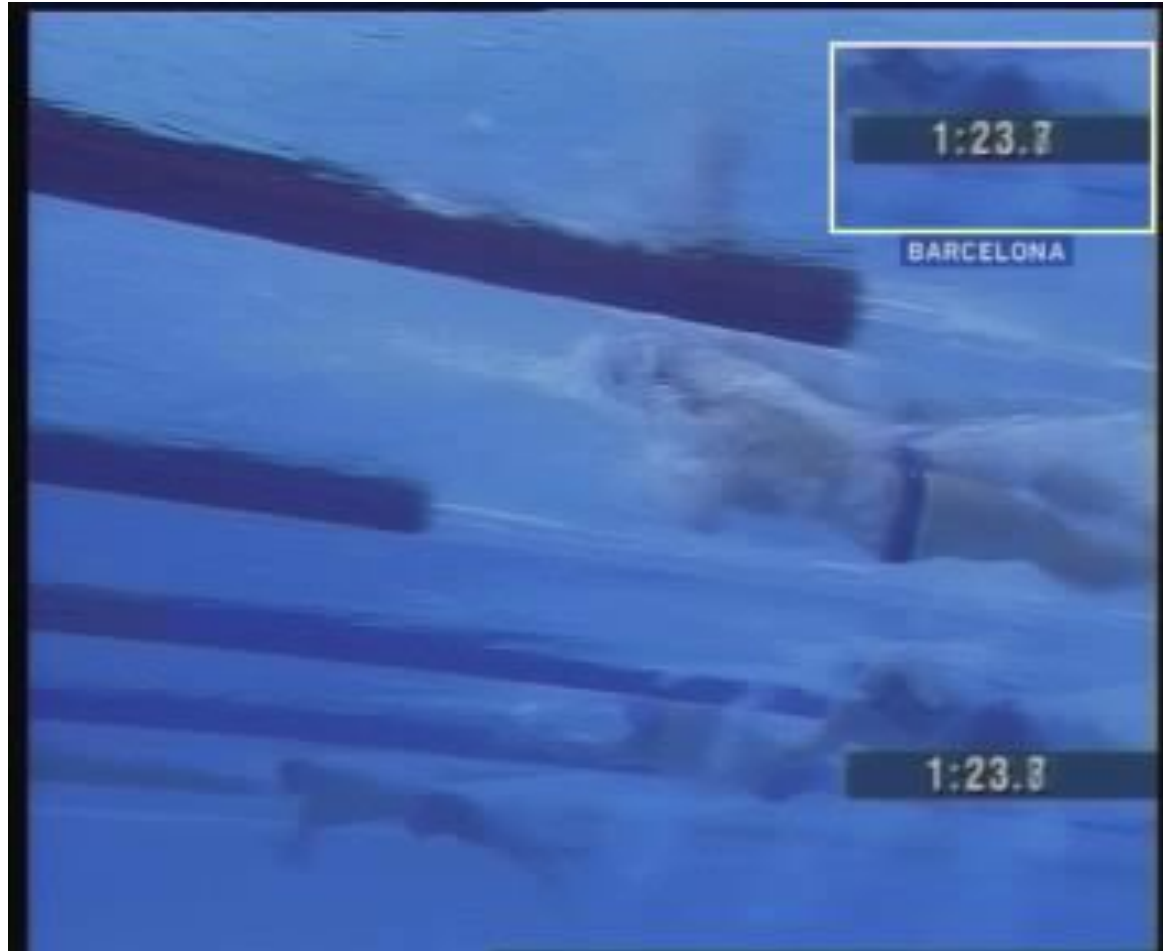
Backstroke Turn

- ❑ Executing a turn is a continuous motion, meaning a uniform, unbroken motion with no pauses.
 - ❑ After the upper shoulder rotates beyond the vertical toward the breast, a continuous single arm pull or a continuous double arm pull may be used to execute the turn – not two separate arm pulls.
 - ❑ A swimmer can scull back to the wall to complete the turn if the wall is missed.
 - ❑ Attention must be focused on the upper body of the swimmer.
 - ❑ Some part of body must break the surface at turn and finish.
- 

