

## The Stroke and Turn Judges Responsibilities

### Stroke and Turn Judges Responsibilities:

- a. from the start of the race, examine the swimming strokes, from end wall to end wall, of the competitors assigned lanes in the half of the pool nearest to the side from which they are observing;
- b. examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke after the turn, of the competitors assigned lanes in the half of the pool nearest to the side from which they are observing;
- c. signal by raising one hand overhead with open palm immediately upon observing a violation of the legal swimming stroke, kick or body position, turn;
- d. record the violation and report it to the starter/meet referee immediately following the race.

### Proper form of individual swimming events:

#### Backstroke:

- a. any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- b. any kick is permitted.
- c. the turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flags, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past to vertical toward the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall. (The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall).
- d. the swimmer shall remain on or above the water surface on the finish and cannot submerge.

PENALTY: Swimmer shall be disqualified from the event for any backstroke form violations.

#### Breaststroke:

- a. the body shall remain on the breast except while executing a turn;
- b. on the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; except that after the initiation of such arm stroke and before the breaststroke kick, a single downward butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke and the start and each turn;

#### Thereafter:

1. the hands shall not be brought back beyond the hipline;
  2. some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish;
- c. there shall be no sculling with the hands at the end of the first arm stroke following the start or turn;
  - d. the stroke requires that the arms shall move simultaneously and in the same horizontal plane, without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
  - e. the kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted except after the initiation of such arm stroke and before the breaststroke kick is a single downward butterfly kick is permitted;
  - f. the turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull.

PENALTY: Swimmer shall be disqualified from the event for any breaststroke form violations.

#### Butterfly:

- a. The body shall remain on the breast except when executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks, not only one arm pull under water;
- b. the stroke requires that both arms simultaneously pull backwards under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal level;
- c. the kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted;
- d. the turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull.

PENALTY: Swimmer shall be disqualified from the event for any butterfly form violations.

#### Freestyle:

- a. any body position, stroke and kick is permitted and any combination of styles may be used;
- b. the turn requires that some part of the swimmer's body contacts the end wall.

PENALTY: Swimmer shall be disqualified from the event for any freestyle form violations.

#### Individual Medley (I.M.):

- a. competitors shall swim the butterfly the first quarter of the required distance of the complete race, the backstroke the second quarter, the breaststroke the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter;
- b. each section must be swam in accordance with the rules that apply to each stroke.

PENALTY: Swimmer shall be disqualified from the event for any individual medley (I.M.) form violations.

#### Relay Events:

##### Medley Relay:

- a. the medley relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall swim backstroke, the second breaststroke, the third butterfly and the fourth any stroke other than backstroke, breaststroke or butterfly. Each swimmer shall adhere to the position, stroke, kick and turn rules governing the stroke being swum.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified.

##### Freestyle Relay:

- a. the freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified.