



JUDGE OF STROKE (JS) CLINIC

September 1, 2023

WELCOME



The goal of any competition volunteer or official is to contribute to a fair, safe and positive competitive environment.

At the successful completion of this clinic the participant will:

1. Understand the key duties of a **Judge of Stroke (JS)**.
2. Understand the rules of each turn.
3. Observe and identify **stroke** infractions.
4. Understand the reporting process.

SUGGESTED PREREQUISITES



- Interest in the sport of swimming.
- Interest in the fair conduct of sport.
- Completion of the Inspector of Turns clinic
- Experience in the Inspector of Turns position
- Review of the designated rulebook sections.

SWIMMING RULES



- The rulebook must be followed.
- The rules provide a known standard to inform decisions
- Officials must apply the rules in a fair and equitable manner
- Officials need to communicate the observed rule infraction to the referee effectively



2023 SWIMMING CANADA RULES – JULY 20, 2023

APPENDIX B: WORLD PARA SWIMMING RULES – JUNE 30, 2023

APPENDIX C: OPEN WATER SWIMMING RULES – JULY 18, 2023

FACILITY RULES AND GUIDELINES OF SWIMMING CANADA – UPDATED JULY 18, 2023

<https://www.swimming.ca/en/swimmingcanadarules/>



RULES FOR JUDGE OF STROKE

JUDGES OF STROKE RULES IN ACTION



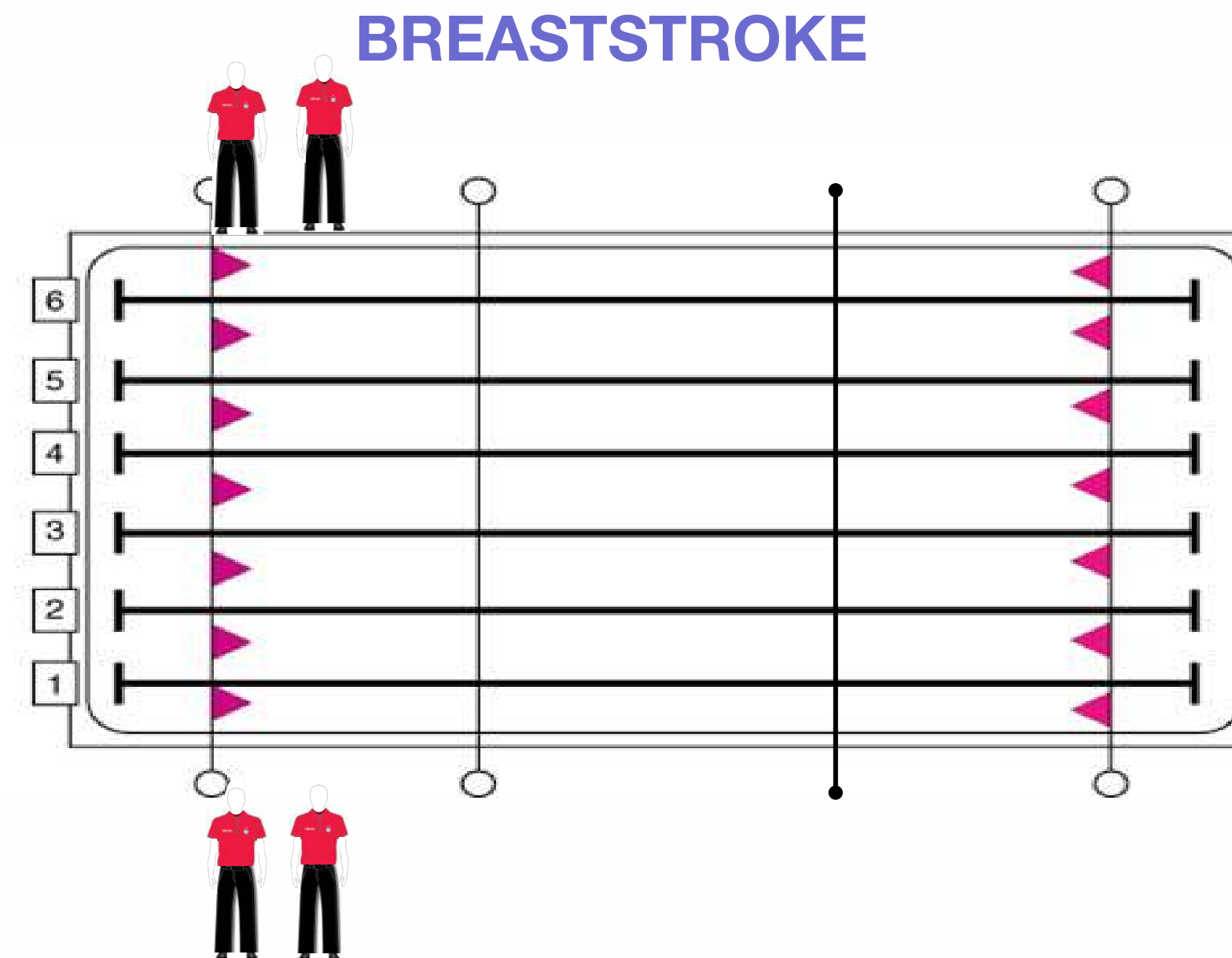
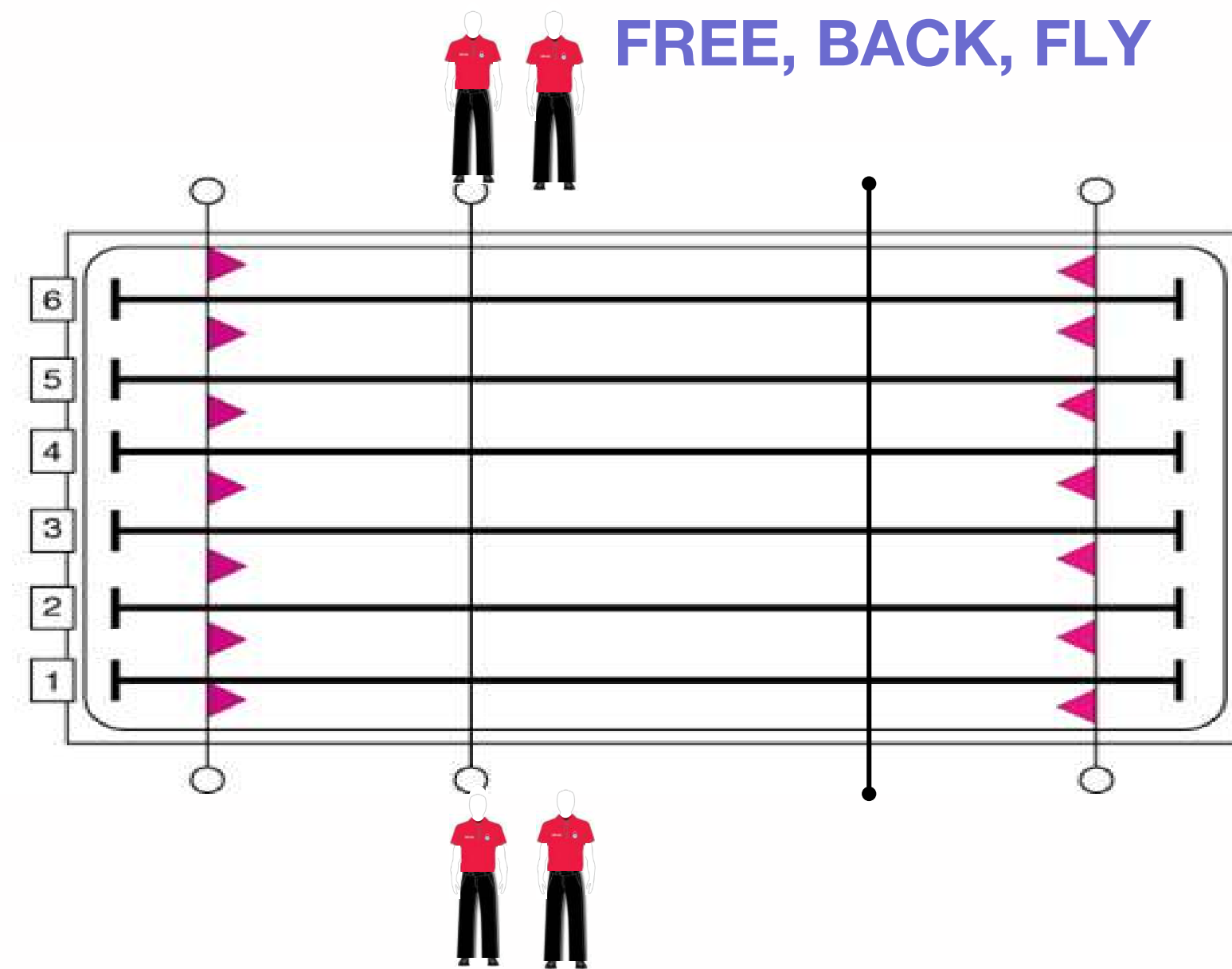
II.2.7 Judges of Stroke

II.2.7.1 Judges of Stroke shall be located on each side of the pool.

II.2.7.2 Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the Inspectors of Turns.

- Judges of Stroke will judge the lanes on their half of pool.
- Lanes 1-4 or lanes 5-8.
- There may be 1 Judge of Stroke or 2 Judges of Stroke depending on available officials.

JUDGE OF STROKE POSITIONING - START



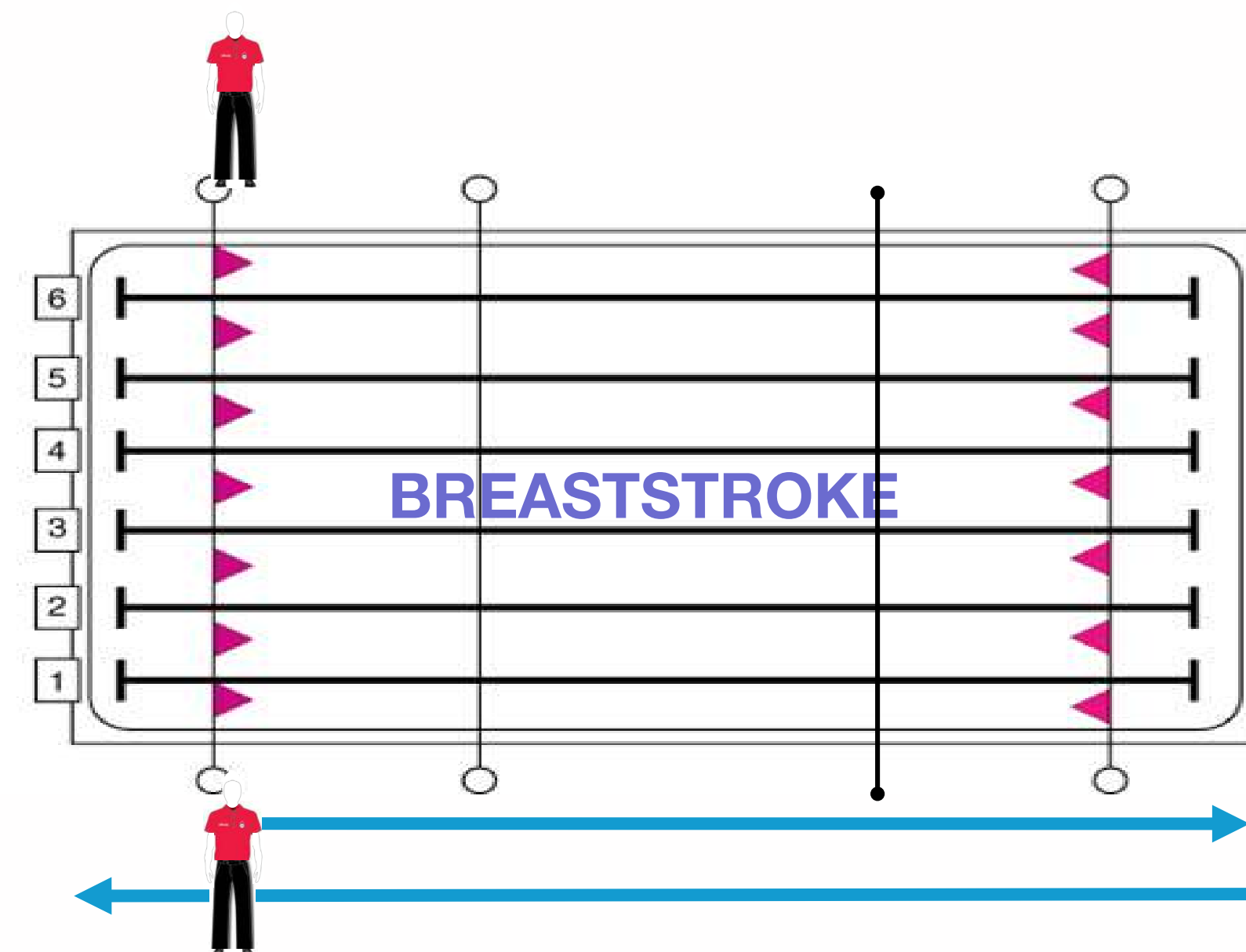
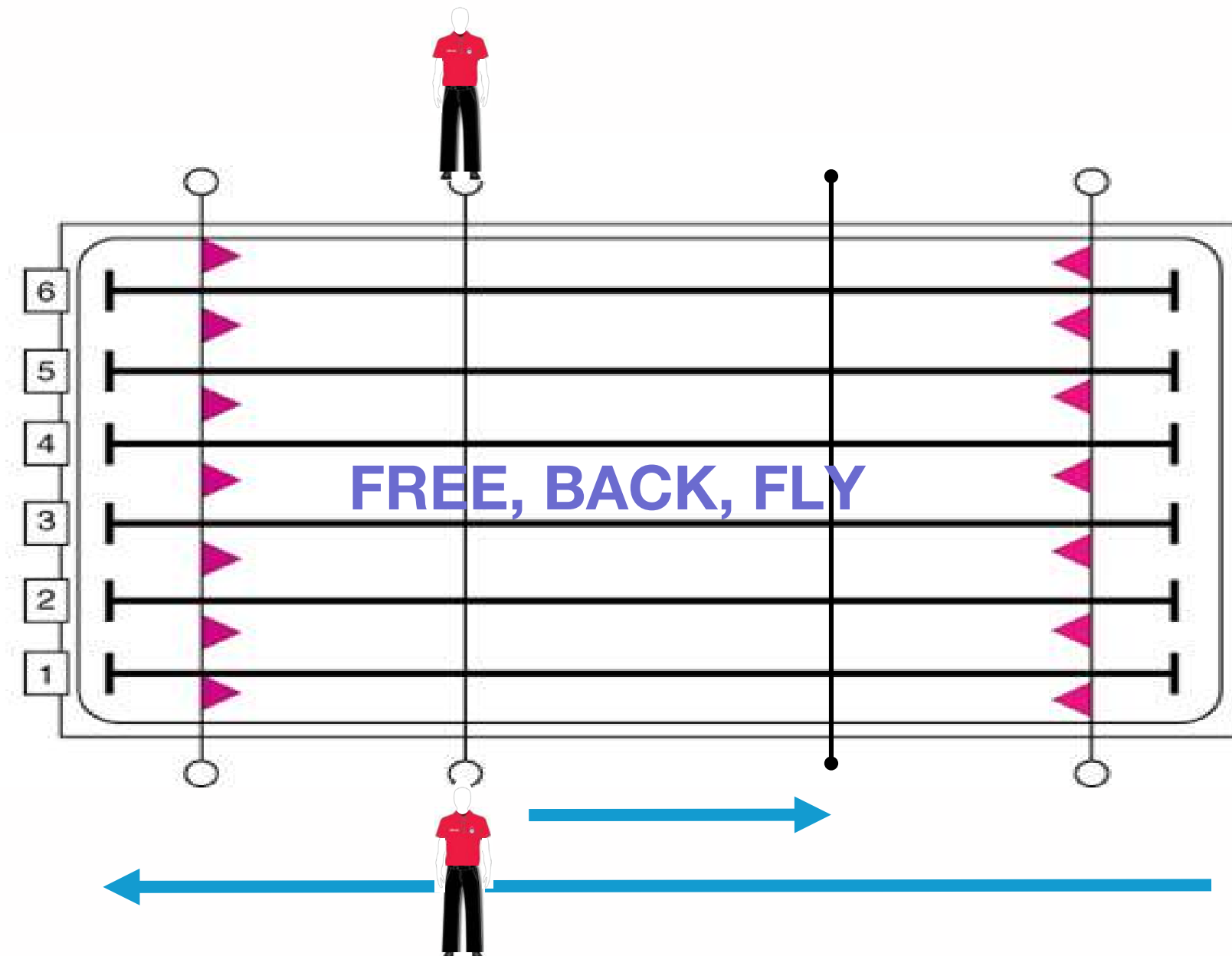
- At the start, JS must be in position at the **15 m** mark for Freestyle, Backstroke, and Butterfly to ensure the head has surfaced at or before the **15 m** mark.
- In Breaststroke, JS move toward the **5 m** flags to observe the pullout.

JUDGE OF STROKE POSITIONING - RACE



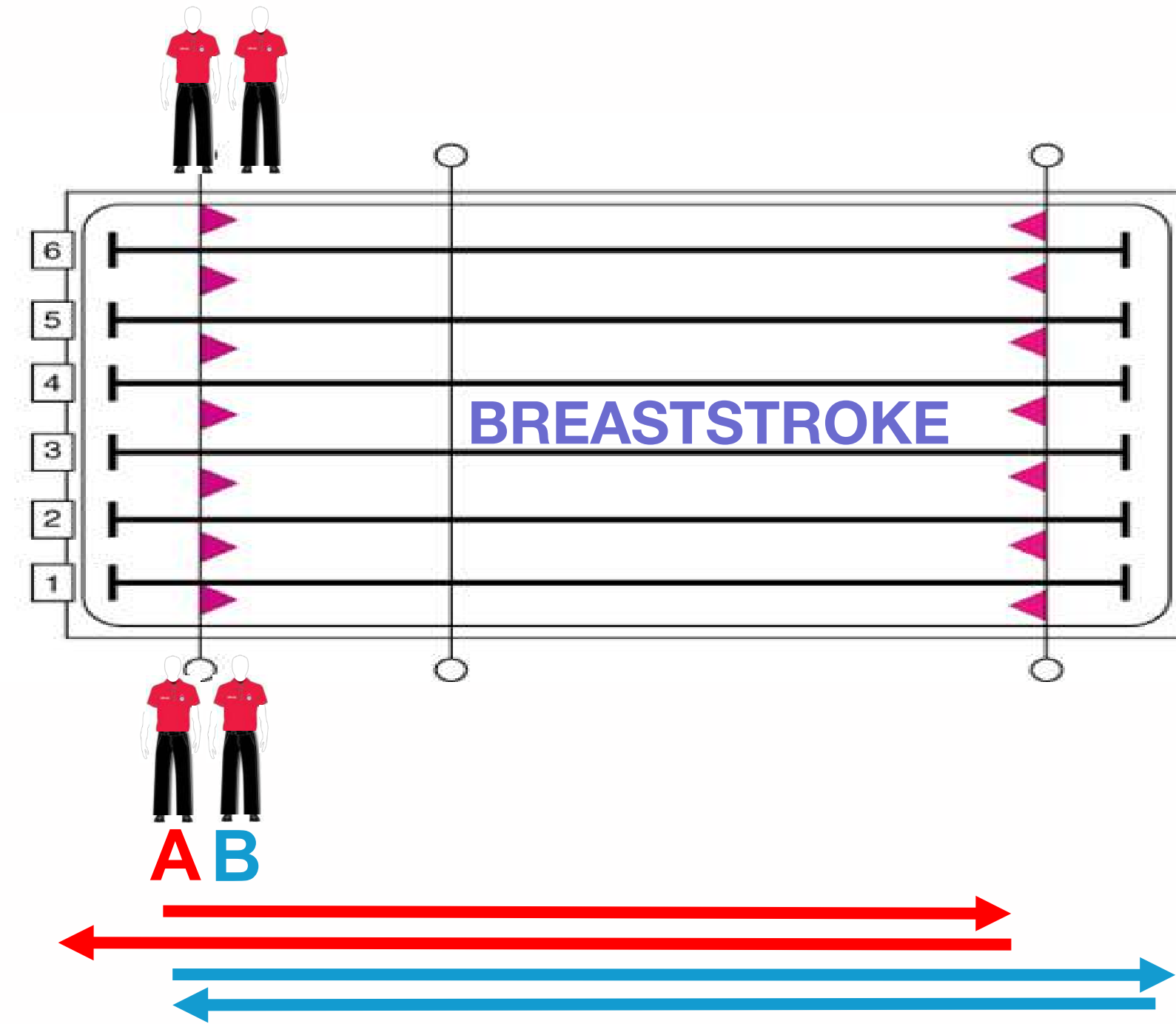
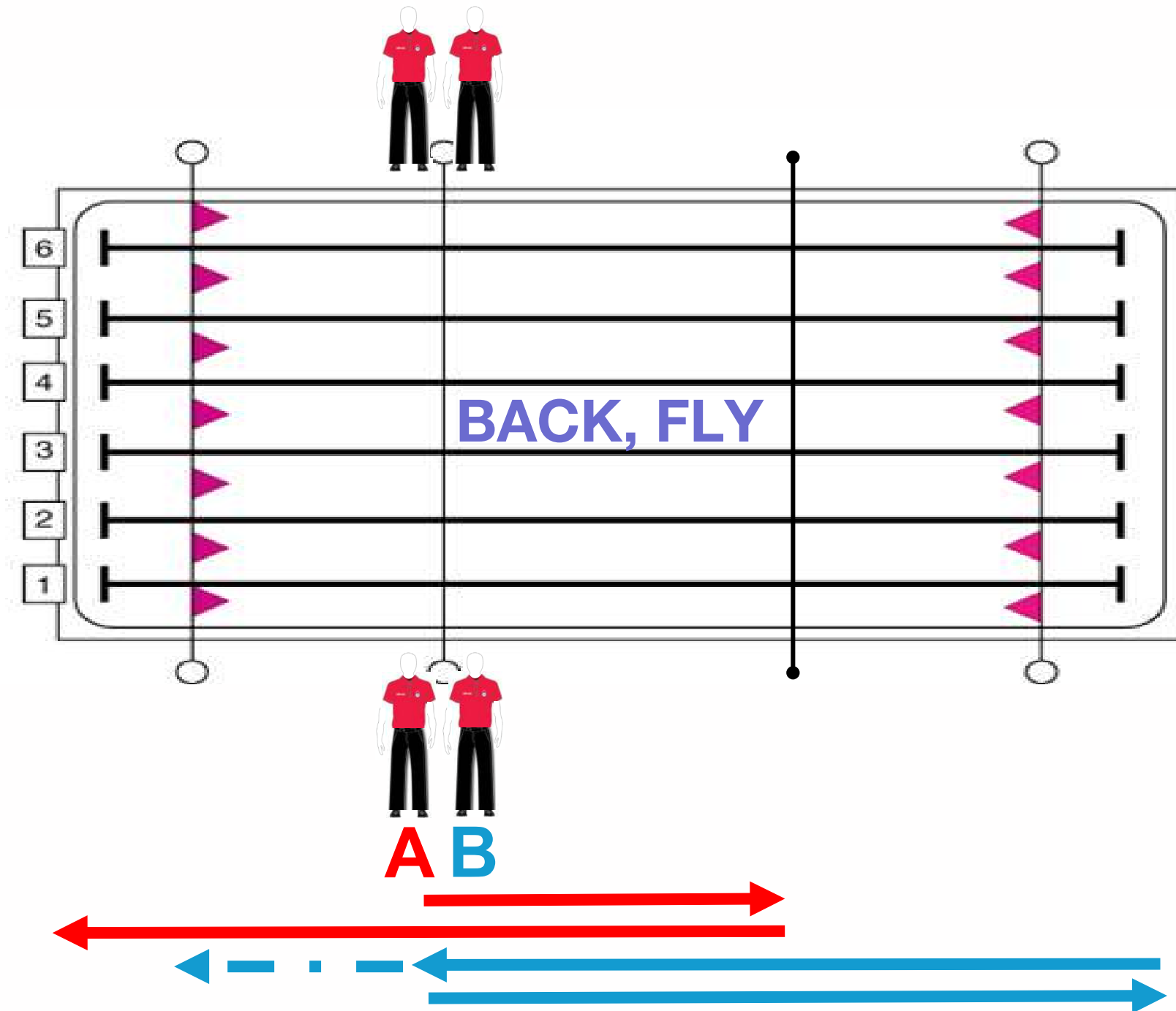
- Judges of Stroke walk **end to end** during **all** strokes (except Freestyle) to assist the Inspectors of Turns.
- For Backstroke and Butterfly, Judges of Stroke must be in position to judge the **15 m mark** from the start and from the turn. Once swimmers pass the **15 m mark**, walk with swimmers.
- For Freestyle, Judges of Stroke must be in position to judge the **15 m mark** from the start and from the turn but don't walk end to end.

1 JUDGE OF STROKE POSITIONING - LC



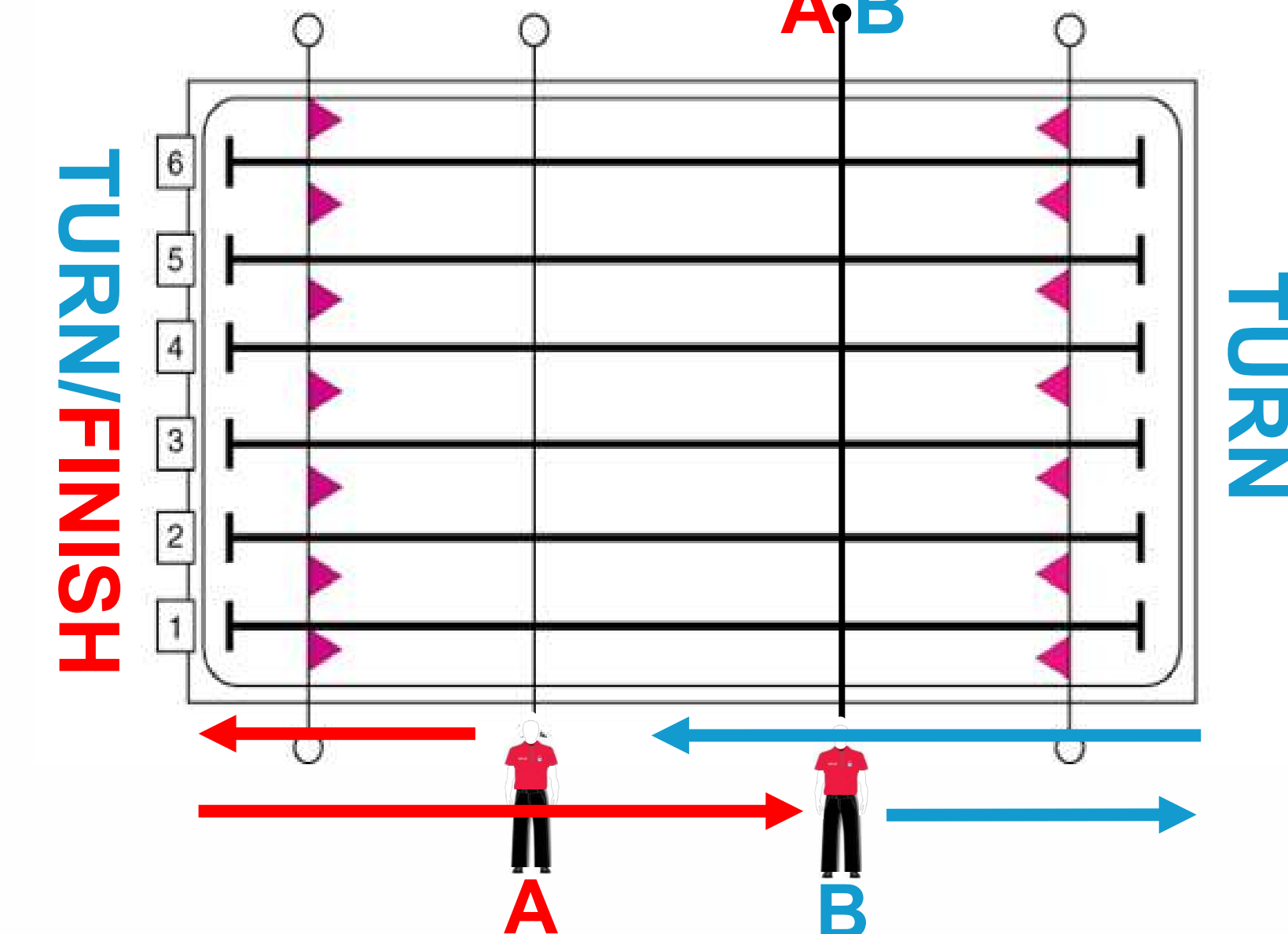
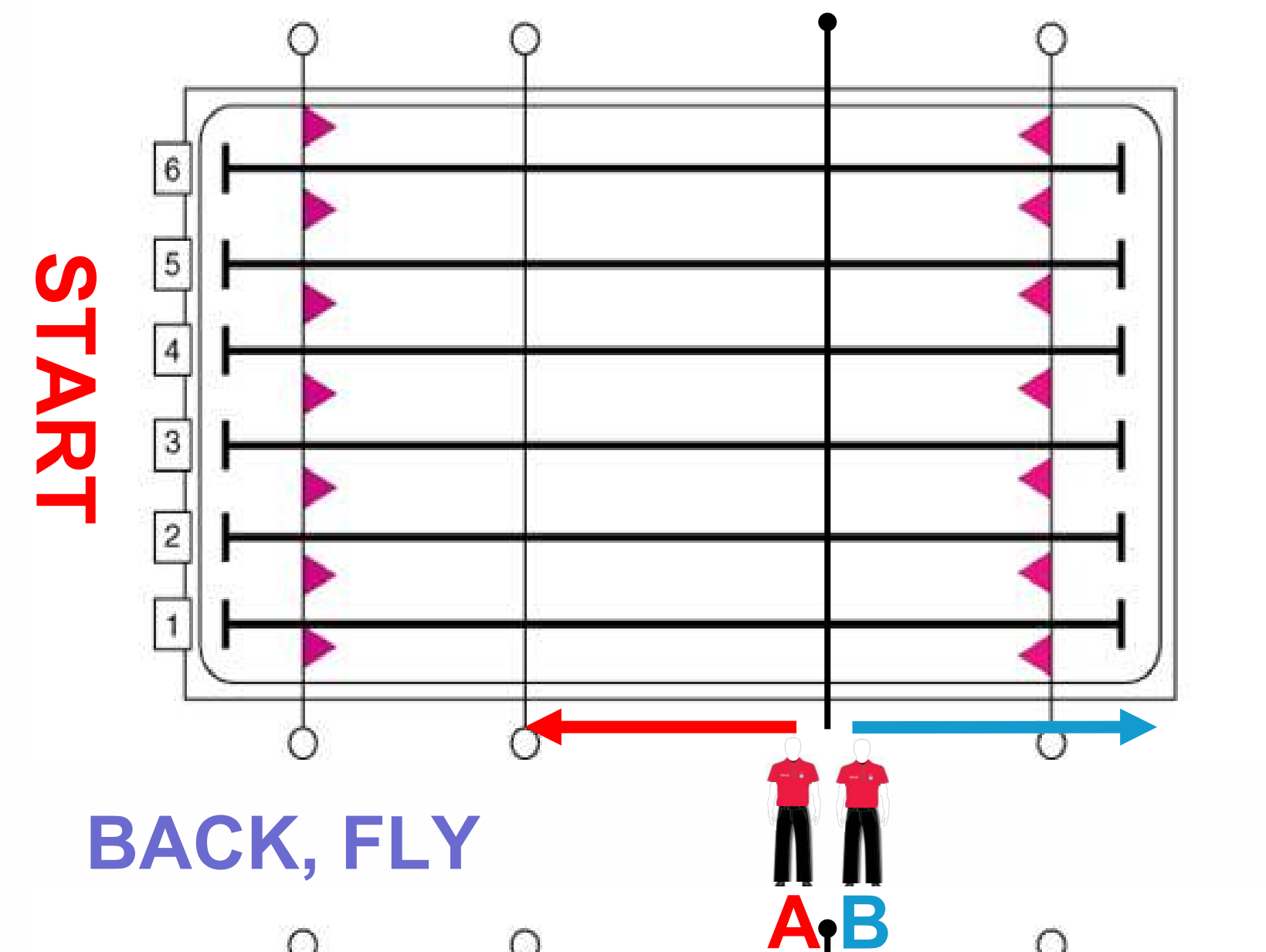
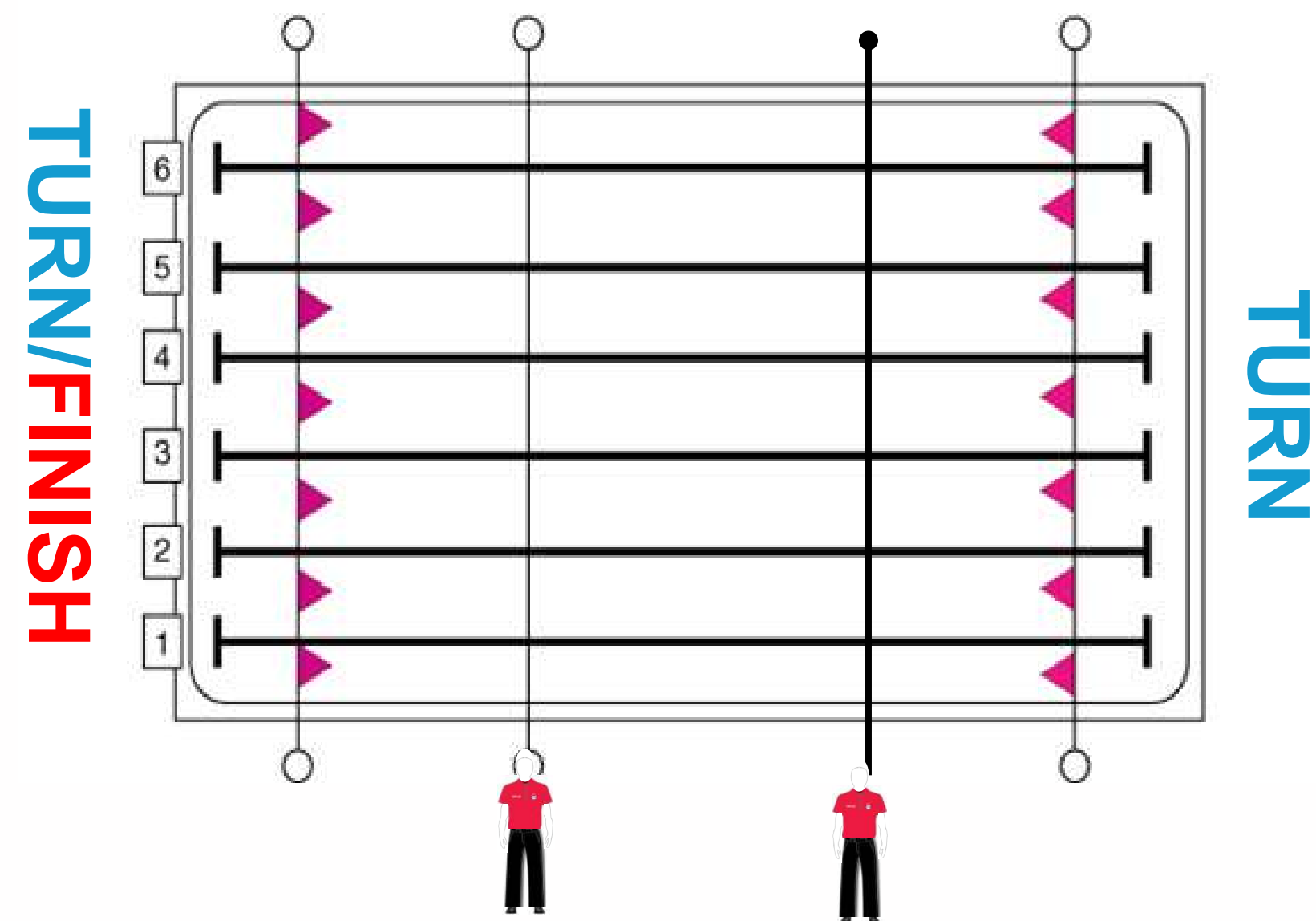
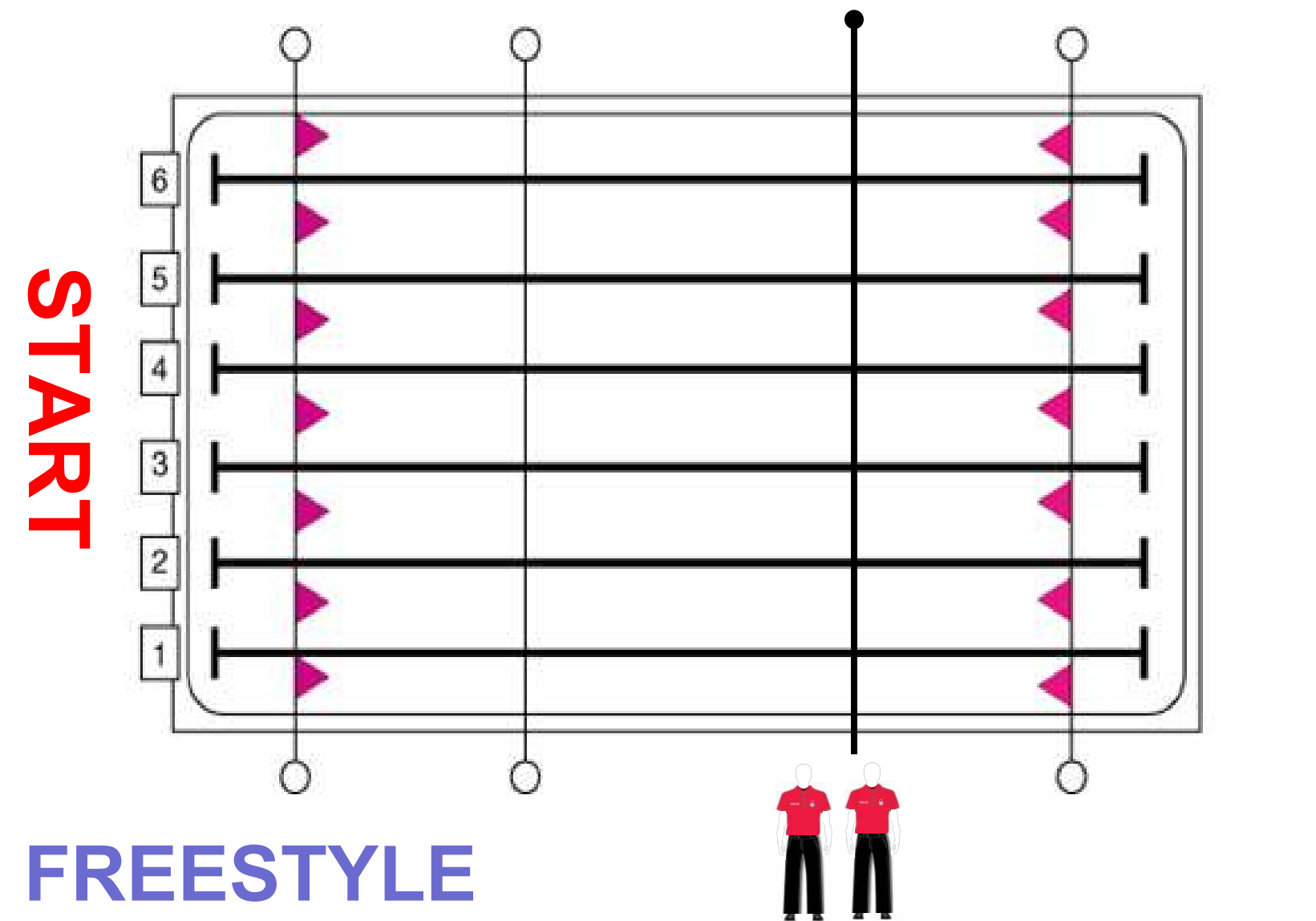
- If the field spreads out, maintain a position slightly ahead of the trailing swimmer(s) while in contact with the lead swimmer(s).
- For Freestyle, Backstroke, and Butterfly, be in the proper position to Judge the 15 m mark.
- End to end observation except freestyle.