Backstroke Turn



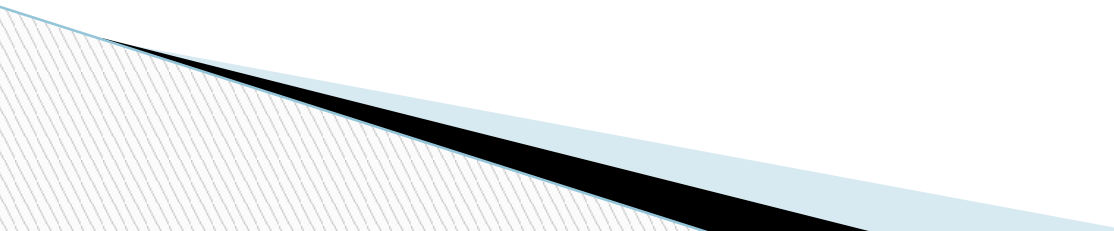
Backstroke Turn Video (Video 4)



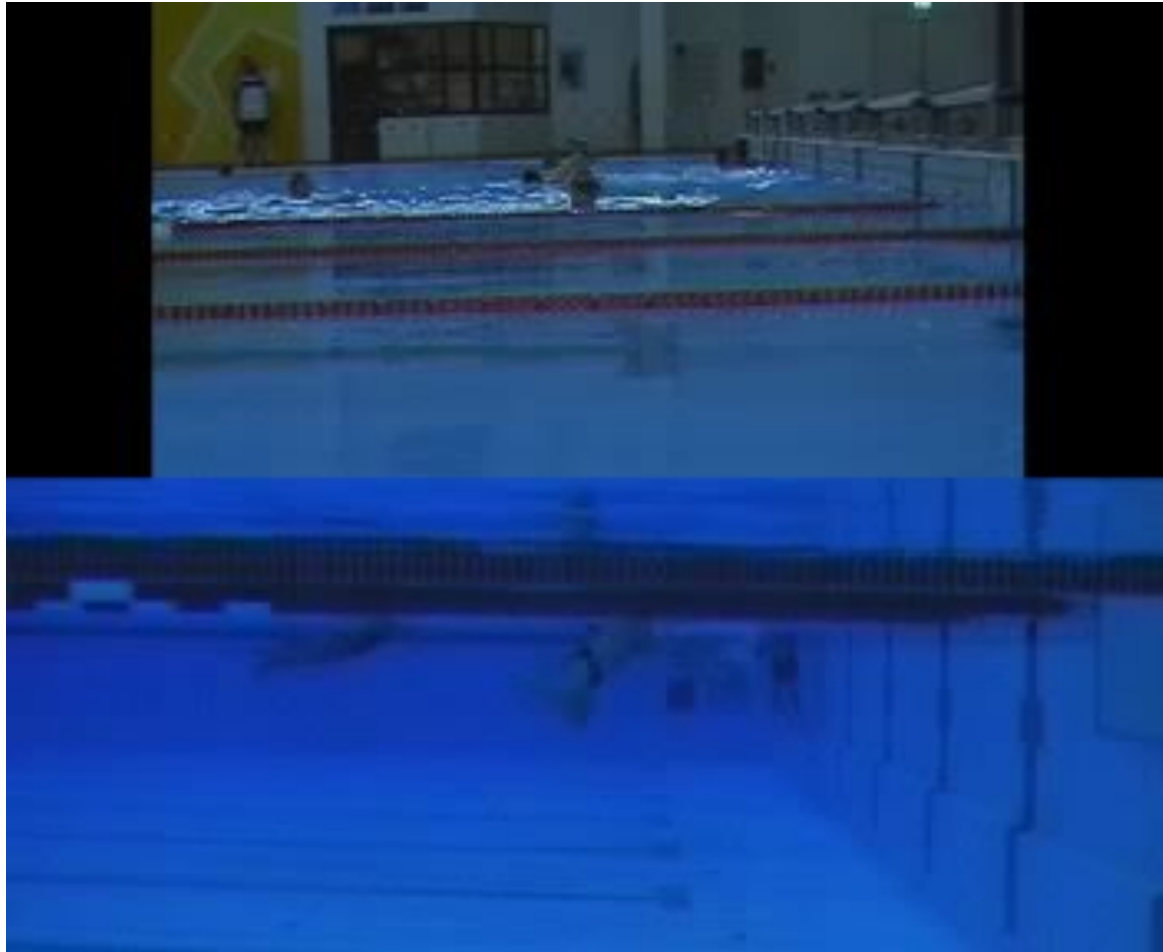
Backstroke – DQ Wording

- The following is the suggested, but not the only wording for disqualifications:
 - “failure to touch on the turn at 25m (50m, 75m)”
 - “swimming on front before the turn at 25m (50m, 75m).”
 - “failure to remain on back during race (or at finish)”
 - “failure to surface by 15 m after the start (or turn at 25m, 50m, 75m) in the backstroke”
 - “not on back when feet left the wall at 25m (50m, 75m)”
 - “failure to break surface of the water at 25m turn (50m, 75m)”

Butterfly

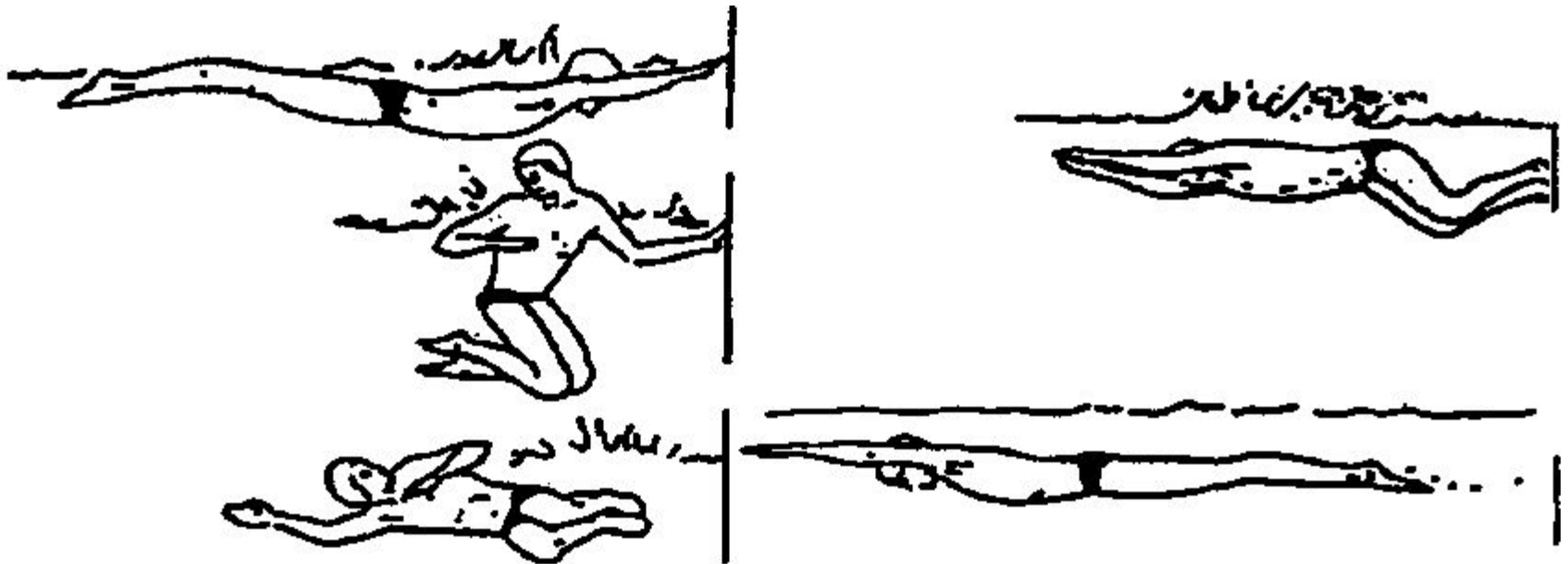
- ❑ No more than one arm stroke when submerged and the body must be on the breast.
 - ❑ Arm movement must be simultaneous.
 - ❑ There is no limit to the number of legal kicks.
 - ❑ Legs must not alternate with each other, but can be offset.
 - ❑ Kick may be dolphin or breaststroke (not scissor) and may change back and forth without penalty.
 - ❑ Must break the surface before 15m on start and turns.
- 

Butterfly Video (Video 5)

