

CSA Stroke and Turn Clinic based on USA Swimming 2011 Rules and Regulations


- New this year:
 - Dive Over Starts: We will be using dive over starts in all dual meets and at City Meet. Officials should help make teams aware and educate swimmers during the dual meets so they are prepared for City Meet. How it works: swimmers from the previous heat stay quietly in the water, holding onto the wall below and to the side of the starting block, and wait for the next heat to start before exiting the pool.
 - No technical rule changes.
- USA Swimming (USAS) judging philosophy:
 - One set of rules enforced by certified officials provides level playing field for all competitors—CSA swimmers to Olympians.
 - Disqualifications help coaches correct illegal strokes before the next meet.
- Your responsibilities as a CSA official:
 - You represent Greensboro CSA, not any specific team when you officiate—no clothing with CSA swim team or USA swim team insignia.
 - Know the rules and apply them consistently to all swimmers regardless of age, skill, or team.
 - 1) Read them at www.USASwimming.org. Go to About/Rules & Regulations/2011 USA Swimming Rulebook. Article 101.2-101.7 (pp.18-21) and Article 102.22 (pp. 34-35). Or borrow the 2011 rule book from your team coordinator.
 - 2) A swimmer can't break a rule that's not in the rule book.
 - Be in position to observe. Be attentive. Treat other volunteers and swimmers with respect.
 - Raise your hand immediately when you observe a rule violation.
 - 1) “Call what you see, see what you call.” Swimmer ALWAYS gets benefit of the doubt.
 - 2) Don't be afraid to discuss a call with a Head Judge or Referee. You can always “take back” a call but you can never make a late call.
 - Fill out the Disqualification Report or “DQ slip” accurately
 - 1) Immediately after lowering your hand, write details-- heat/lane/infraction-- on your clipboard and wait until your jurisdiction is clear to write up DQ slips. First obligation is to swimmers in the pool.
 - 2) Know event, heat, and lane **without a doubt** and ideally team; check and check again.
 - 3) Check the applicable boxes on the slip— only a few infractions require anything else.
 - 4) Print your last name on the slip and get it to the Referee or Head Judge.
- Some important definitions:
 - Jurisdiction: your area of responsibility that is assigned by the meet Referee.
 - Two hand simultaneous touch (breaststroke and butterfly only): both hands touch the wall at the same time but not necessarily symmetrically. If both hands touch at different times, that's a non-simultaneous touch. For a one hand touch, must know for sure that second hand did not touch. “I saw that the left hand did not touch” (a DQ) versus “I didn't see the left hand touch” (not a DQ, benefit of the doubt to the swimmer).
 - On the wall: swimmer has completed required touch but has not lost contact with wall. A swimmer may turn in any manner he chooses and does not come back under the stroke rules until he loses contact with the wall. What he does while “on the wall” is not judged unless he gets out of the pool before he finishes the race.
 - Horizontal: arms parallel to water.
 - At vertical: shoulders perpendicular to water.
 - Past vertical toward the breast: shoulders rotated so breast is more down than up. Note: body position is only judged only when swimmer is no longer “on the wall”.
 - Past vertical toward the back: shoulders rotated so breast is more up than down.

BUTTERFLY (Section 101.3)

- 1) Forward start from block or gutter.
- 2) Shoulders at or past vertical toward the breast at all times.
- 3) Swimmer’s head must break the surface by 15M. **#25 Start or Turn**
- 4) No rules on numbers of or order of pulls and kicks or when they must occur.
- 5) Feet must move up and down simultaneously and may not change or alternate in relationship to each other. No scissors, breaststroke, or flutter/alternating kick. **#20**
- 6) Arms must be pulled back and brought forward over the water simultaneously. **#21 Non-Simultaneous**
- 7) Arms must recover over the water. If either one or both arms are brought forward under the water during the swim or at a turn or finish, that is an underwater recovery. **#21 Underwater Recov.**
- 8) Swimmer must execute a two-hand simultaneous touch at each turn **#23 One Hand or #23 Non-Simultaneous**
- 9) Swimmer must be at or past vertical to the breast when his feet leave the wall after the turn. **#24 Not Toward Breast Off Wall**
- 10) Swimmer must execute a two-hand simultaneous touch the finish **#23 One Hand or #23 Non-Simultaneous**