2 JUDGE OF STROKE POSITIONING - LC



- If there are 2 JS working a side, a '**lead-lag**' observation pattern should be utilized.
- The lead JS moves with the **lead** swimmer, the **lag** JS moves with the last swimmer.
- The lag JS stops at the 15 m (LC) to observe the 15 m mark during the race.
- End to end observation **except** freestyle where JS are positioned at 15 m marks.

2 JUDGES OF STROKE POSITIONING - SC



POSITIONING in Action - Observation



POSITIONING in Action: Observation



Breast and **Fly** are best judged walking slightly behind the swimmers.



In **Backstroke** the judge should be positioned slightly ahead of the swimmer to avoid eye contact.





REPORTING AN INFRACTION

- An infraction must be based on your personal observation, disregarding the opinion of others
- Follow the reporting protocol set out by the referee prior to the session.
- The infraction should **be written up according to the rule.**

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INFRACTION – QUICK REFERENCE GUIDE



A quick reference guide is available on the Swimming Canada website:

<https://www.swimming.ca/en/competition-forms/>

- Many clubs will have a reference guide available for ITs when completing the DQ form.
- Refer to the Swimming Canada rulebook for the exact wording of the swimming rule.

SWIMMING CANADA NATATION	
SWIMMING CANADA – INFRACTION GUIDE - QUICK REFERENCE 2023-2025	
This card is to assist as a quick reference guide for Judges of Strokes and Inspectors of Turns. It must not be used as a substitute for the thorough knowledge of the swimming rules.	
FREESTYLE SWIMMING	RULE
Backstroke, breaststroke or butterfly swum in the freestyle portion of a medley	5.1
Did not touch the wall at ___m turn/finish	5.2
Head did not break surface of water at or before 15 metres following the start/turn	5.3
Totally submerged during the race after surfacing following the start/turn	5.3
BACKSTROKE SWIMMING	RULE
At least one toe of both feet was not in contact with the wall or touchpad at start	6.1
Body not on back (except when executing a turn)	6.2
Head did not break surface of water at or before 15 metres following the start/turn	6.3
Totally submerged during the race (except when permissible to be submerged)	6.3
Did not touch the wall when executing the turn	6.4
Did not start executing the turn immediately after turning onto the breast	6.4
Used more than one non simultaneous arm pull to initiate the turn	6.4
Turn not continuous at completion of arm pull while on breast	6.4
Not on the back upon leaving the wall following the turn	6.4
Did not finish the race while on the back	6.5
BREASTSTROKE SWIMMING	RULE
More than one butterfly kick prior to the first breaststroke kick	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start/turn	7.1
Body not on the breast (except when executing a turn)	7.2
Incorrect stroke cycle, not 1 arm stroke to 1 leg stroke (except at the finish)	7.2
Arm movements not simultaneous	7.2
Elbows over the water during stroke (except for final stroke before or during the turn, or the final stroke at the finish)	7.3
Hands brought back beyond the hip line (except during the 1 st stroke following the start/turn)	7.3



TECHNICAL RULES



11.5 Freestyle

FREESTYLE



II.5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

II.5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

II.5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

FREESTYLE



- Any stroke or combination of strokes may be used, so during the start any combination may be seen
- Regardless of 'stroke' – in an event designated as freestyle the head must break the surface by the **15 m mark**.
- Swimmer cannot pull on the lane lines, and/or push off the bottom of the pool during the swim.

Judging: stand at the 15m mark to ensure that the head of the swimmer breaks the surface of the water by the 15m mark after the start and each turn.

II.5 FREESTYLE



FREESTYLE SWIMMING	RULE
Backstroke, breaststroke or butterfly swum in the freestyle portion of a medley	5.1
Did not touch the wall at ____m turn/finish	5.2
Head did not break surface of water at or before 15 metres following the start/turn	5.3
Totally submerged during the race after surfacing following the start/turn	5.3

Primary Jurisdiction: TURN STROKE BOTH



II.6 Backstroke

BACKSTROKE



II.6.2 At the signal for starting and after turning, the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in II.6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.

II.6.3 Some part of the swimmer must break the surface of the water throughout the race except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged . It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

BACKSTROKE



- A swimmer may swim in any manner desired while remaining on their back and **MUST** remain on their back until the finish of the race.
- Some part of the swimmer must break the surface of the water throughout the race except for 15m after the start and each turn and the last 5m immediately prior to the finish.

Judging:

- **Start:** stand at the 15m mark to ensure that the head of the swimmer breaks the surface of the water by the 15m mark.
- **Race:** During the race positioned slightly ahead of the swimmer to avoid looking directly in their eyes.
- **Finish:** be positioned to judge the swimmers as they approach the wall. Ensure that the swimmer does not become fully submerged before some part of the head has passed the 5m mark prior to the finish.

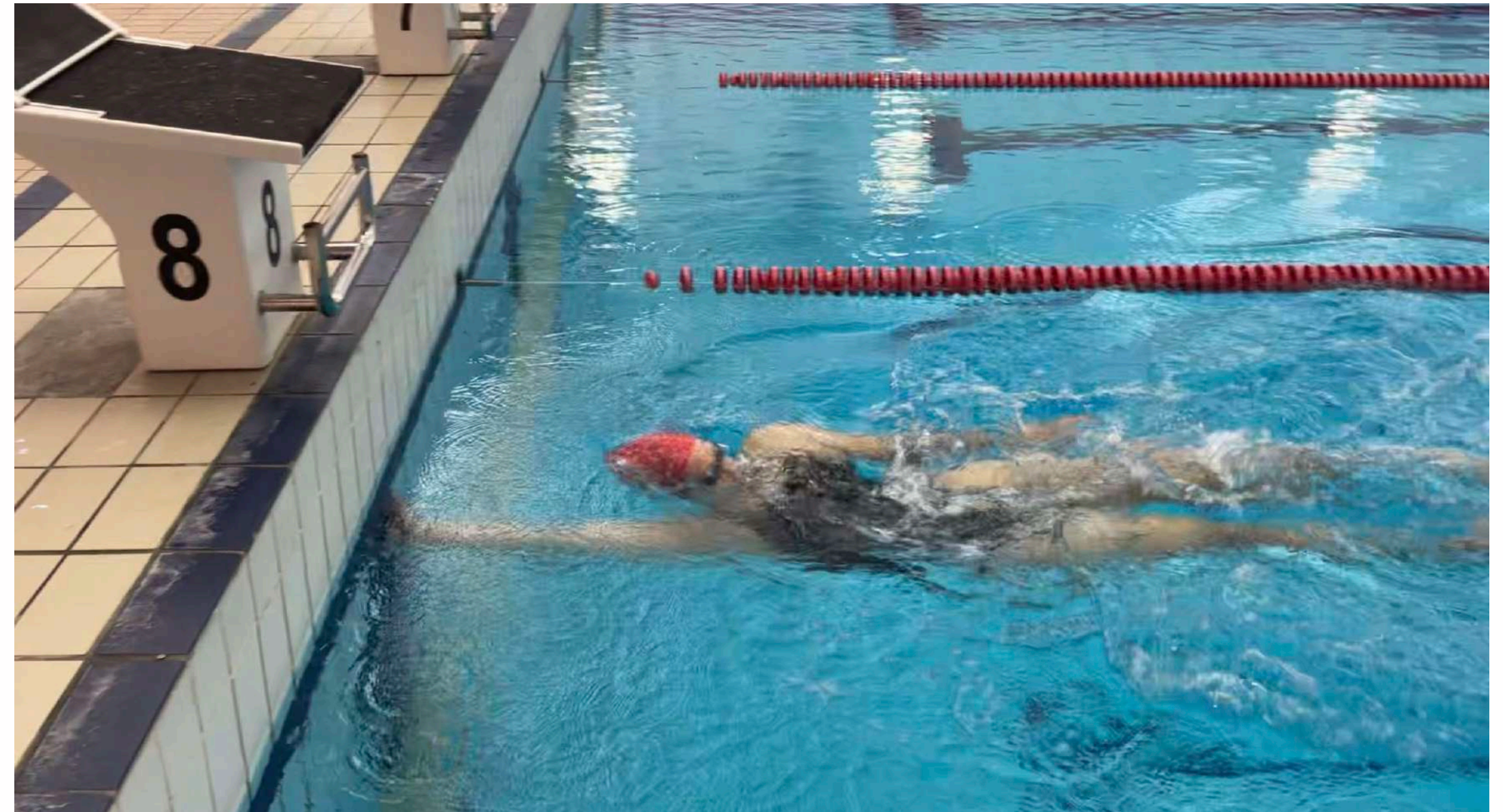
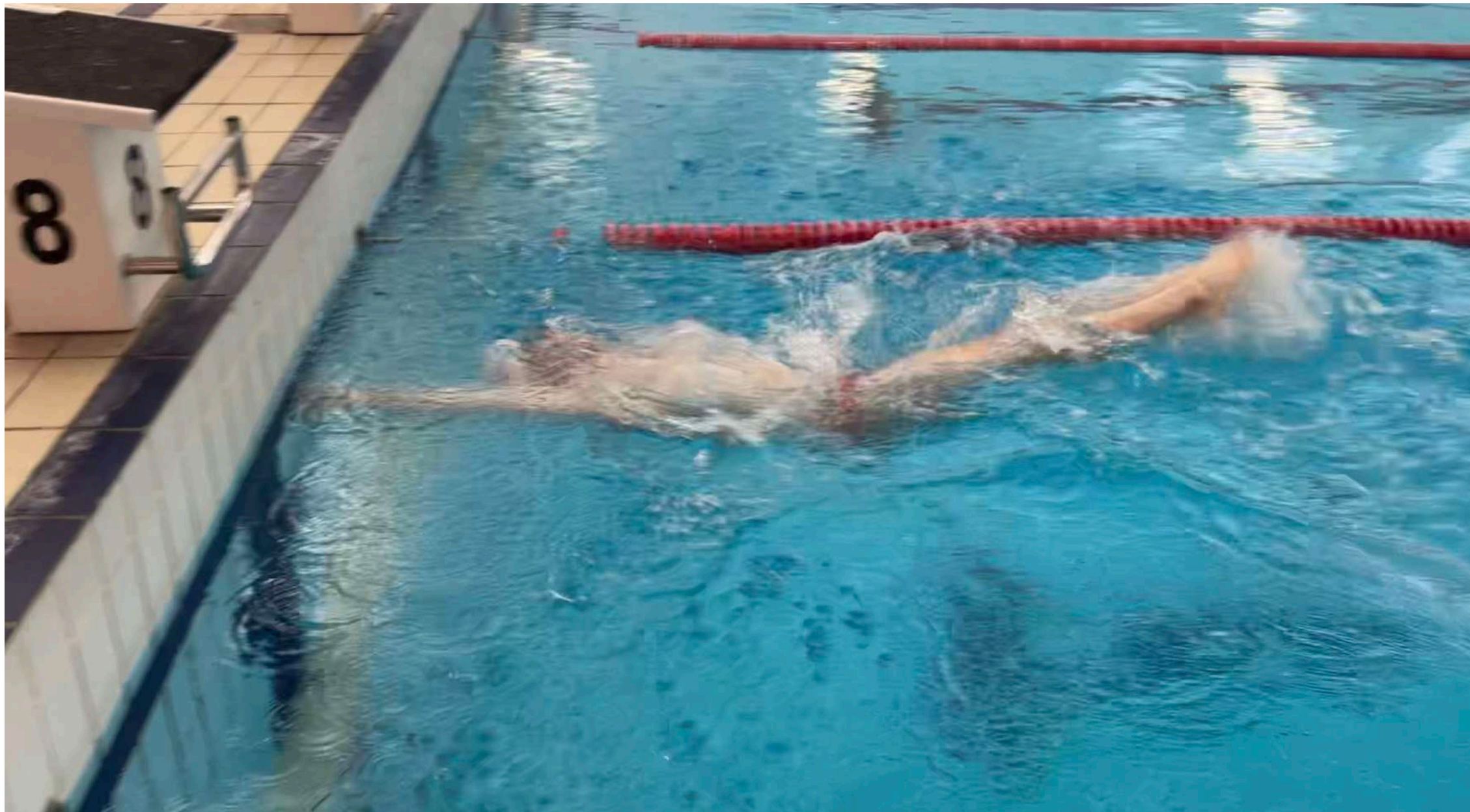
II.6 BACKSTROKE



BACKSTROKE SWIMMING	RULE
At least one toe of both feet was not in contact with the wall or touchpad at start	6.1
Body not on back (except when executing a turn)	6.2
Head did not break surface of water at or before 15 metres following the start/turn	6.3
Totally submerged during the race (except when permissible to be submerged)	6.3
Did not touch the wall when executing the turn	6.4
Did not start executing the turn immediately after turning onto the breast	6.4
Used more than one non simultaneous arm pull to initiate the turn	6.4
Turn not continuous at completion of arm pull while on breast	6.4
Not on the back upon leaving the wall following the turn	6.4
Did not finish the race while on the back	6.5

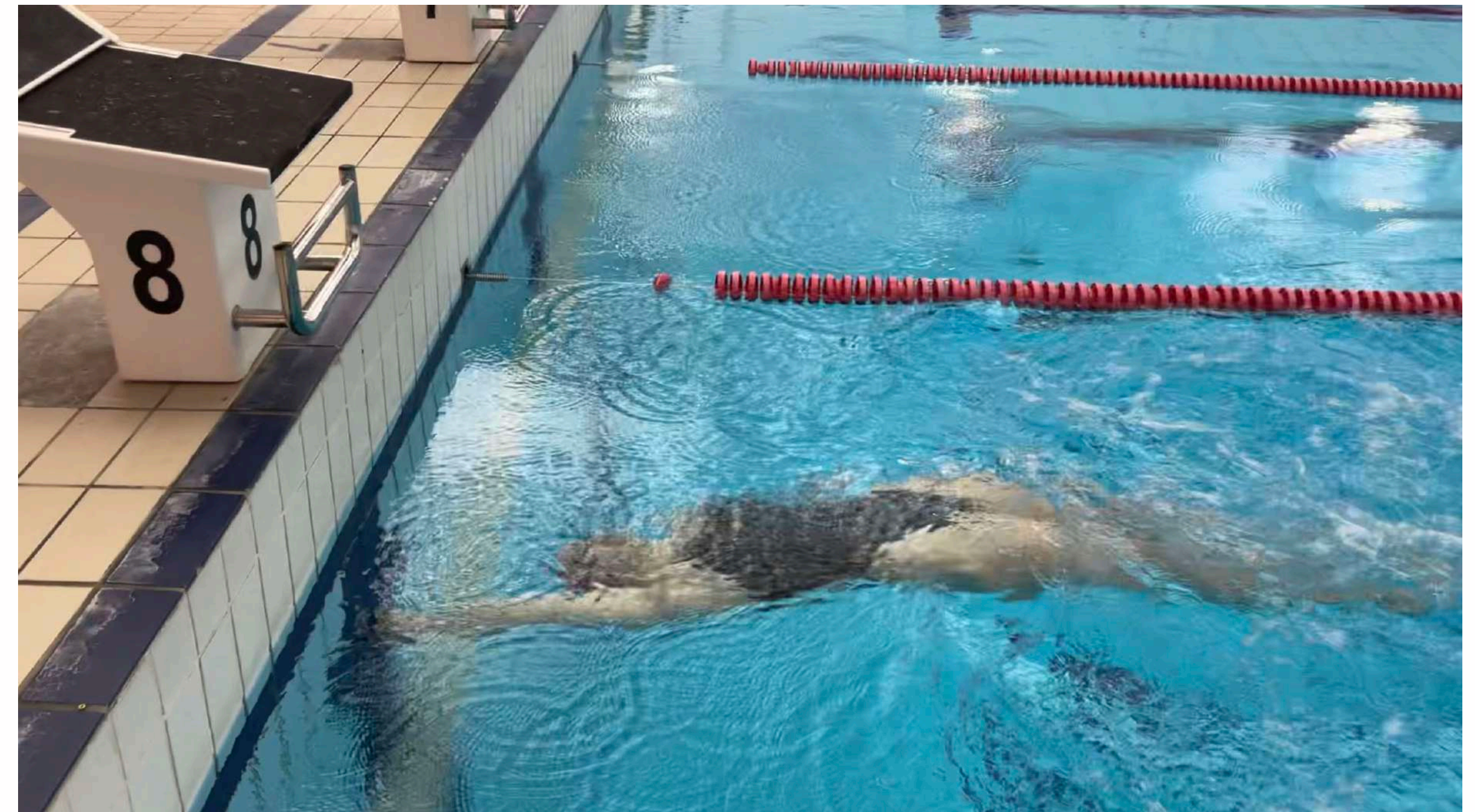
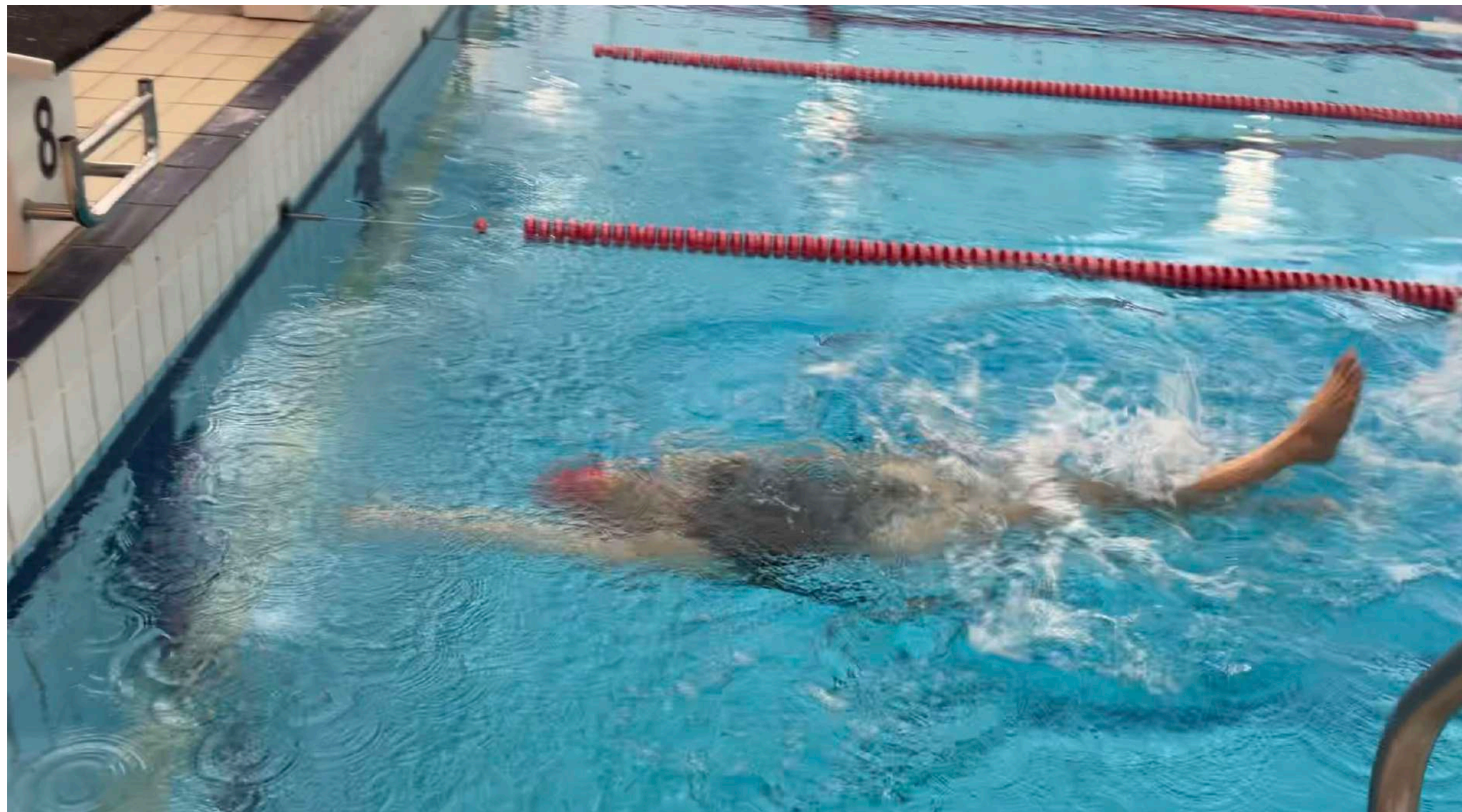
Primary Jurisdiction: ☐ TURN ☒ STROKE ☐ BOTH

JUDGING THE FINISH



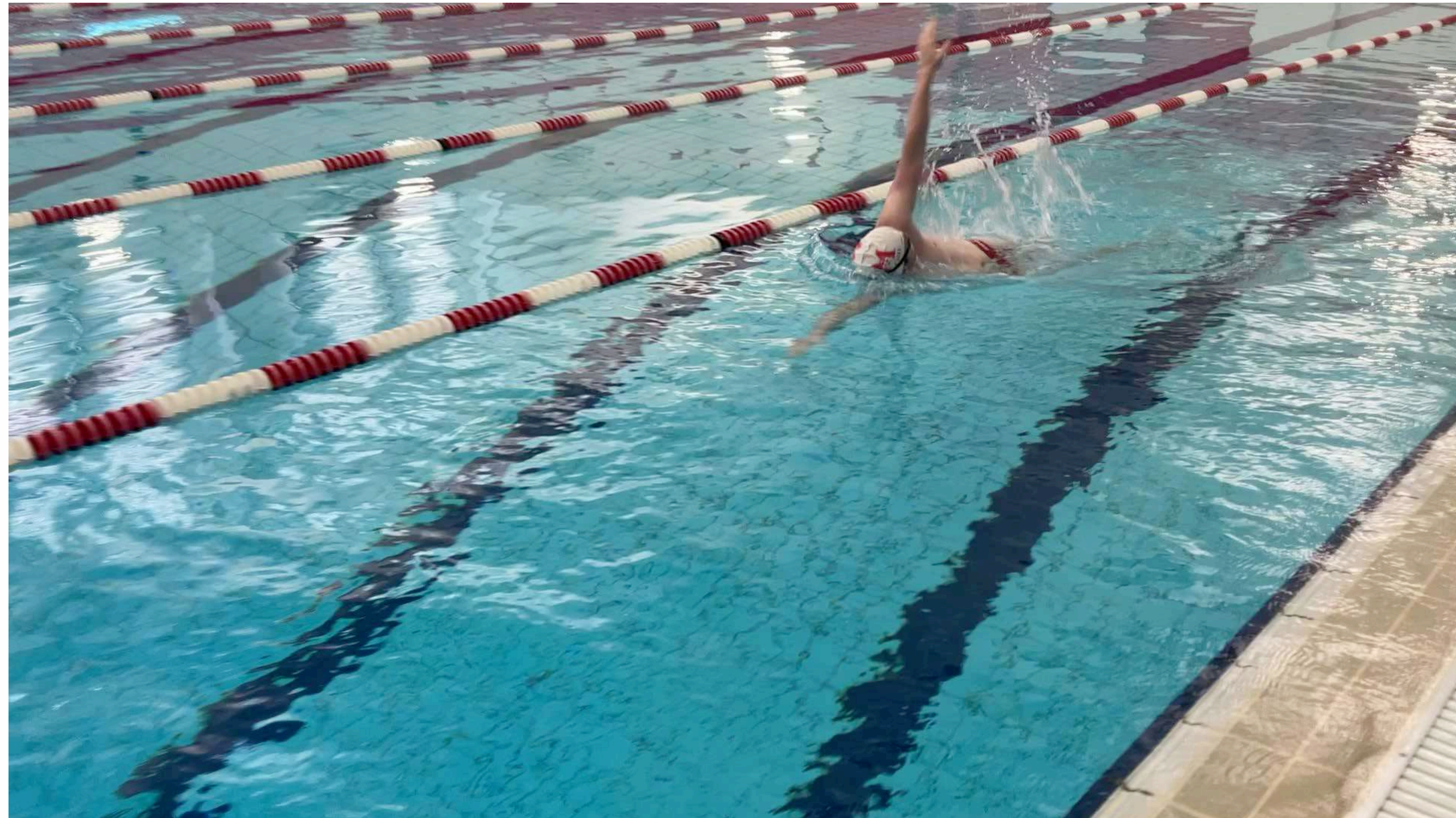
II.6.3 Legal

JUDGING THE FINISH

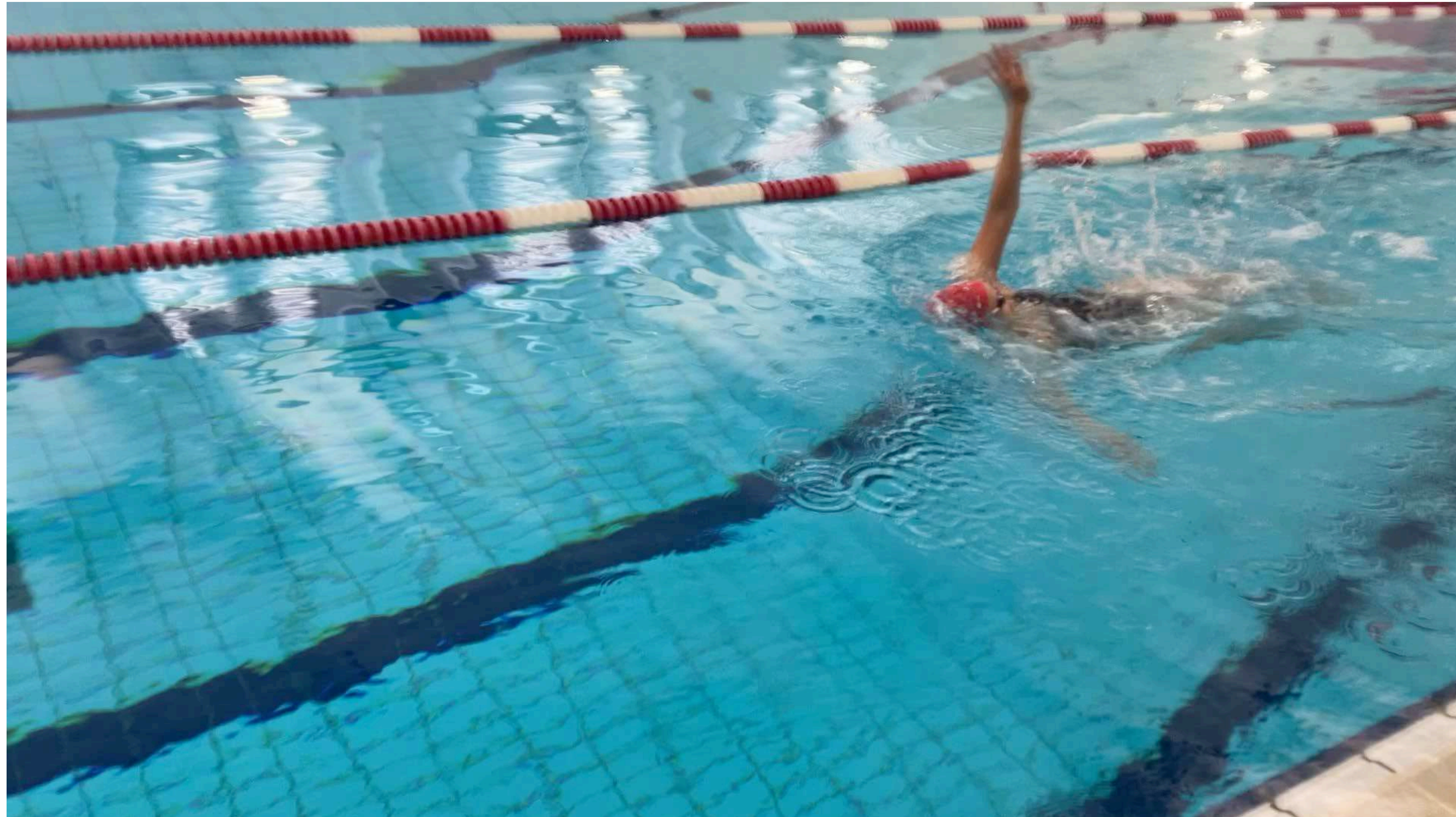


II.6.3 Legal

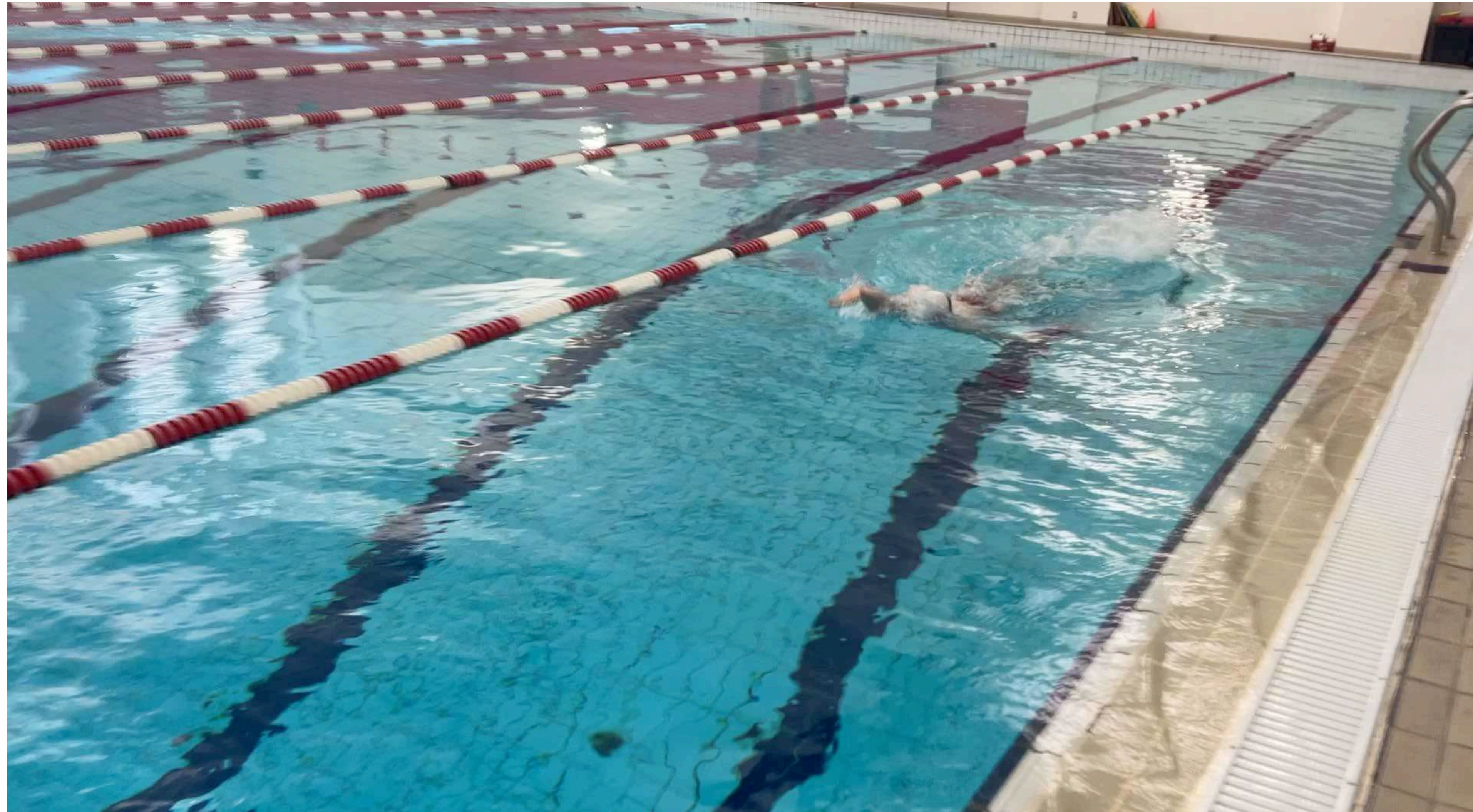
II.6 BACKSTROKE – Observation V1



II.6 BACKSTROKE – Observation V2



II.6 BACKSTROKE – Observation V3





- VIDEO 1
- VIDEO 2
- VIDEO 3

Did you observe an infraction?
If Yes, how would you report and write the infraction?