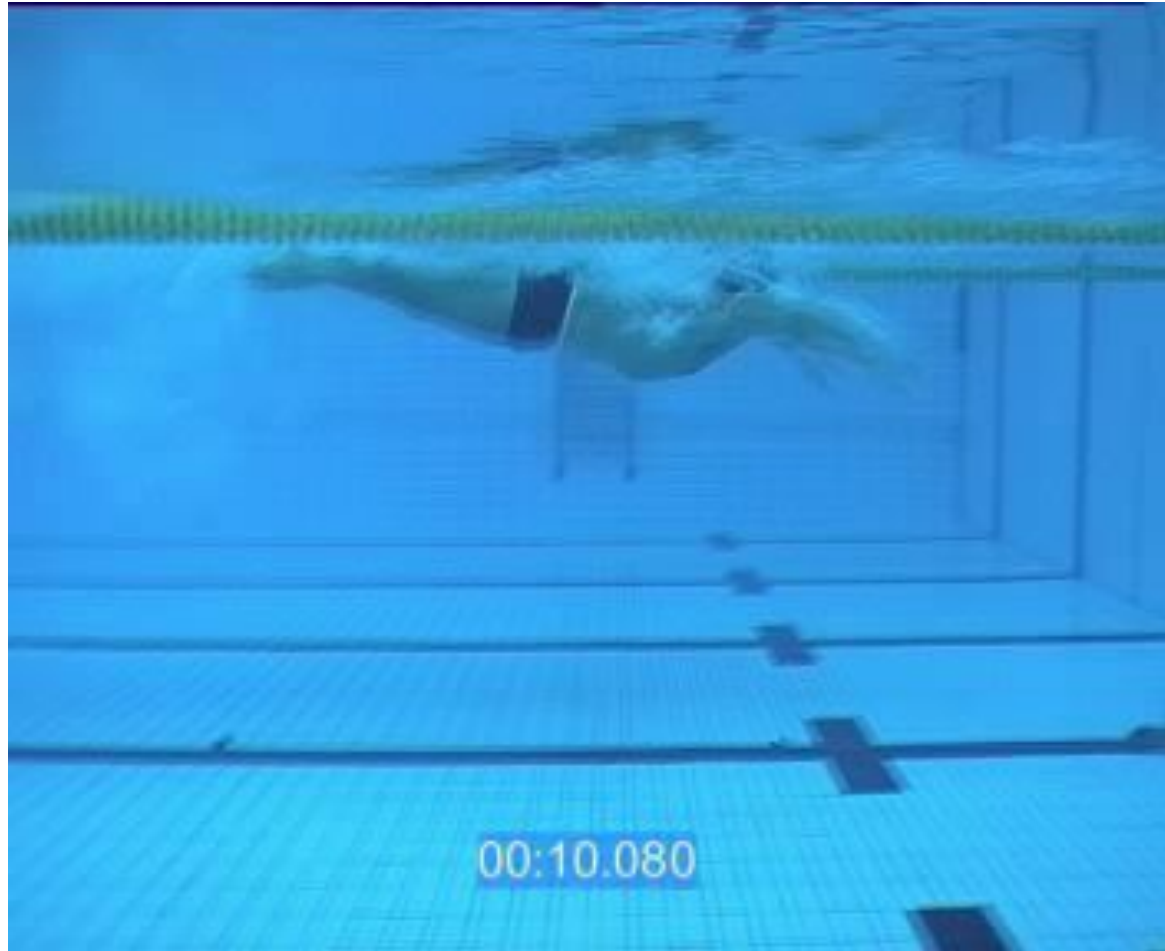


Butterfly - Turn

- ❑ Must not recover arms under the water to touch.
- ❑ Touch must be with both hands simultaneously.
- ❑ Hands cannot be stacked one on top of the other (Thumbs touch or overlapping of fingers only okay).
- ❑ Underwater kicking on the side is allowed BEFORE the first arm pull.



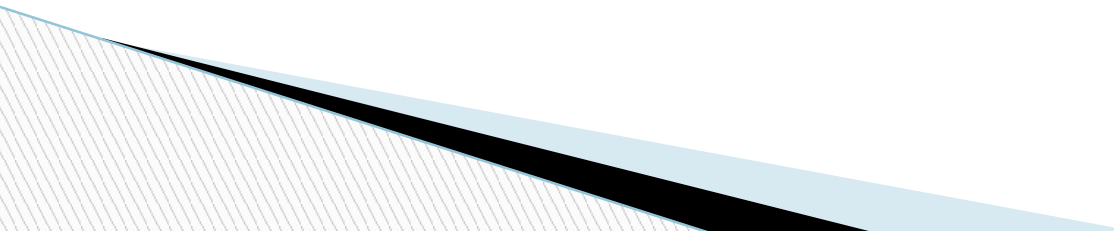
Butterfly Turn (Video 6)



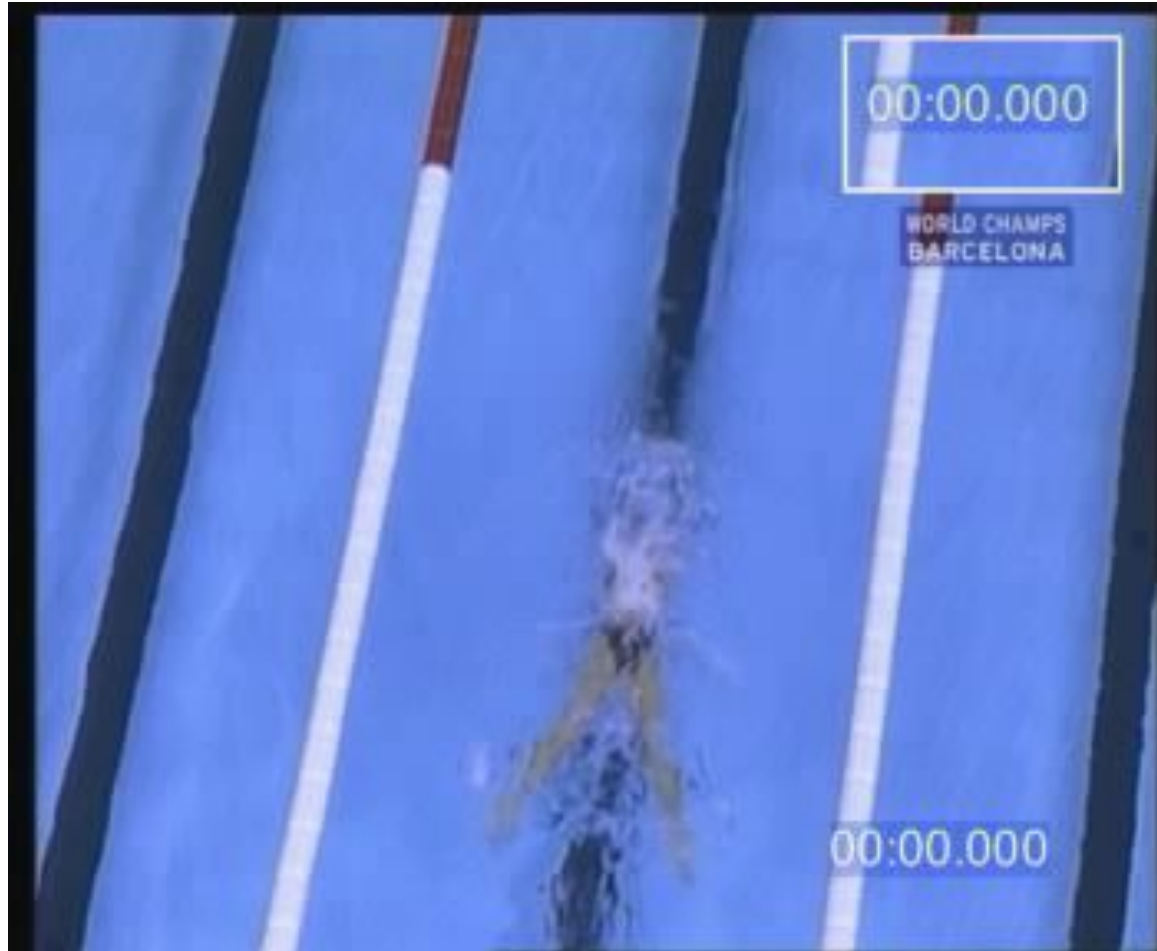
Butterfly – DQ Wording

- The following is the preferred, but not only wording for disqualifications:
 - “non-simultaneous touch at 25m (50m, finish)”
 - “non-simultaneous touch at 25m (50m, finish) with one hand on top of the other
 - “one hand touch at 25m (50m, 75m, finish)”
 - “Flutter kick”
 - “Scissor kick”
 - “Underwater arm recovery”
 - “Non-simultaneous arm pull”
 - “Failure to surface by 15m after the start (or turn at 25m, 50m, 75m) in the butterfly”