BACKSTROKE (Section 101.4)

- 1) Start in the water facing wall. Toes can’t grip gutter after start. **#30**
- 2) Shoulders always at or past vertical toward the back except at turns. **#35 Shoulders Past Vertical during Swim**
- 3) Swimmer’s head must break the surface by 15M. **#31 Start or Turn**
- 4) No cycle or stroke form requirements. “Freestyle on the back.”
- 5) At each turn, a swimmer may choose to turn in several ways. May swim to the wall, touch, turn around on the wall, and push off and be at or past vertical to the back when feet leave the wall **#32 Not on Back off Wall**. Or he may do a “continuous turn”.
 - a. Turns past vertical toward his breast prior to touching the wall.
 - b. Must immediately initiate either a single arm pull or a single simultaneous two-arm pull. **#34 Multiple Strokes**. No pause between turning over and starting the pull. Watch for HAND movement. **#34 Delay Initiating Pull**
 - c. Once pull is complete (hand hits hip and/or stops moving), swimmer must immediately initiate turn (watch HEAD move up or down to begin tumbling action). **#34 Delay Initiating Turn**
 - d. Some part of the swimmer must touch the wall

 <p>DISQUALIFICATION REPORT</p> <p>EVENT # _____ HEAT _____ LANE _____</p> <p>SWIMMER _____</p>
<p>BREASTSTROKE</p> <p>DURING: START _____ SWIM _____ TURN _____ FINISH _____</p> <p>10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____</p> <p>11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____</p> <p style="padding-left: 20px;">NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____</p> <p>12 ELBOWS RECOVERED OVER WATER _____</p> <p>14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____</p> <p>15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____</p> <p>16 NOT TOWARD THE BREAST OFF WALL _____</p> <p>19 OTHER _____</p>
<p>BUTTERFLY</p> <p>DURING: START _____ SWIM _____ TURN _____ FINISH _____</p> <p>20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____</p> <p>21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____</p> <p>23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____</p> <p>24 NOT TOWARD THE BREAST OFF WALL _____</p> <p>25 HEAD DID NOT BREAK SURFACE BY 15M _____</p> <p>29 OTHER _____</p>
<p>BACKSTROKE</p> <p>DURING: START _____ SWIM _____ TURN _____ FINISH _____</p> <p>30 TOES OVER LIP OF GUTTER AFTER START _____</p> <p>31 HEAD DID NOT BREAK SURFACE BY 15M _____</p> <p>32 NOT ON BACK OFF WALL _____</p> <p>33 NO TOUCH AT TURN _____</p> <p>34 PAST VERTICAL AT TURN:</p> <p style="padding-left: 20px;">DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____</p> <p style="padding-left: 20px;">DELAY INITIATING TURN _____</p> <p>35 SHOULDERS PAST VERTICAL _____</p> <p>36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____</p> <p>39 OTHER _____</p>
<p>INDIVIDUAL MEDLEY</p> <p>41 STROKE INFRACTION(S) # _____</p> <p>42 OUT OF SEQUENCE _____</p> <p>FREESTYLE</p> <p>50 NO TOUCH TURN # _____</p> <p>51 HEAD DID NOT BREAK SURFACE BY 15M _____</p> <p>RELAYS</p> <p>70 STROKE INFRACTION # _____ SWIMMER # _____</p> <p>71 EARLY TAKE OFF-SWIMMER # _____</p> <p>72 CHANGED ORDER: SWIMMER _____ STROKE _____</p> <p>OTHER</p> <p>60 FALSE START _____ 61 DELAY OF MEET _____</p> <p>62 DID NOT FINISH _____ 63 DECLARED FALSE START _____</p> <p>69 OTHER _____</p> <p>JUDGE: _____ <i>(print name clearly)</i></p> <p>REFEREE: _____ <i>(print name clearly)</i></p> <p>NOTIFIED: _____ SWIMMER _____ COACH _____</p> <p><small>rev. (02/10)</small></p>

at the turn. #33. Note: when the swimmer touches the wall, the turn is over, no matter where in the turning cycle he is. If all movements prior to the touch have been legal, then the turn is legal.


e. The swimmer may turn in any fashion he chooses.

f. When feet leave the wall, swimmer must be at or past vertical to the back. #32

- 6) At the finish, the swimmer must touch with any part of the body while shoulders at or past vertical toward the back; he may not turn onto his breast prior to touching the wall. #35
Shoulders Past Vertical at Finish

BREASTSTROKE (Section 101.2)

- 1) Forward start from block or gutter.
- 2) Swimmer must stay on breast during entire swim.
- 3) Breaststroke is a cycle stroke. First movement after the start and each turn must be a pull. #19 **“Kick Before Pull”**. Arms must be horizontal at beginning of first stroke. #11 **Not in Same Horizontal Plane**. Then one kick, one pull, one kick (#14 **Double Pull/Kicks**) with head breaking the surface at least once during each pull/kick cycle (#14 **Head Not Up**) although the swimmer is not required to breathe.
- 4) During the start and after each turn, the swimmer may choose to do a “pull out”. The swimmer is allowed to take one pull completely past hips (only time pull past hipline is permitted). Pull must be followed by either 1) a single butterfly kick (only time a butterfly kick is permitted) then a breaststroke kick or 2) a breaststroke kick. Head must break the surface before hands turn in at widest part of second pull. #11 **Two Strokes Under**. Swimmer may start without a “pull out”.
- 5) Arms must move simultaneously and in same horizontal plane with no alternating movement. #11 **Non-Simultaneous or Not In Same Horizontal Plane**. Hands must turn in prior to passing the hipline and must be pushed forward from the breast. #11 **Past Hipline** Elbows retain contact with water during recovery except at finish and turns. #12 Hands may come out of the water.
- 6) Feet must be turned out during the propulsive part of the kick and must move simultaneously in the same horizontal plane. No scissors kick, flutter kick, or dolphin kick—feet not turned out—except as allowed during pull out. #10. Feet may come out of the water.
- 7) Swimmer must execute a two-handed simultaneous touch at each turn. #15 **One Hand or Non-Simultaneous** Must be at or past vertical to the breast after feet leave the wall. #16
- 8) Must execute a two-handed simultaneous touch at the finish. #15 **One Hand or Non-Simultaneous**

DISQUALIFICATION REPORT	
	EVENT # _____ HEAT _____ LANE _____
	SWIMMER _____
BREASTSTROKE	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____	
11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____	
NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____	
12 ELBOWS RECOVERED OVER WATER _____	
14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____	
15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____	
16 NOT TOWARD THE BREAST OFF WALL _____	
19 OTHER _____	
BUTTERFLY	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____	
21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____	
23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____	
24 NOT TOWARD THE BREAST OFF WALL _____	
25 HEAD DID NOT BREAK SURFACE BY 15M _____	
29 OTHER _____	
BACKSTROKE	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
30 TOES OVER LIP OF GUTTER AFTER START _____	
31 HEAD DID NOT BREAK SURFACE BY 15M _____	
32 NOT ON BACK OFF WALL _____	
33 NO TOUCH AT TURN _____	
34 PAST VERTICAL AT TURN:	
DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____	
DELAY INITIATING TURN _____	
35 SHOULDERS PAST VERTICAL _____	
36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____	
39 OTHER _____	
INDIVIDUAL MEDLEY	
41 STROKE INFRACTION(S) # _____	
42 OUT OF SEQUENCE _____	
FREESTYLE	
50 NO TOUCH TURN # _____	
51 HEAD DID NOT BREAK SURFACE BY 15M _____	
RELAYS	
70 STROKE INFRACTION # _____ SWIMMER # _____	
71 EARLY TAKE OFF-SWIMMER # _____	
72 CHANGED ORDER: SWIMMER _____ STROKE _____	
OTHER	
60 FALSE START _____ 61 DELAY OF MEET _____	
62 DID NOT FINISH _____ 63 DECLARED FALSE START _____	
69 OTHER _____	
JUDGE: _____ (print name clearly)	
REFEREE: _____ (print name clearly)	
NOTIFIED: _____ SWIMMER _____ COACH _____	
rev. (02/10)	

FREESTYLE (Section 101.5)

- 1) Forward start from block or gutter.
- 2) Head must break surface by 15M. #51
- 3) No cycle or stroke or kick form requirements in freestyle. During freestyle events and freestyle relays swimmer may swim any stroke he chooses including back, fly, or breast.
- 4) Some part of the body must touch the wall at each turn. #50 Note the swimmer may miss the wall on a turn but as long as he comes back and touches before touching the other wall, he is legal (only in freestyle).
- 5) Swimmer may stand on the bottom of the pool during freestyle (only). May not walk on or spring from bottom in any event.