BACKSTROKE SWIMMING	RULE
At least one toe of both feet was not in contact with the wall or touchpad at start	6.1
Body not on back (except when executing a turn)	6.2
Head did not break surface of water at or before 15 metres following the start/turn	6.3
Totally submerged during the race (except when permissible to be submerged)	6.3
Did not touch the wall when executing the turn	6.4
Did not start executing the turn immediately after turning onto the breast	6.4
Used more than one non simultaneous arm pull to initiate the turn	6.4
Turn not continuous at completion of arm pull while on breast	6.4
Not on the back upon leaving the wall following the turn	6.4
Did not finish the race while on the back	6.5



II.7 Breaststroke

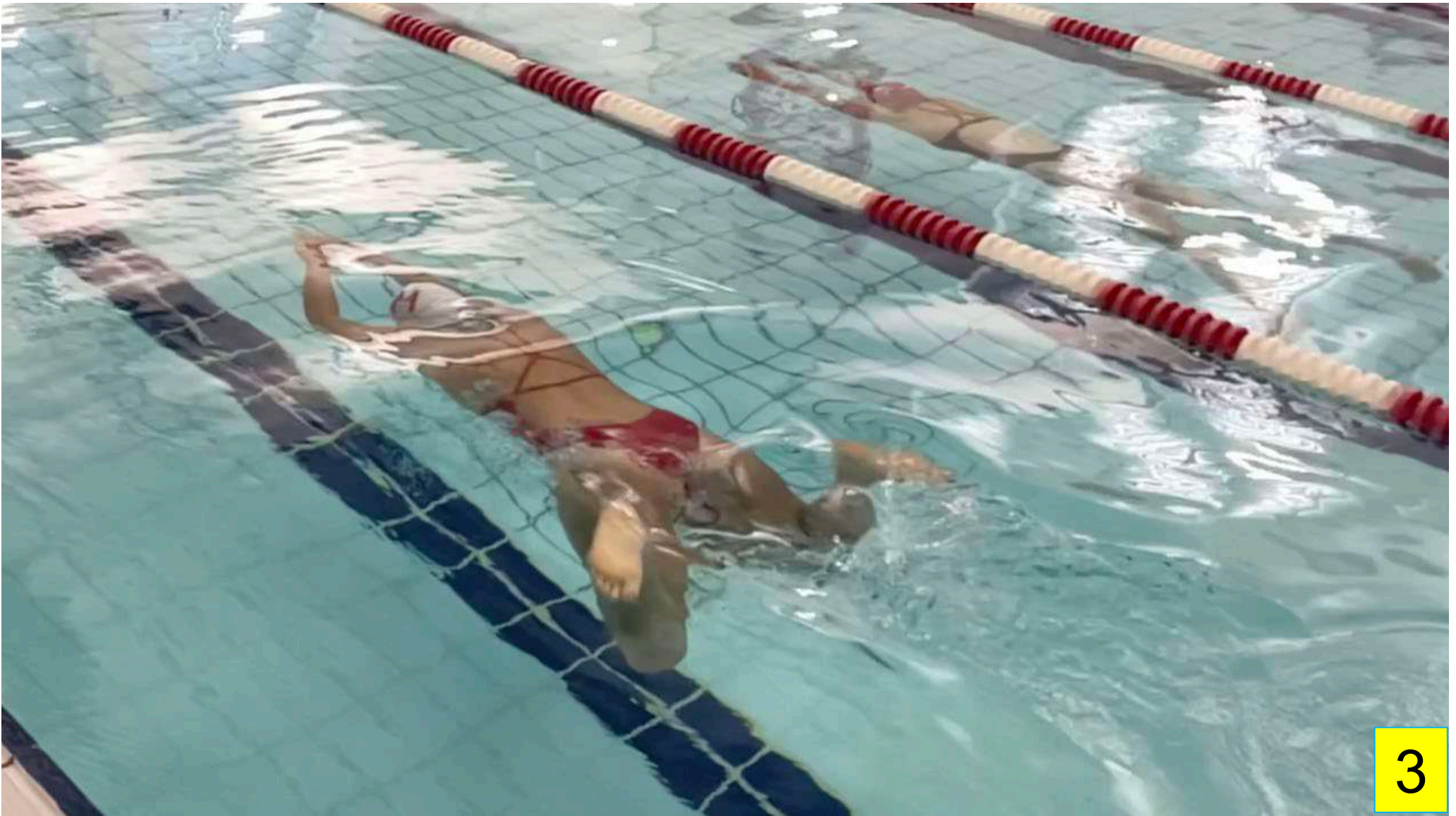
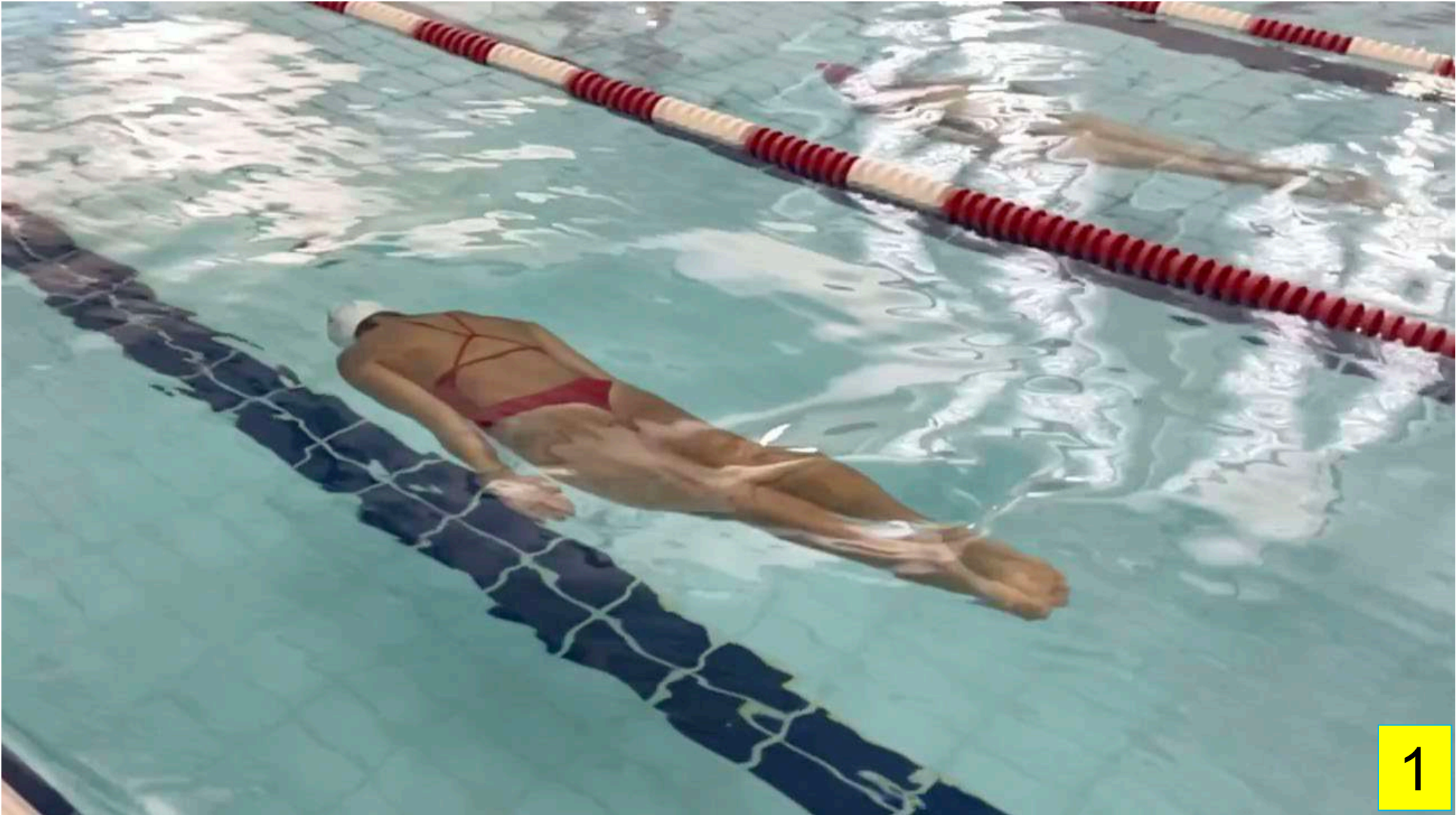
BREASTSTROKE – START/TURN



II.7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Judging:

- At the start, move forward to judge the swimmer until they take their second stroke.
- At the turn, position yourself above the swimmer to judge the last stroke in and the touch/turn until the second stroke.
- The swimmer is not required to do a pullout.



BREASTSTROKE



BREASTSTROKE – STROKE CYCLE



II.7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

Judging

- The swimmer shall be on the breast during the stroke.
- The stroke is cyclical - 1 arm stroke and 1 leg kick, except at each turn and the finish of the race, where an arm stroke not followed by a leg kick is permitted.
- Arms shall be simultaneous.

BREASTSTROKE - HANDS



II.7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

Judging

- The elbows must be under the surface of the water.
- Hands cannot pull past the hips except it is permissible during the first stroke.

BREASTSTROKE – HEAD & KICK



II.7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

II.7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in II.7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Judging

- The head must break the surface of the water on each cycle
- All leg movements shall be simultaneous without alternating movement
- The swimmer may only use the breaststroke kick and the feet must be turned outward during the propulsive portion.

BREASTSTROKE – TURN/FINISH



II.7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Judging:

- At the turn/finish, position yourself above the swimmer to judge the last stroke in and the touch/turn.
- Must remain on breast until touch.
- Elbows may break the surface of the water on the final stroke before the turn and the final stroke at the finish.
- Separated, **two** hand, simultaneous touch.

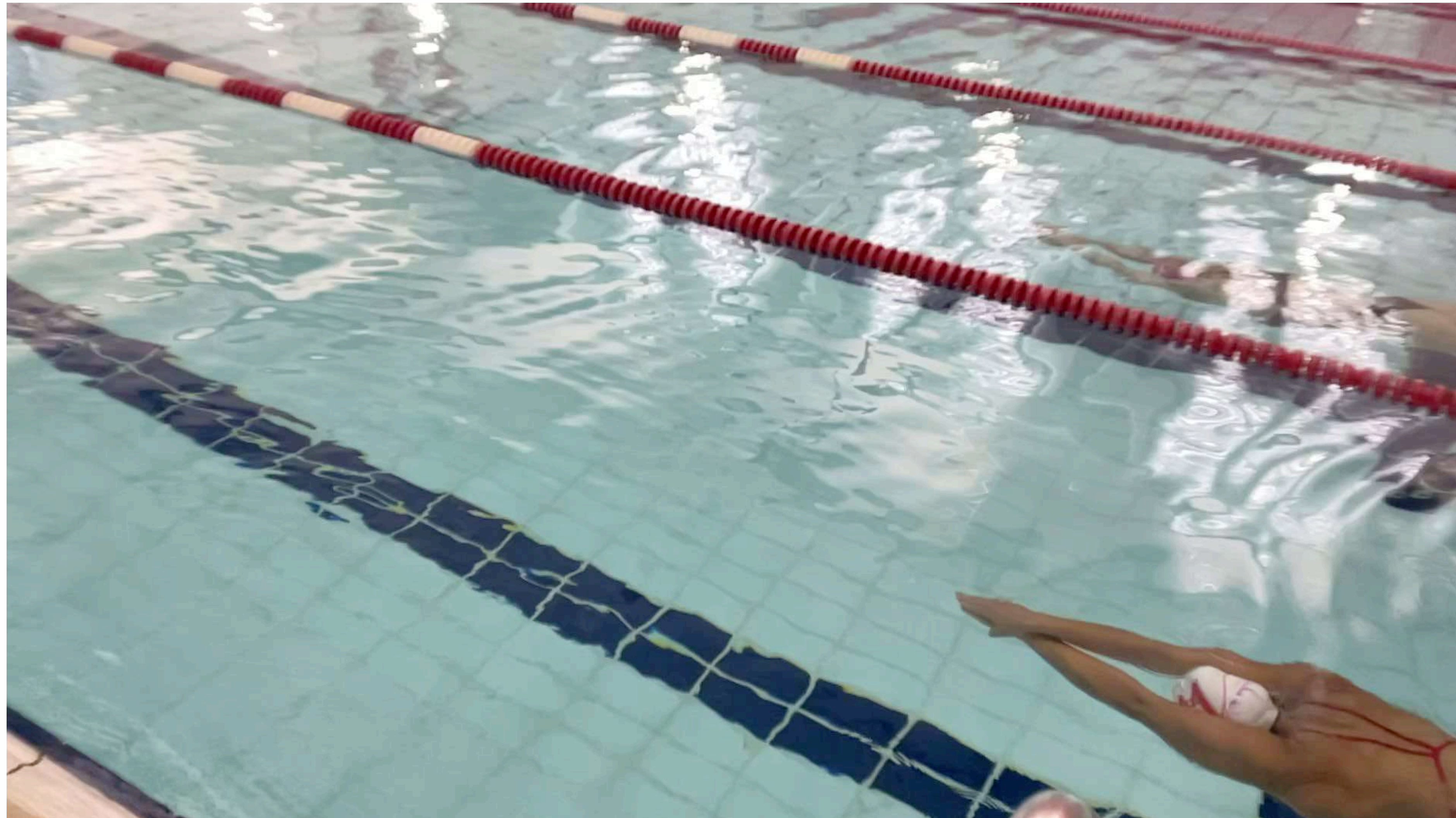
II.7 BREASTSTROKE



BREASTSTROKE SWIMMING	RULE
More than one butterfly kick prior to the first breaststroke kick	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start/turn	7.1
Body not on the breast (except when executing a turn)	7.2
Incorrect stroke cycle, not 1 arm stroke to 1 leg stroke (except at the finish)	7.2
Arm movements not simultaneous	7.2
Elbows over the water during stroke (except for final stroke before or during the turn, or the final stroke at the finish)	7.3
Hands brought back beyond the hip line (except during the 1 st stroke following the start/turn)	7.3
Head did not break the surface during each stroke cycle (except first cycle following the start/turn)	7.4
Leg movements not simultaneous (alternating movement)	7.4
Feet not turned out in the propulsive part of the kick	7.5
Executed a downward butterfly kick (except after the start/turn)	7.5
Touch at the turn/finish not made with both hands simultaneously and separated.	7.6
Touch at turn/finish made with one hand only	7.6

Primary Jurisdiction: TURN STROKE BOTH

II.7 - BREASTSTROKE – Observation V1



II.7 BREASTSTROKE - Judging



- VIDEO 1

Did you observe an infraction?
If Yes, how would you report and write the infraction?

	DISQUALIFICATION FORM FORMULAIRE DE DISQUALIFICATION	
Name Nom _____		
Club Équipe _____		
Event Épreuve # _____	Heat Série # _____	Lane Coulair # _____
Infraction :		
Judge Juge _____		
Referee Arbitre _____		
Coach Told or Announced L'entraîneur informé ou annoncé _____		
Time Told Temps annoncé _____		

BREASTSTROKE SWIMMING	RULE
More than one butterfly kick prior to the first breaststroke kick	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start/turn	7.1
Body not on the breast (except when executing a turn)	7.2
Incorrect stroke cycle, not 1 arm stroke to 1 leg stroke (except at the finish)	7.2
Arm movements not simultaneous	7.2
Elbows over the water during stroke (except for final stroke before or during the turn, or the final stroke at the finish)	7.3
Hands brought back beyond the hip line (except during the 1 st stroke following the start/turn)	7.3
Head did not break the surface during each stroke cycle (except first cycle following the start/turn)	7.4
Leg movements not simultaneous (alternating movement)	7.4
Feet not turned out in the propulsive part of the kick	7.5
Executed a downward butterfly kick (except after the start/turn)	7.5
Touch at the turn/finish not made with both hands simultaneously and separated.	7.6
Touch at turn/finish made with one hand only	7.6

JUDGING: II.7 - BREASTSTROKE



- VIDEO 1

Did you observe an infraction?
If Yes, how would you report and write the infraction?



DISQUALIFICATION FORM
FORMULAIRE DE DISQUALIFICATION

Name
Nom _____

Club
Équipe _____

Event
Épreuve # _____

Heat
Série # _____

Lane
Couloir # _____

Infraction : _____

Judge
Juge _____

Referee
Arbitre _____

Coach Told or Announced
L'entraîneur informé ou annoncé _____

Time Told
Temps annoncé _____

BREASTSTROKE SWIMMING	RULE
More than one butterfly kick prior to the first breaststroke kick	7.1
Head did not break the surface before the hands turned inward at the widest part of the second stroke after the start/turn	7.1
Body not on the breast (except when executing a turn)	7.2
Incorrect stroke cycle, not 1 arm stroke to 1 leg stroke (except at the finish)	7.2
Arm movements not simultaneous	7.2
Elbows over the water during stroke (except for final stroke before or during the turn, or the final stroke at the finish)	7.3
Hands brought back beyond the hip line (except during the 1 st stroke following the start/turn)	7.3
Head did not break the surface during each stroke cycle (except first cycle following the start/turn)	7.4
Leg movements not simultaneous (alternating movement)	7.4
Feet not turned out in the propulsive part of the kick	7.5
Executed a downward butterfly kick (except after the start/turn)	7.5
Touch at the turn/finish not made with both hands simultaneously and separated.	7.6
Touch at turn/finish made with one hand only	7.6



II.8 Butterfly

BUTTERFLY



II.8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

II.8.2 Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to II.8.5.

Judging

- Must remain on breast until they touch the wall then they may turn in any manner.
- Swimmers may “push off” on their side as long as the swimmer remains past vertical towards the breast.
- Arms must recover over the water simultaneously.

BUTTERFLY



II.8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted

II.8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

Judging

- All leg movement must be simultaneous and up and down. The swimmer must use a butterfly kick with no breaststroke or alternating kick movement.
- The feet may not be turned outward as in breaststroke kick
- One foot may be higher than the other as long as the feet do not alternate position
- Two hand simultaneous and separated touch at the turn and finish

BUTTERFLY – START/TURNS



11.8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the by the 15m mark. start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

Judging

- Stand at the 15m mark to ensure that the head of the swimmer breaks the surface of the water.
- A swimmer may do any number of kicks at the start and turn. Leg movements must be simultaneous and shall not alternate.
- The swimmer's first arm pull must bring them to the surface.
- Swimmers may “push off” on their side as long as the swimmer remains past vertical towards the breast.

II.8 BUTTERFLY



BUTTERFLY SWIMMING	RULE
Body not on the breast (except when executing a turn)	8.1
Arms not brought forward simultaneously over the water	8.2
Arms not brought backward simultaneously under the water	8.2
Alternating movement of legs or feet	8.3
Breaststroke kicking movement	8.3
Touch at the turn/finish not made with both hands simultaneously and separated	8.4
Touch at turn/finish made with one hand only	8.4
Head did not break surface of water at or before 15 metres following the start/turn	8.5
Totally submerged during the race after surfacing following the start/turn	8.5

Primary Jurisdiction: ☐ TURN ☒ STROKE ☐ BOTH

II.8 BUTTERFLY – Observation V1



II.8 BUTTERFLY - Judging



• VIDEO 1

Did you observe an infraction?
If Yes, how would you report and write the infraction?



DISQUALIFICATION FORM
FORMULAIRE DE DISQUALIFICATION

Name
Nom

Club
Équipe

Event
Épreuve #

Heat
Série #

Lane
Coulair #

Infraction :

Judge
Juge

Referee
Arbitre

Coach Told or Announced
L'entraîneur informé ou annoncé

Time Told
Temps annoncé

BUTTERFLY SWIMMING	RULE
Body not on the breast (except when executing a turn)	8.1
Arms not brought forward simultaneously over the water	8.2
Arms not brought backward simultaneously under the water	8.2
Alternating movement of legs or feet	8.3
Breaststroke kicking movement	8.3
Touch at the turn/finish not made with both hands simultaneously and separated	8.4
Touch at turn/finish made with one hand only	8.4
Head did not break surface of water at or before 15 metres following the start/turn	8.5
Totally submerged during the race after surfacing following the start/turn	8.5



II.9 Medley

INDIVIDUAL MEDLEY/MEDLEY RELAY



II.9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

II.9.2 In Freestyle, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s), may commence.

II.9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

IM / MEDLEY RELAY - JUDGING



- Judge each stroke as you would each individual stroke ie. 15 m mark for Backstroke Butterfly and Freestyle.
- Walk end to end for each stroke except Freestyle.

Freestyle

- The swimmer must be on their breast and cannot swim any of the previous 3 strokes.
- During the Freestyle turn the swimmer must have returned past 90 degrees toward their breast before any kick or stroke.

II.9 – MEDLEY SWIMMING



MEDLEY SWIMMING	RULE
Incorrect individual medley stroke order (<i>correct: fly, back, breast, free - 1/4 each</i>)	9.1
Infraction relative to the stroke - (<i>complete using butterfly, backstroke, breaststroke or freestyle section</i>)	9.1
In the freestyle section, did not return to the breast before any kick or stroke	9.2
Swam a preceding stroke during the freestyle portion	5.1
Finish of stroke not in accordance with rules of that particular stroke	9.4

Primary Jurisdiction:

TURN

STROKE

BOTH



II.9 & II.10 Relay

II.10 Race

MEDLEY RELAYS



II.9.3 In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter ($1/4$) of the distance.

- The referee will assign the IT to judge the relay takeovers or the finish in a medley relay.
- The IT will observe the start of each stroke.

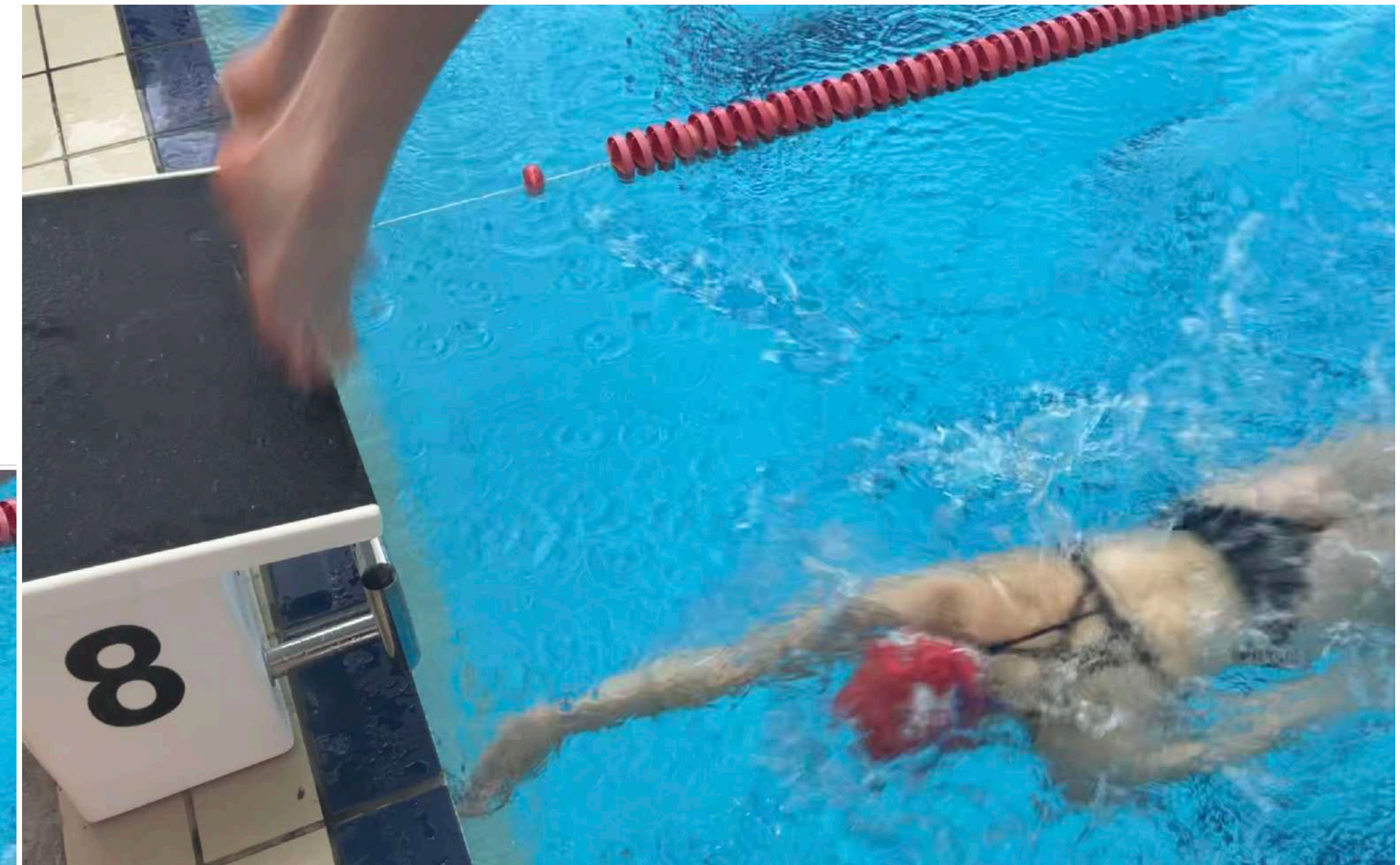
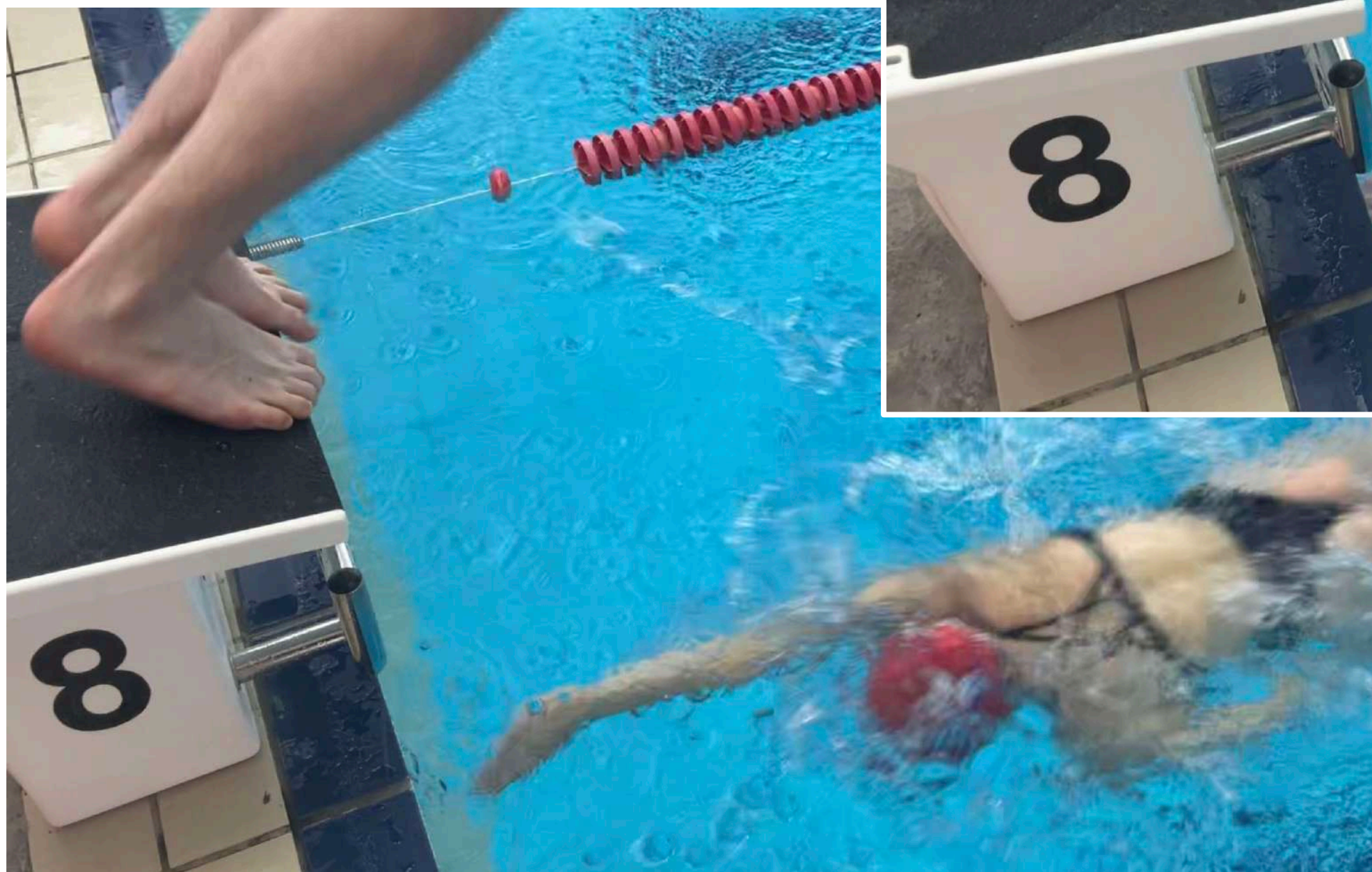
II.9 & II.10 RELAYS



RELAY	RULE
Incorrect medley relay stroke order (<i>correct: back, breast, fly, free - 1/4 each</i>)	9.3
Infraction relative to the stroke - (<i>complete using butterfly, backstroke, breaststroke or freestyle section</i>)	9.3
Early takeover by 2nd ___ 3rd ___ 4th ___ swimmer (<i>if AOE is used, enter the negative reading from system</i>)	2.6.8/10.12
Relay team member re-entered the water before all teams finished the race	10.13
Relay team did not swim in the order listed	10.14

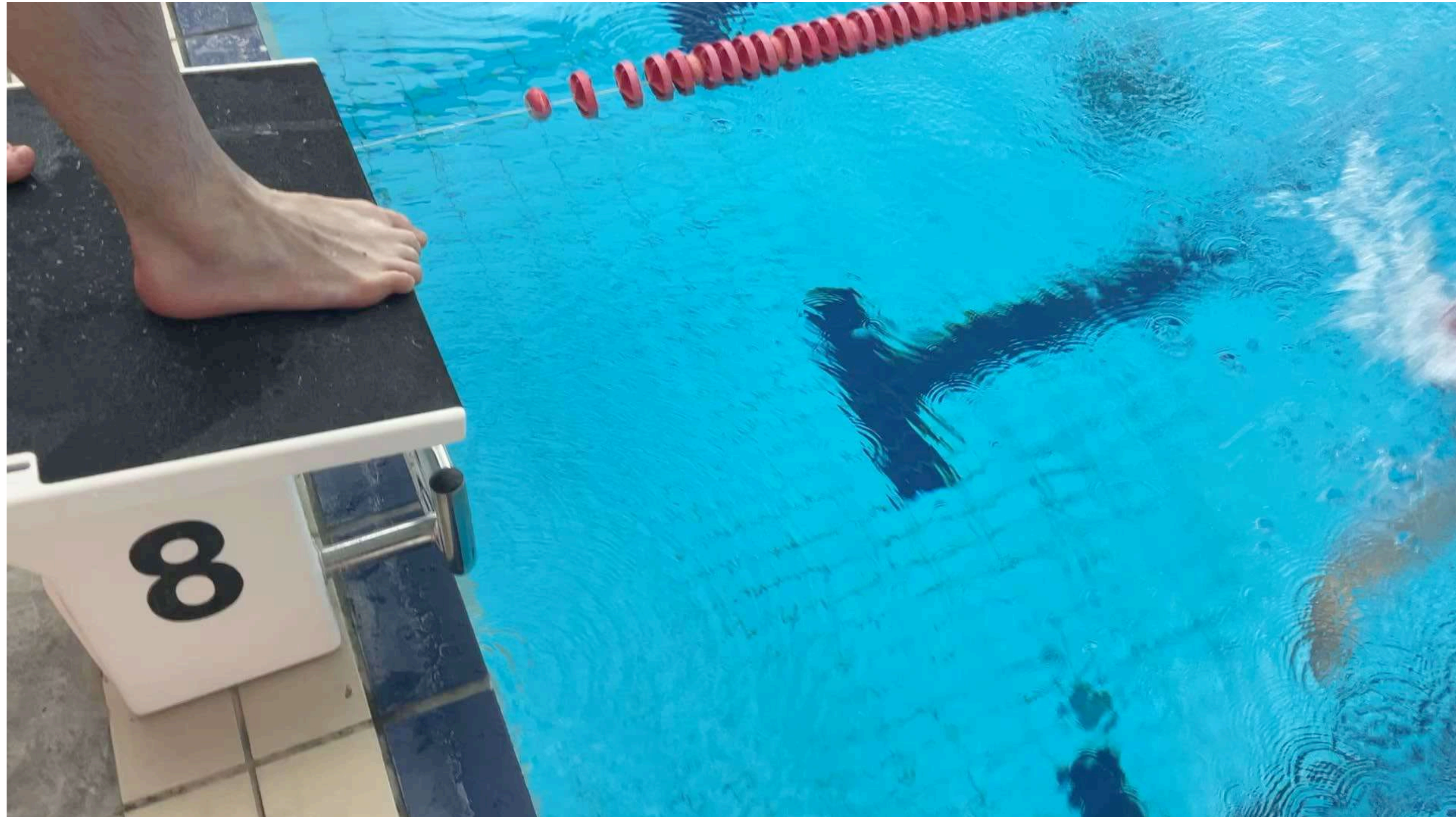
Primary Jurisdiction: ☐ TURN ☒ STROKE ☐ BOTH

JUDGING: RELAY TAKEOFFS

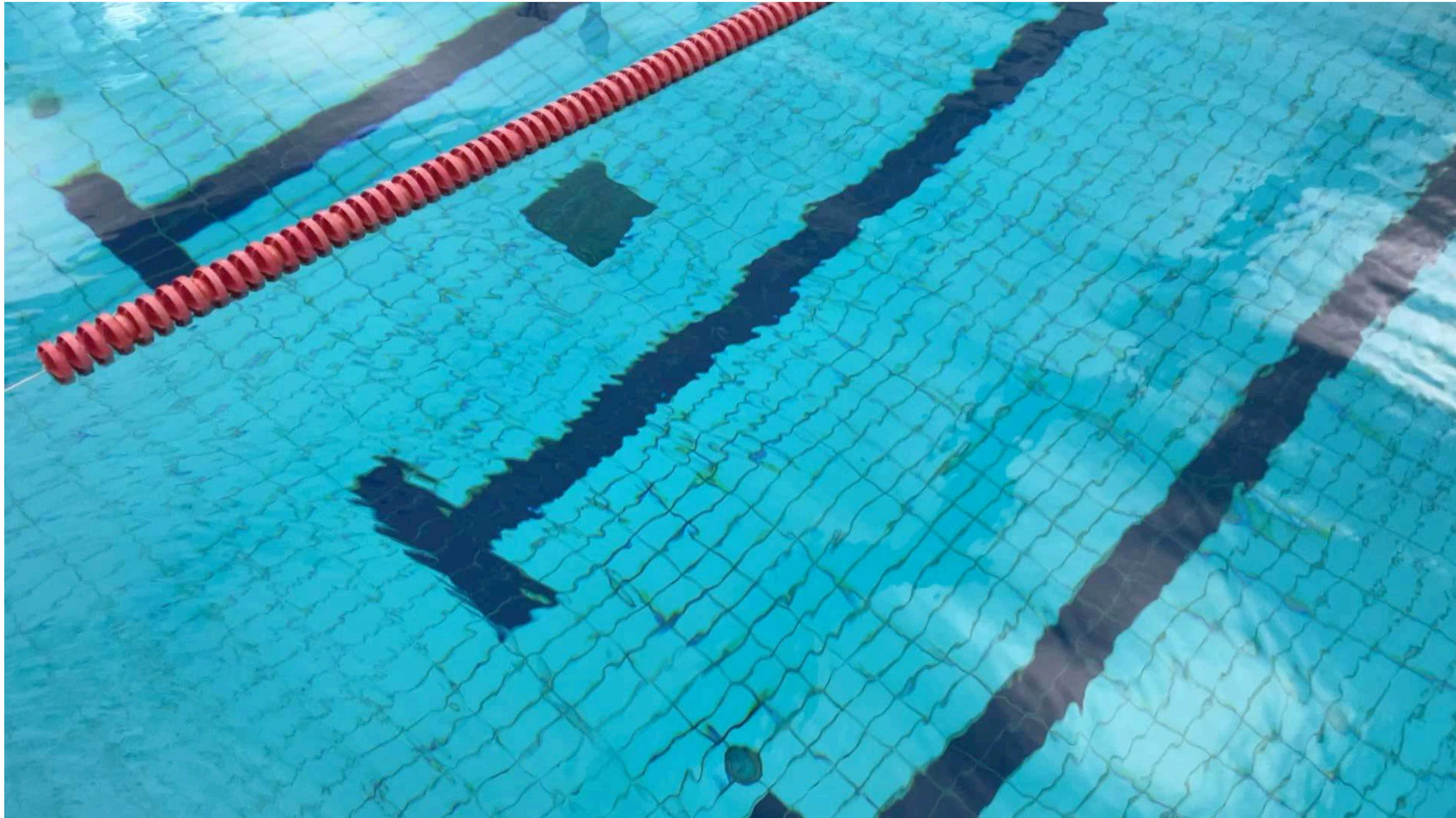


- Body can be in motion.
- When the toes leave the block, there should be a hand on the wall.