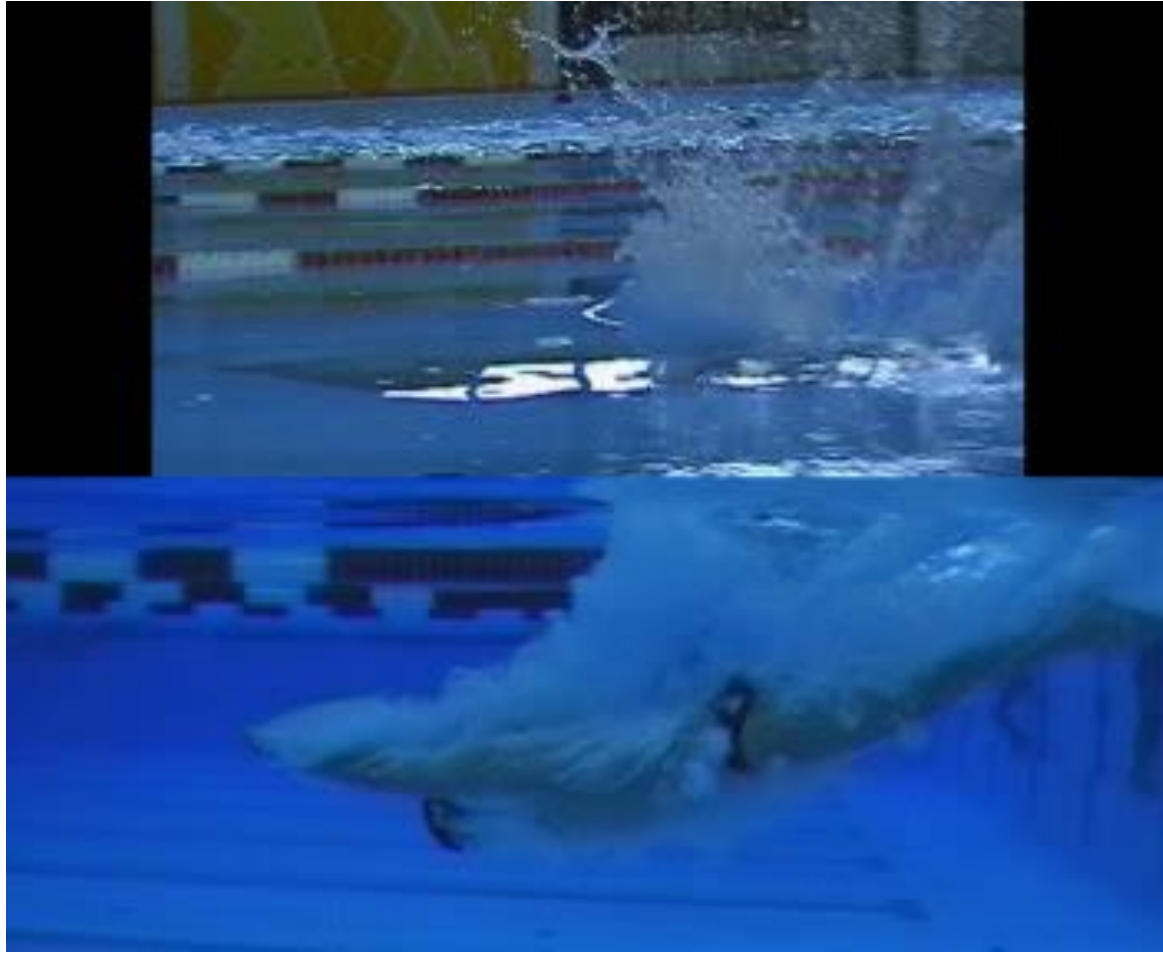
Breaststroke

- ❑ Each cycle must have one arm stroke, one leg kick and the head must break the surface of the water.
 - ❑ The body must be kept on the breast.
 - ❑ Arm movements must be simultaneous and in the same horizontal place and must not extended beyond the hips.
 - ❑ Leg movements must be simultaneous and in the same horizontal place.
 - ❑ The toes must not turn inward in the backward movement of the kick (or it is a scissor kick).
- 