INDIVIDUAL MEDLEY (Section 101.6)

- 1) Butterfly, backstroke, breaststroke, freestyle. #42
- 2) Judge IM as if it were four individual races, one of each stroke. Mark infractions in each stroke section. Then write the number of the infraction(s) in #41. Record multiple infractions for the same swimmer on one DQ slip but raise your hand for each violation that you observe.
- 3) Start rules apply to start of each stroke. Finish rules apply to finish of each stroke:
 - a) Two hand simultaneous touch at end of butterfly then leave wall for backstroke with shoulders at or past vertical toward back.
 - b) Touch with shoulders at or past vertical toward back at end of backstroke. May see a backward flip turn (not the backstroke turn!) or a “cross over” touch but swimmer must touch wall on back before turning. Leave wall for breaststroke with shoulders at or past vertical toward breast.
 - c) Two hand simultaneous touch at end of breaststroke.
 - d) There are no stroke requirements for freestyle but in the IM cannot swim a legal fly, back, or breast.


RELAYS-- STROKE JUDGING (Section 101.7)

• **FREESTYLE RELAYS**

- 1) Each of 4 swimmers swims ¼ of the distance according to freestyle rules.

• **MEDLEY RELAYS**

- 1) Each of 4 swimmers swims ¼ of the race doing backstroke, breaststroke, butterfly, freestyle in that order.
- 2) Swimmers judged in accordance to stroke rules.

DISQUALIFICATION REPORT	
	EVENT # _____ HEAT _____ LANE _____
	SWIMMER _____
BREASTSTROKE	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____	
11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____	
NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____	
12 ELBOWS RECOVERED OVER WATER _____	
14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____	
15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____	
16 NOT TOWARD THE BREAST OFF WALL _____	
19 OTHER _____	
BUTTERFLY	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____	
21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____	
23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____	
24 NOT TOWARD THE BREAST OFF WALL _____	
25 HEAD DID NOT BREAK SURFACE BY 15M _____	
29 OTHER _____	
BACKSTROKE	
DURING: START _____ SWIM _____ TURN _____ FINISH _____	
30 TOES OVER LIP OF GUTTER AFTER START _____	
31 HEAD DID NOT BREAK SURFACE BY 15M _____	
32 NOT ON BACK OFF WALL _____	
33 NO TOUCH AT TURN _____	
34 PAST VERTICAL AT TURN:	
DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____	
DELAY INITIATING TURN _____	
35 SHOULDERS PAST VERTICAL _____	
36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____	
39 OTHER _____	
INDIVIDUAL MEDLEY	
41 STROKE INFRACTION(S) # _____	
42 OUT OF SEQUENCE _____	
FREESTYLE	
50 NO TOUCH TURN # _____	
51 HEAD DID NOT BREAK SURFACE BY 15M _____	
RELAYS	
70 STROKE INFRACTION # _____ SWIMMER # _____	
71 EARLY TAKE OFF-SWIMMER # _____	
72 CHANGED ORDER: SWIMMER _____ STROKE _____	
OTHER	
60 FALSE START _____ 61 DELAY OF MEET _____	
62 DID NOT FINISH _____ 63 DECLARED FALSE START _____	
69 OTHER _____	
JUDGE: _____ <i>(print name clearly)</i>	
REFEREE: _____ <i>(print name clearly)</i>	
NOTIFIED: _____ SWIMMER _____ COACH _____	
<small>rev. (02/10)</small>	

- 3) Freestyle is any stroke except back, breast, or fly.
- 4) Judge Medley Relay as if it were four individual races, one of each stroke. Mark infractions in each stroke section. Then write the infraction and swimmer number(s) #70. Write multiple infractions for the same team on one DQ slip but raise your hand for each infraction.
- 5) Stroke judges should call stroke and turn DQs when they occur, not at end of race.