II.9 & II.10 RELAYS – Judging V1



II.9 & II.10 RELAYS – Judging V2



JUDGING: II.9 & II.10 - RELAYS



- VIDEO 1
- VIDEO 2

Did you observe an infraction?
If Yes, how would you report and write the infraction?



DISQUALIFICATION FORM
FORMULAIRE DE DISQUALIFICATION

Name
Nom

Club
Équipe

Event
Épreuve #

Heat
Série #

Lane
Coulair #

Infraction :

Judge
Juge

Referee
Arbitre

Coach Told or Announced
L'entraîneur informé ou annoncé

Time Told
Temps annoncé

RELAY	RULE
Incorrect medley relay stroke order (<i>correct: back, breast, fly, free - 1/4 each</i>)	9.3
Infraction relative to the stroke - (<i>complete using butterfly, backstroke, breaststroke or freestyle section</i>)	9.3
Early takeover by 2nd___ 3rd___ 4th___ swimmer (<i>if AOE is used, enter the negative reading from system</i>)	2.6.8/10.12
Relay team member re-entered the water before all teams finished the race	10.13
Relay team did not swim in the order listed	10.14

II.10 THE RACE RULES



THE RACE	RULE
Did not cover the whole distance	10.2
Did not remain in the same lane in which they started	10.4
When turning did not make contact with the end of the pool	10.5
Took a stride or step from the bottom of the pool	10.5
Stood on the bottom of the pool (except in freestyle)	10.6
Pulled on the lane rope during stroke	10.7
Obstructing another swimmer	10.8
Entered the water during a race not entered in	10.9
Failed to leave the pool as soon as possible at the end of the race or section in a relay	10.15
Device or plan used for pace-making	10.17
Use of non-approved device, swimsuit, adhesive substance or body tape	15.2

Primary Jurisdiction: ☐ TURN ☒ STROKE ☐ BOTH



PARALYMPIC SWIMMING

PARALYMPIC SWIMMING AND OFFICIATING



- An official may have opportunity to work at a meet with Paralympic program swimmers in attendance.
- The rules are exactly the same as Olympic program swimmers; however, exceptions are allowed with some of the rules for Paralympic swimmers (who are identified with their sport class, e.g., S8, SB7, SM8) due to a specific impairment.
- If Paralympic swimmers are at the meet you are officiating, the Referee will provide the additional instructions and protocol to be used.
- Appendix B of the Swimming Canada rule book contains the exceptions to the various swimming rules. Not all rules have exceptions. For example, the head must surface before or at the 15m mark in Free, Back and Fly as in Olympic program swimming.

PARALYMPIC SWIMMING



The most common exceptions for Breaststroke, Butterfly and Medley have an element of common sense. Paralympic swimmers are to be judged fairly and equitably according to the rules.

Breaststroke:

- Paralympic swimmers with no legs or arms (or not using them during the stroke), either the kick or the respective arm stroke shall constitute a complete stroke cycle (WPS 11.4.2.1).
- Paralympic swimmers may touch with one hand if they use only one arm for the stroke (WPS 11.4.6.3).
- Paralympic swimmers with lower limb disability must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race OR trail/drag their legs throughout the race (WPS 11.4.4.1).

PARALYMPIC SWIMMING



Butterfly:

- Paralympic swimmers with different arm lengths, the longest arm must touch the wall, but the other one must be stretched forward simultaneously (WPS 11.5.4.1).
- Paralympic swimmers may touch with one hand if they use only one arm for the stroke (WPS 11.5.4.3).
- When impairment results in one leg being used, the non-functional leg shall drag (WPS 11.5.3.1).

PARALYMPIC SWIMMING & OFFICIATING



Medley:

- In Individual Medley, it is permitted for a Paralympic swimmer to swim a specific stroke (most of the time it's butterfly) with one arm only and then, use both arms for the other strokes.
- For a Paralympic swimmer who cannot swim butterfly, there is a 150m IM event.

PARALYMPIC SWIMMING & OFFICIATING



These are some of the basics of Paralympic swimming. To learn more and deepen your knowledge of Paralympic swimming:

- Refer to Appendix B of your rule book.
- Attend the complete 1-day paralympic stroke and turn clinic.
- The Paralympic Swimming Officials Clinic is used to recognize the Paralympic Swimming Official by Swimming Canada.
- The Paralympic Swimming Officials Clinic is used to recognize the Paralympic Swimming Official by Swimming Canada.



MASTERS SWIMMING

MASTERS SWIMMING AND OFFICIATING



- An official may have the opportunity to work a meet for Masters swimmers.
- The rules for Masters swimming are similar to Age Group swimming but there are some exceptions.
- The Session Referee will provide a briefing to officials working a Masters meet to outline the rules.
- The World Aquatics Masters Rules can be found in section 8 of the World Aquatics Competition Regulations.



WORKING A SESSION

BEFORE THE SESSION



- Locate the official's room and check-in or notify the appropriate individual upon your arrival.
- As a **Stroke Judge**, you may need to attend a Senior briefing held prior to the General briefing.
- Identify where the 15m mark is from both ends of the pool.
- Know how to activate the recall rope if that task has been assigned to you.

DURING THE SESSION



- Complete your role as assigned in a professional and focused manner.
- The Inspectors of Turns and the Judges of Strokes are the most notable officials on the pool deck.
 - If you are out of position or not paying attention when required, you will be noticed by swimmers, coaches and spectators.
- Before or between races, and as you are learning the roles and the rules, ask questions and consult with your fellow stroke and turn judges or other senior officials on the deck.

DURING THE SESSION



- Remember an “*ugly* turn or stroke” is not necessarily illegal.
- Do not be overly officious. You are acting in a professional capacity to ensure the integrity of the competition.
 - Be fair and unbiased.
 - Judge the rules of the strokes and the rule of the competition.
 - There is **no** “quota”.
- Be confident you have observed an infraction before you report to referee
 - If you “***think***” or you are “***not sure***” of what you saw, do not report the infraction to the referee.
 - **Benefit of the doubt always goes to the swimmer.**

BEST PRACTICES



Infractions must be **approved** by the referee **before** the swimmer or coach is informed of a disqualification.

If you **do report** an infraction to the Referee:

- Always be discrete.
- Try not to indicate a pending infraction before the race is over.
- Pending infractions may distract swimmers and the reported infraction may not be accepted by the referee as a disqualification.

AFTER THE SESSION



- Attend a debriefing, if required. Share your experiences and your observations.
- Ask questions of a mentor for things observed which could be shared with the group and may have caused you to question a particular stroke, turn, etc.



JUDGE OF STROKE (JS) QUIZ

DEC 2022

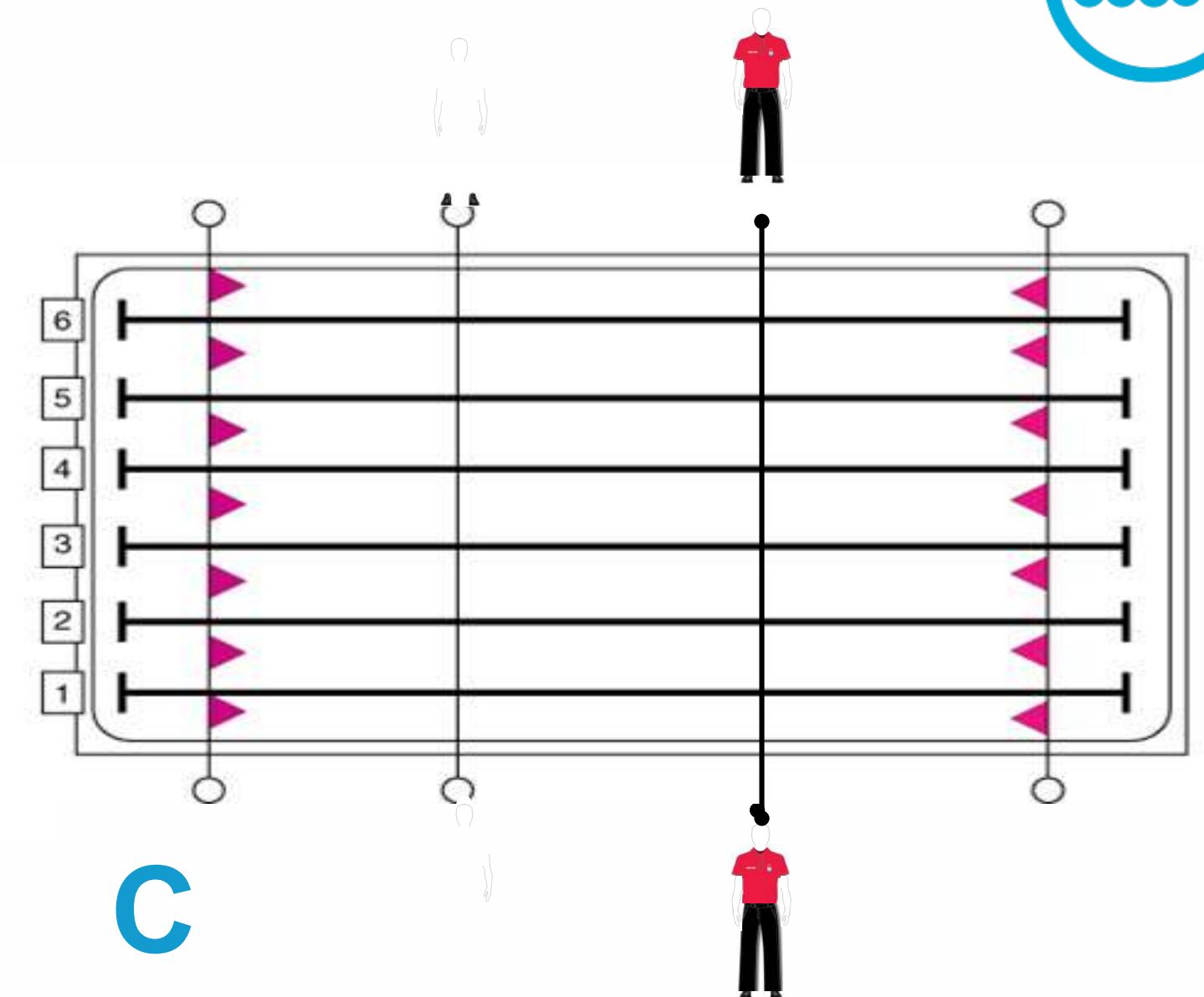
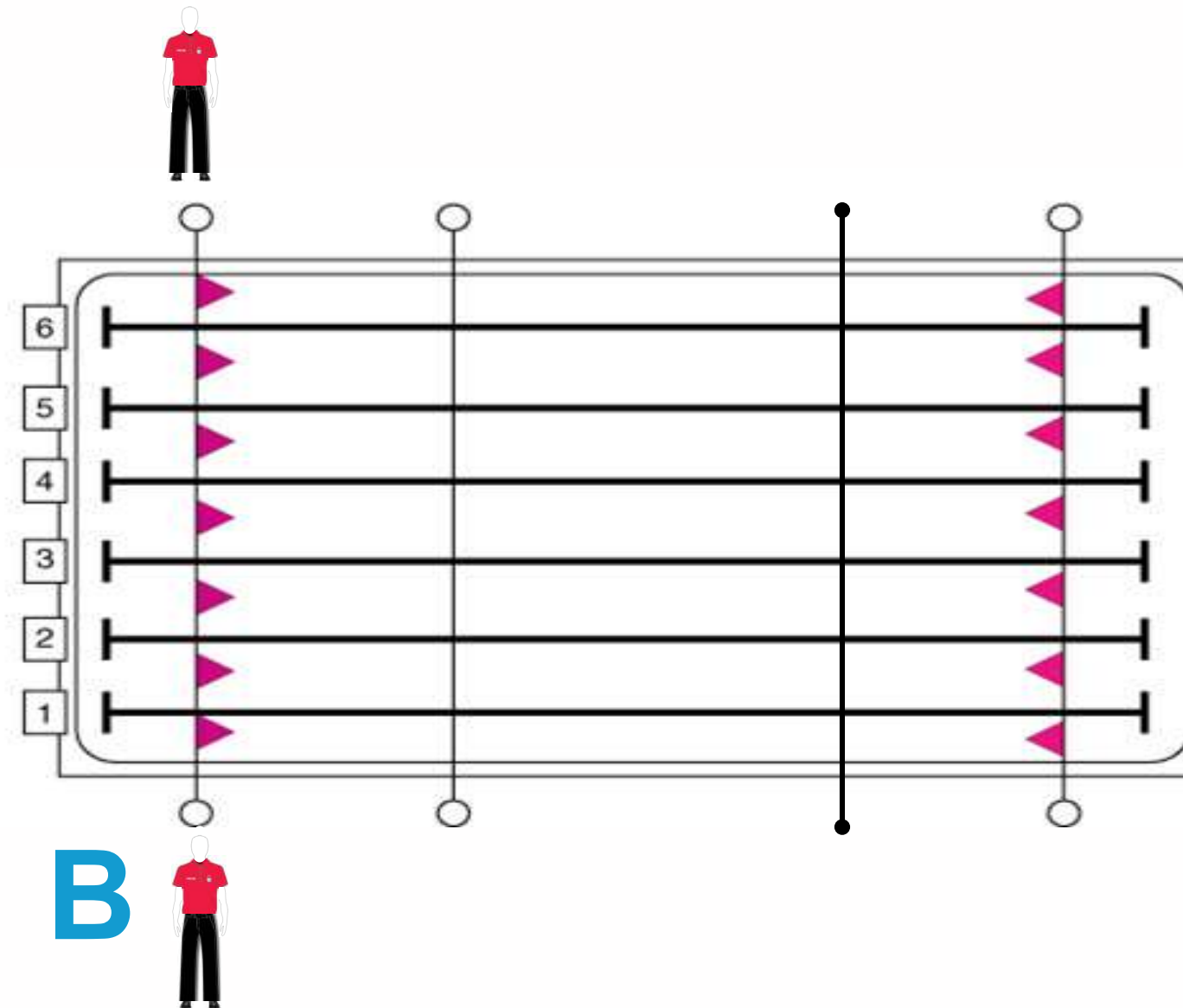
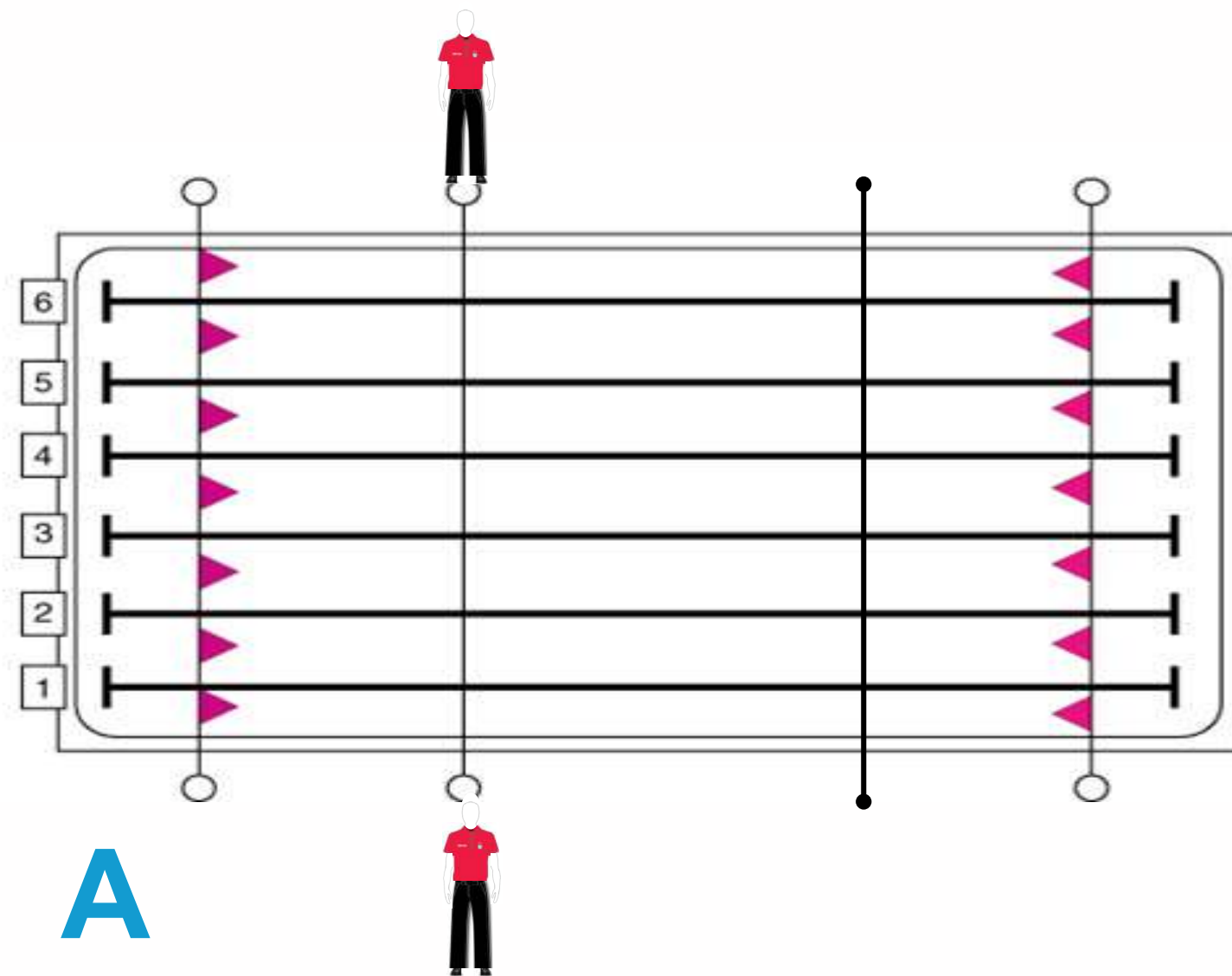
QUESTION 1