Breaststroke – Slow (Video 7)



Breaststroke – Over/Under (Video 8)

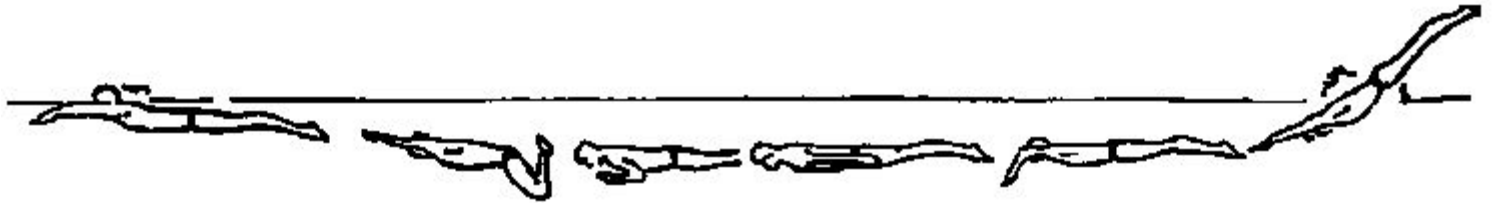


Breaststroke Turn

- ❑ **Jurisdiction:** From the beginning of the last arm stroke “in” to the completion of the second arm pull “out”.
- ❑ Must touch with both hands simultaneously (does not have to be at the same level).
- ❑ Hands cannot be stacked one on top of the other (Thumbs touch or overlapping of fingers only okay).
- ❑ May turn in any manner as long as the prescribed from is attained before the start of the first arm pull.
- ❑ From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast.

Breaststroke Start (and Turn)

- The hands may extend beyond the hips during the first stroke after the start and each turn; such extension at any other time is a DQ.
- A single dolphin kick is allowed at the start and after each turn at anytime prior to the whipkick.



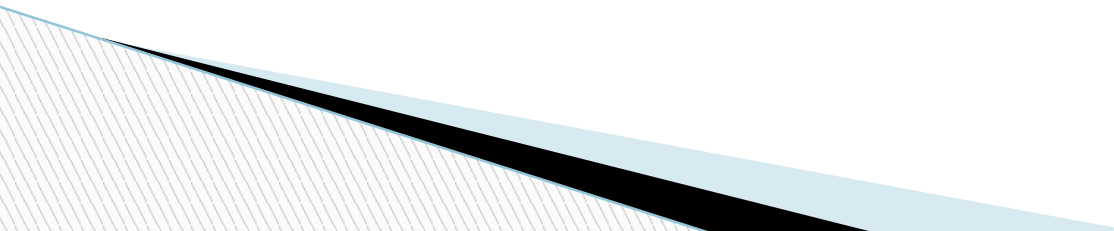
Breaststroke Turn (Video 9)



Breaststroke – DQ Wording

- The following is the preferred, but not only wording for DQs:
 - “non-simultaneous touch at 25m (50m, finish)”
 - “non-simultaneous touch at 25m (50m, finish) with one hand on top of the other
 - “one hand touch as 25m (50m, 75m, finish)”
 - “scissor kick”
 - “asymmetric arm pull”
 - “more than 1 dolphin kick at start (or turn at xx metres)”

Breaststroke – DQ Wording (cont.)

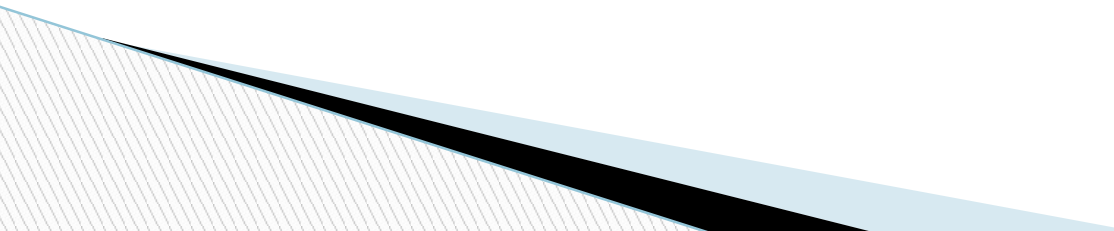
- “alternating arm movements”
 - “arm pull past hips – other than at start or turn”
 - “failure of head to surface during each stroke” – except first stroke at start and turn.
 - “failure of head to surface before the hands turn inward at the widest part of the second stroke on start (or turn at 25m, 50m, 75m)”
- 

Medley Races

- Butterfly (Fly)
- Backstroke (Back)
- Breaststroke (Breast)
- Freestyle (Free)
- FBBF!
- Backstroke (Back)
- Breaststroke (Breast)
- Butterfly (Fly)
- Freestyle (Free)
- BBFF!

Note: In medley races, “freestyle” should be some form of front crawl. Swimmers may scull on their backs but are not permitted a full backstroke arm pull; backstroke flip turn not permitted when changing to breaststroke on IM, suicide turn okay.

Relays

- ❑ Swimmers must abide by the rules of the individual stroke concerned.
 - ❑ When changing from one stroke leg to the next, swimmers may turn in any manner once a legal touch has been made, but they must attain the form of the stroke of the next leg of the race in accordance with the rule for that stroke.
 - ❑ During the Backstroke phase, the final touch must be made while on the back
- 

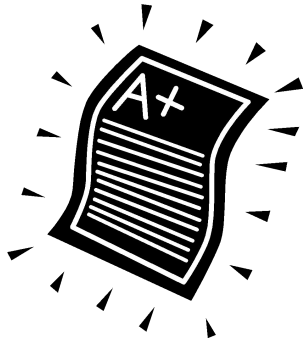
Relays/IM – DQ Wording

The following is the preferred but not only wording for disqualifications (write more rather than less):

- “strokes swum in wrong order”
- “roll more than 90 degrees before touching on the change over from back to breast” – ***only applies to IM***
- “swimmer # ___ left the blocks before swimmer # ___ touched” – ***only applies to relays***

Note that swimmers can return without penalty, touch and start again if they left early
– for both freestyle and medley relays

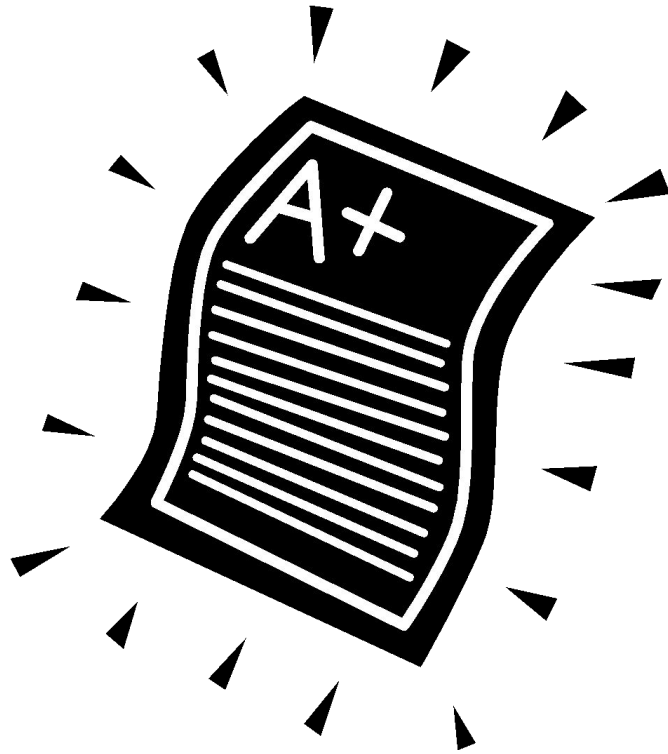
Quiz...



Please take 30 minutes to complete the questionnaire:

- Please use the answer sheet.
- We will use the questionnaire for the correct answers.
- Remember! There may be one or more correct answers for each question.

Quiz...



Thank-You for Attending

- If you have any questions please ask the course conductor.
- Please ensure to have the conductor update your Yellow Official's Certification card.