RELAYS-- TAKE OFF JUDGING:

- 1) Swimmer may not leave the wall before teammate touches.
- 2) Two judges should observe take offs.
- 3) Watch TOES of the starting swimmer leave the block/gutter/wall (lose contact with block or pool edge) then look down in the water for the incoming swimmer's HAND to be in contact with the wall. Use take off slips if the Referee has them or draw a chart for each heat you judge. Be sure to note event and heat numbers. If you think the exchange was legal, mark an "O". If you think it was illegal, mark an "X" but don't raise your hand.

Relay Take Off Slips:

Event: 64 Heat: 2	
Lane	Swimmer #
1	2 (3) (4)
2	(2) (3) (4)
3	(2) 3 (4)

Event: 64 Heat: 2	
Lane	Swimmer #
1	2 (3) (4)
2	(2) (3) (4)
3	(2) (3) (4)

Lane 1 team would be DQed because judges agree that swimmer #2 took off early. Lane 3 team is not DQed because judges disagree about swimmer #3.

- 4) Dual confirmation: Compare slips with the other judge. Your "X" must exactly match the other judge's before a DQ is called. If the "X"s match exactly, write up one DQ slip #71 that both judges sign.
- 5) In pools less than 4' deep, swimmers must start in the water. Watch for starting TOES to lose contact with wall then look for HAND.
- 6) All relay swimmers must exit promptly after their leg except the last swimmer. None may re-enter pool.

OTHER "OTHER" RULES (Sect. 102.10)

- Swimmer must finish a race. #62
- Swimmer may not pull himself along on the lane line.
- Swimmer must start and finish in the same lane.

DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____

SWIMMER _____

BREASTSTROKE

DURING: START _____ SWIM _____ TURN _____ FINISH _____

10 KICK: ALTERNATING _____ BUTTERFLY _____ SCISSORS _____

11 ARMS: NON-SIMULTANEOUS _____ TWO STROKES UNDER _____

NOT IN SAME HORIZONTAL PLANE _____ PAST HIPLINE _____

12 ELBOWS RECOVERED OVER WATER _____

14 CYCLE: HEAD NOT UP _____ DOUBLE PULLS/KICKS _____

15 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____

16 NOT TOWARD THE BREAST OFF WALL _____

19 OTHER _____

BUTTERFLY

DURING: START _____ SWIM _____ TURN _____ FINISH _____

20 KICK: ALTERNATING _____ BREAST _____ SCISSORS _____

21 ARMS: NON-SIMULTANEOUS _____ UNDERWATER RECOV. _____

23 TOUCH: ONE HAND _____ NON-SIMULTANEOUS _____

24 NOT TOWARD THE BREAST OFF WALL _____

25 HEAD DID NOT BREAK SURFACE BY 15M _____

29 OTHER _____

BACKSTROKE

DURING: START _____ SWIM _____ TURN _____ FINISH _____

30 TOES OVER LIP OF GUTTER AFTER START _____

31 HEAD DID NOT BREAK SURFACE BY 15M _____

32 NOT ON BACK OFF WALL _____

33 NO TOUCH AT TURN _____

34 PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL _____ MULTIPLE STROKES _____

DELAY INITIATING TURN _____

35 SHOULDERS PAST VERTICAL _____

36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH _____

39 OTHER _____

INDIVIDUAL MEDLEY

41 STROKE INFRACTION(S) # _____

42 OUT OF SEQUENCE _____

FREESTYLE

50 NO TOUCH TURN # _____

51 HEAD DID NOT BREAK SURFACE BY 15M _____

RELAYS

70 STROKE INFRACTION # _____ SWIMMER # _____

71 EARLY TAKE OFF-SWIMMER # _____

72 CHANGED ORDER: SWIMMER _____ STROKE _____

OTHER

60 FALSE START _____ 61 DELAY OF MEET _____

62 DID NOT FINISH _____ 63 DECLARED FALSE START _____

69 OTHER _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (02/10)