The **Judge of Stroke** has **all** the following authority & responsibilities **except**:

- a) report any infraction of the stroke rules observed within their assigned jurisdiction
- b) inform the swimmer or their coach of the infraction prior to conferring with the referee
- c) serve as a relay take-over judge, if so assigned by the referee
- d) inform the swimmer or coach of a disqualification once confirmed by referee

QUESTION 2



Identify the incorrect position for a **Judge of Stroke** at the **beginning** of a **long course (LC)** race:

- a) A
- b) B
- c) C

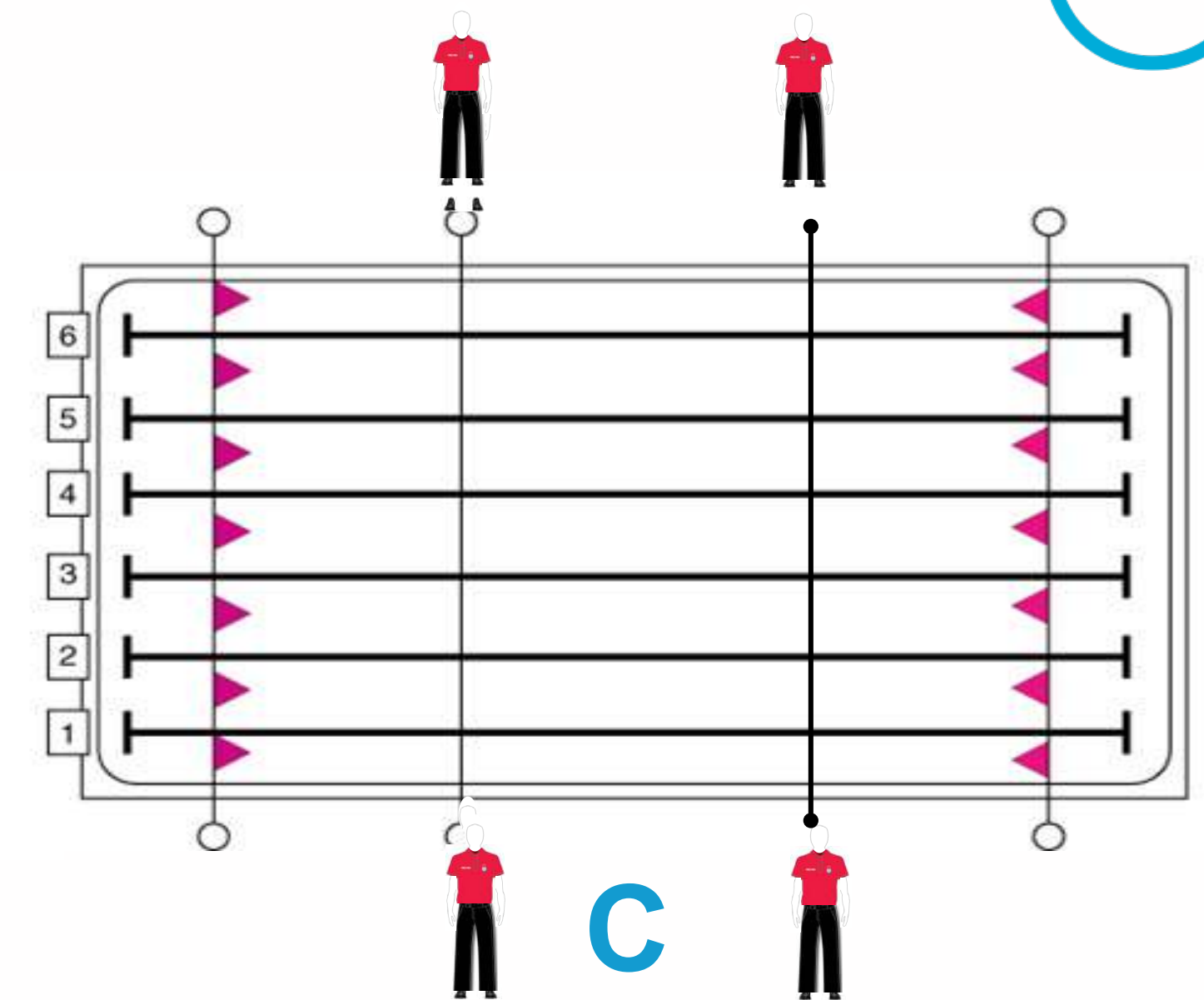
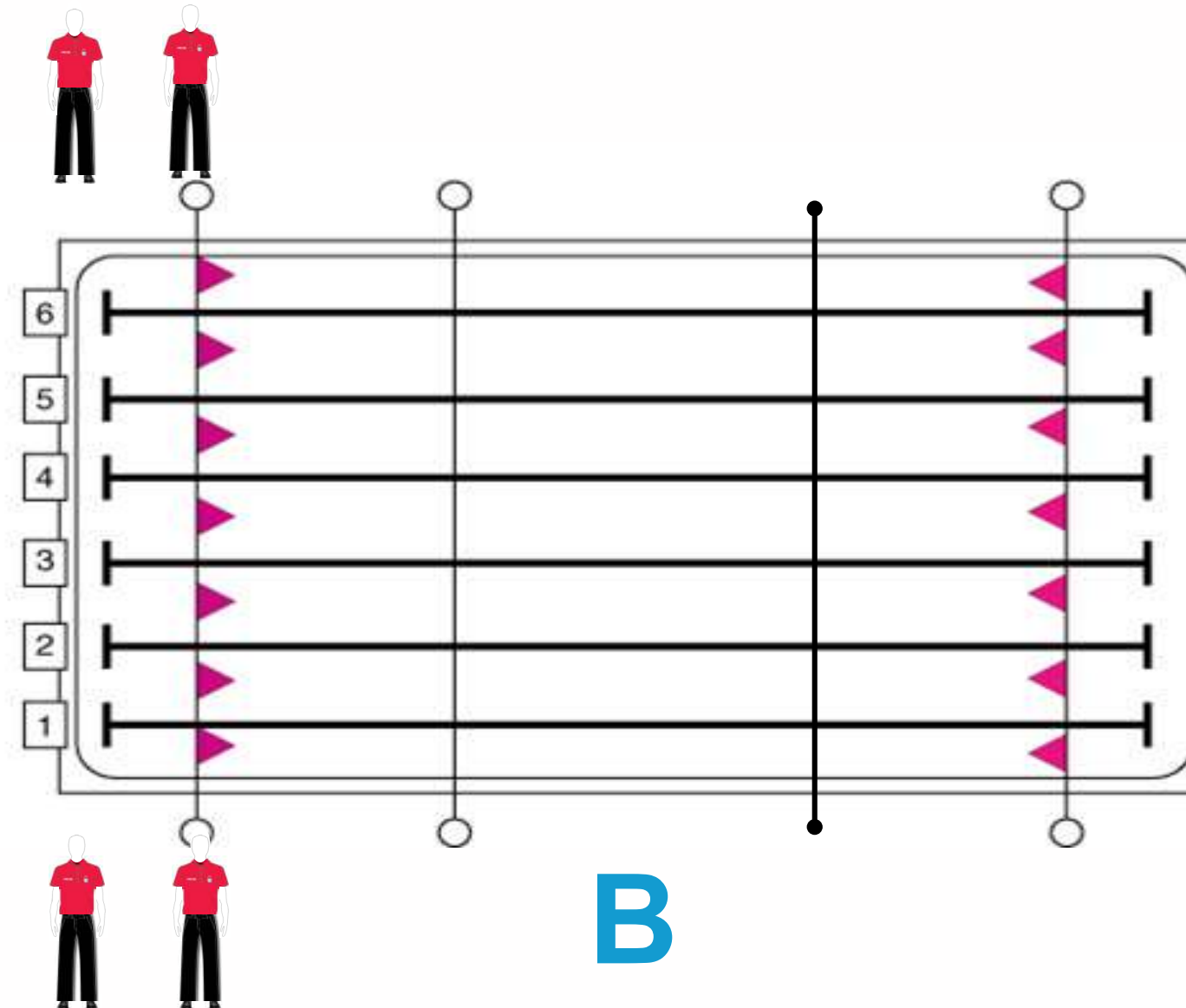
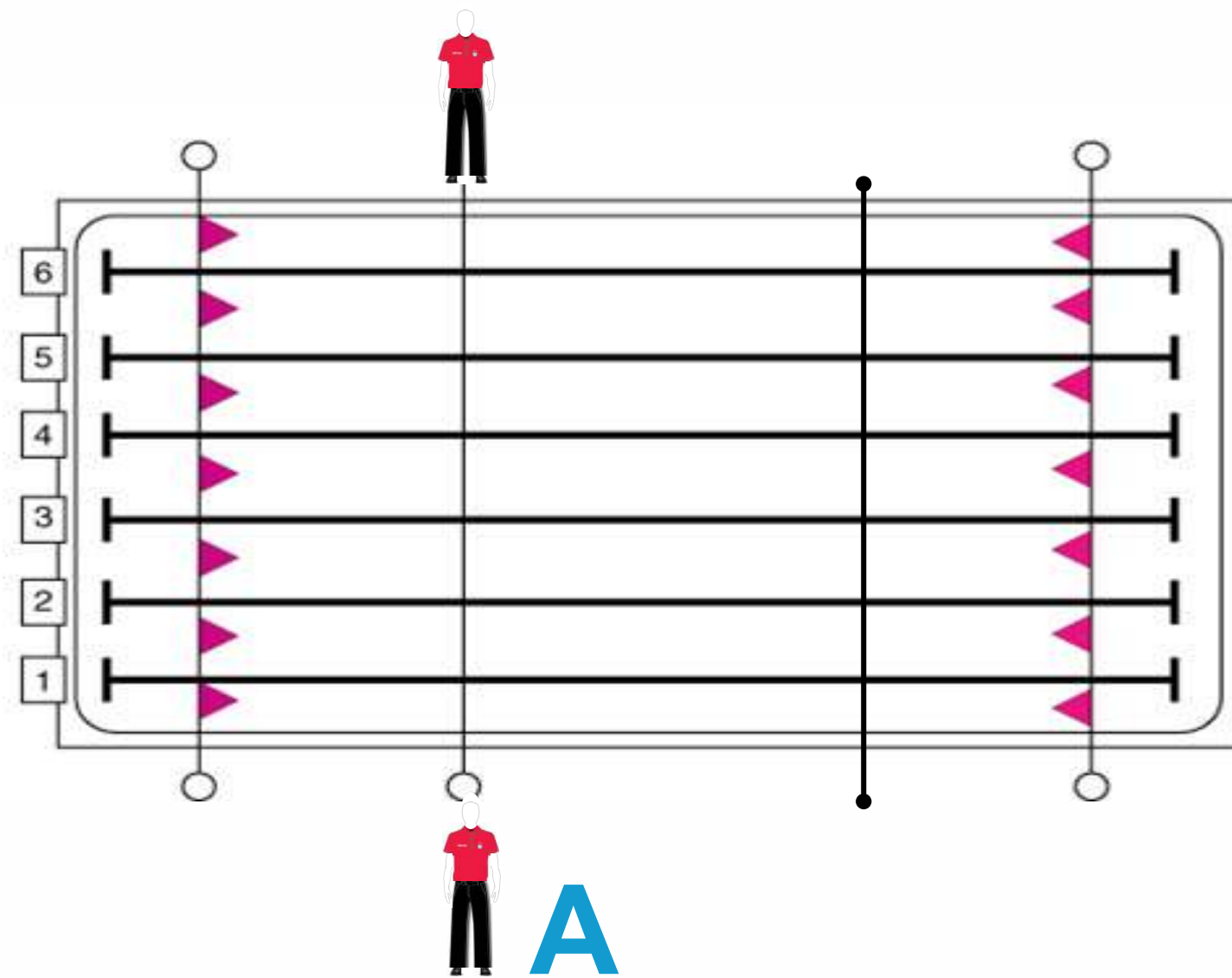
QUESTION 3



The positioning to observe **BUTTERFLY** and **BREASTSTROKE** is:

- a) in line with the shoulder of the lead swimmer
- b) in line with the feet of the lead swimmer
- c) at the table with the Chief Finish Judge
- d) walking slightly behind the swimmers

QUESTION 4



Identify the **correct** position for a **Judge of Stroke** at the **BACKSTROKE** finish:

- a) A
- b) B
- c) C

QUESTION 5



In **BREASTSTROKE** events, the swimmer can legally complete the following *except*:

- a) swim with the head submerged for the entire race
- b) swim with the head submerged, provided it breaks the surface of the water at least once during each complete stroke cycle
- c) keep the head submerged after the start or turn, providing it breaks the surface before the widest part of the second arm stroke is reached
- d) have the elbows above the water for the final stroke before the turns, during turns and at final stroke at the finish

QUESTION 6



In **BREASTSTROKE** events, the judge shall report an infraction if they were to observe the swimmer:

- a) take two complete strokes (arm strokes and leg kicks) before breaking the surface after the start or turn
- b) use a single butterfly kick followed by a breaststroke kick, while wholly submerged after the start and each turn
- c) permit the heels to break the surface of the water
- d) fully extend the arms backward to the hips during each stroke cycle

QUESTION 7



In **BACKSTROKE** events, the swimmer may legally do the following ***except:***

- a) use a non-simultaneous double arm pull to initiate a turn on the breast
- b) use an inverted breaststroke or butterfly kick
- c) use an alternating kick
- d) be submerged after the start and after each turn, provided the head breaks the surface of the water at or before the 15m mark
- e) turn onto the breast to immediately and continuously initiate a turn

QUESTION 8



In **BACKSTROKE** events, the judge shall report an infraction if they were to observe the swimmer:

- a) touch while on the back, roll on to the front, grab the gutter and push off on the back
- b) lunge into the wall, touch below the surface while still on the back and totally submerged
- c) be on the breast when leaving the wall after a turn, but return to the back before starting the first leg kick
- d) kick while still submerged, after a turn

QUESTION 9



In **BUTTERFLY** events, the swimmer may legally:

- a) take more than one full arm pull under the surface of the water
- b) use alternating kick
- c) use the breaststroke kick
- d) swim with one leg consistently higher than the other

QUESTION 10



In **BUTTERFLY** events, the judge shall report an infraction if they were to observe

- a) kick into the wall for a touch with one or more correct leg kicks and the arms extended
- b) complete more than one underwater arm pull before returning to the surface after the start or a turn
- c) kick while on the side before beginning the first arm pull
- d) at the start and after each turn, swim submerged provided some part of the head breaks the surface of the water before 15m mark

QUESTION 11



In **FREESTYLE** events, the swimmer may legally:

- a) push off on the back after a turn
- b) swim submerged at the start and after each turn as long as the head breaks the water's surface at or before the 15m mark
- c) swim butterfly, then breaststroke, then freestyle and return to butterfly
- d) all of the above

QUESTION 12



The order of the strokes for the **INDIVIDUAL MEDLEY** is:

- a) butterfly, backstroke, breaststroke, freestyle
- b) backstroke, breaststroke, butterfly, freestyle
- c) backstroke, butterfly, breaststroke, freestyle
- d) butterfly, breaststroke, backstroke, freestyle

QUESTION 13



In **INDIVIDUAL MEDLEY**, when changing from one stroke to the next, the swimmer is required to:

- a) retain the correct form of stroke until a legal touch has been completed
- b) attain the correct form of the next stroke in accordance with the rules when leaving the wall
- c) be free to turn in any manner after a legal touch has been made for that stroke
- d) all of the above

QUESTION 14



The order of the strokes for the **MEDLEY RELAY** is:

- a) butterfly, backstroke, breaststroke, freestyle
- b) backstroke, breaststroke, butterfly, freestyle
- c) backstroke, butterfly, breaststroke, freestyle
- d) butterfly, breaststroke, backstroke, freestyle

QUESTION 15



The judge shall report all of the following observations to the referee ***except*** :

- a) walking on the bottom of the pool
- b) pulling on a lane marker or side of pool in the direction of the race
- c) Observing a 15 m infraction in lanes not assigned
- d) interfering with the progress of a swimmer in another lane

QUESTION 16



A **Judge of Stroke** should report an infraction for any stroke or turn infraction if:

- a) the swimmer they observe is in their assigned zone
- b) a senior turn official asks them to report on their behalf
- c) a lane timer reports the infraction in one of your assigned lanes
- d) they are unsure of their observation but hear comments from coaches

QUESTION 17



In the last one-fourth of the distance in the **INDIVIDUAL MEDLEY** or **MEDLEY RELAY**, the swimmer may do all of the following *except*:

- a) front crawl
- b) sidestroke
- c) be on the side coming out of a turn, before beginning the first arm pull
- d) butterfly, backstroke or breaststroke

QUESTION 18



A **Judge of Stroke** shall:

- a) always give the benefit of the doubt to the swimmer

OBSERVATION PRACTICE *(optional)*



Video Viewing and Infraction Reporting/Writing Practice

CONGRATULATIONS



You have now completed the **Judge of Stroke** clinic.

- Your next task is to obtain deck experience.
- You are required to be mentored and be comfortable in making decisions before requesting deck evaluations.
- To be certified as a **Judge of Stroke** you must complete two successful on deck evaluations.
- The session referee must be informed prior to the session that you are requesting a deck evaluation. At the end of the session, the session referee will sign your official's card if the evaluation was successful.



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