

Notes for Referees and General Briefing Notes

Referees should be on site at least 60 minutes before the session is to begin.

I: Talk with the Meet Director and/or Meet Referee

- Verify that the meet is running according to the Meet Package and get updated on any circumstances that have come to light since the meet got underway – e.g. re-seeding of heats, moving of events, etc.

II: Deck Check

- Do a thorough deck check:
 - a. Warm up rule posted
 - b. Marshalling area
 - c. Blocks
 - d. Lane ropes
 - e. Backstroke flags
 - f. False start rope
 - g. Emergency exits
 - h. pH, chlorine, and pool temperature (If required or requested) This is not normally done in Auckland

III: Brief Senior Officials

- Starter (signals, DQ procedure, start over top, etc.)
- Clerk of course if one is to be used (Notify Referee & meet management of scratches, etc.)
- Chief Time keeper (reminder to sort clipboards, watches, lane sheets for next session)
- Recorder & personnel in AOE room. (Introduce yourself, general discussion on how meet is to be run etc.)

IV: General Briefing

- Start briefing 30 minutes before scheduled start time.
- Have all officials on deck in position and ready to go 10 minutes before scheduled start time.

Referee briefing outlines

- Welcome
- Introduce referees and starters
- State approximate session length and event list

Timerkeepers:

- Verify swimmer or relay order
- For timing: Use of plungers and stopwatch

Strokes and turns:

- **FREE (SW 5)**
 - Head must surface by 15 metre mark
 - Any stroke or combination of strokes is permitted
 - Must touch the wall at both ends
 - May not walk on the bottom or pull on lane ropes.

- **BACK (SW 6)**

- Head must surface by 15 metre mark.
- At turn,
 - _ May turn over on to front and
 - _ take a single or double arm pull
 - _ which must initiate the turn.
 - _ Must leave the wall on their back.

The key to judging the turn is to watch the single or double arm pull. Once the pull is complete, that is, the hand has reached full extension past the hipline, the turn must be initiated. Should the pull be complete and the swimmers continue to kick into the wall,

the infraction is: after passing vertical, failed to initiate the turn

- Alternative 1.
 - _ May come in and touch on back
 - _ provided they have not turned past 90 degrees (plane of shoulders to plane of water)
 - _ and leave on their back
- Alternative 2.
 - _ May turn over on to front and, if too close to the wall,
 - _ grab the wall (the defensive grab) and
 - _ leave the wall on their backs.
 - _ **Note:** *There must not be any glide once the swimmer turns onto front*

- **FLY (SW 8)**

- Head must surface by 15 metre mark
- At start and each turn
 - _ Allowed unlimited butterfly kicks and
 - _ one full arm pull which must bring swimmer to surface
- Stroke is
 - _ simultaneous and symmetrical arms and legs and
 - _ beginning with the second arm pull, and throughout each length, arm recovery is over the water
 - _ butterfly kick only permitted
 - one leg may be carried higher, but
 - position must not alternate
- At turn and finish,
 - _ two-handed touch
 - _ hands must touch simultaneously, but do not need to be at the same level
 - _ if the last stroke does not bring swimmer to wall, and pull is initiated, pull must be completed with over the water recovery
 - An underwater recovery is not permitted*

- **BREAST (SW 7)**

*At start and each turn, allowed one full arm pull past hip line during which swimmer “may be submerged” (SW 7.2) * during first pull,*

- swimmer may do **one** butterfly kick which
- must be followed by a breaststroke kick
- head must break surface by time arms have reached widest part of second pull

A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick. Therefore, the first arm stroke is not completed until the hands are in position to start the second arm pull. The butterfly kick, followed by the breaststroke kick, must be completed prior to the commencement of the second arm stroke.

During stroke, simultaneous, symmetrical and cyclical

- one pull, one kick per cycle
- head must break surface on each cycle
- Breaststroke kick only (toes pointed outward)
- elbows must be below surface, except for last stroke of swim at turns and finish
- breaking surface with the feet *allowed* unless followed by downward butterfly kick.

At turn and finish,

- two-handed touch, hands must touch simultaneously, but do not need to be at the same level

I.M. (SW 9)

- Individual events – fly, back, breast, free ... in that order
- Relay events – back, breast, fly, free ... in that order
- Rules of each individual stroke apply to each segment
- *Watch for back to breast turn – must touch on back – cannot be past 90 degrees*
- RELAYS (SW 10)
- Watch for early takeovers, hands/feet in that order, all is good as long as some part of feet are touching the block when the incoming swimmer touches. *:NOTE: The swimmer leaving the blocks during a relay, does not have to be stationary when the incoming swimmer touches.*

• ADDITIONAL INFORMATION

- Swimmers are permitted to wear one suit only (Fina By-law 8.2)
- Swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee (Fina By-law 8.3)
- _ if timekeepers or other officials believe a swimmer has on a second suit or the suit doesn't comply with the shape requirements, refer the matter to the referee as soon as it's noticed
- No tape is permitted (SW 10.8)
- _ includes braces, training tape, tensor bandages, etc. Only permitted Band-Aids on small wounds

• DQ PROCEDURE

- Check procedure for individual meet, but in general:
- Notify Referee immediately, during the race if possible, that a DQ is pending.
- wait until end of race, fill out DQ slip recording: event, heat and lane number,
- statement of infraction including Rule number, initial slip and take to referee who may ask questions before signing off the DQ.
- upon receiving the QD, the referee should check all relevant information is correct, and if satisfies, sign it off and hand to AOE room for processing