



WORKBOOK

FOR

JUDGE LEVEL 2

&

JUDGE LEVEL 2(S)

Candidate Name.....

Club.....



SCOTTISH *swimming*
everyone can swim!



Introduction

Welcome to the second level of formal British Swimming Technical Official qualification within the discipline of Swimming.

British Swimming thanks you for the time and service you have already given to the sport and hope that you gain both enjoyment and fulfilment through continuing to train and improve as a Technical Official. It is only through the commitment of you and thousands of others that competition at all levels can take place.

As part of your registration for the Judge 2 workbook, you will be allocated a Course Leader as a point of contact to guide you through the process.

Following on from the process of Judge Level 1 the training consists of workshops undertaken with your Course Leader and poolside sessions. The initial workshop will review the duties of Judge Level 1 before commencing the new syllabus. Not only will this allow you to expand your knowledge but it will also reinforce understanding. Ideally, these Group Workshops should have a minimum of 6 Candidates and a maximum of 10. Course Leaders will be required to sign off the Record of Progress Form at the relevant stages. Comments relevant to the Candidate's progress to date will also be noted.

Candidates need to record their progress through the Poolside Duties Form. Whilst the workbook element of the Judge Level 2 (S) qualification may be completed as part of a training programme, the Level 2 Judges final assessment must be passed before the Starter practical final assessment maybe undertaken if the Candidate wishes to become a qualified Starter.

Poolside duties will be undertaken at a time, venue and event agreed by the Course Leader/Mentor. Candidates are encouraged to identify potential events and liaise with their Course Leader to ensure that the competition is suitable by way of standard and qualification of officials attending. The modules of the poolside duties are such that a candidate may complete more than one module during a swimming session – it depends upon the candidate's abilities and performance.

Candidates in association with their Course Leader will during workshop sessions review progress and complete and discuss the review questions in their workbook.

Candidates should practise similar questions before the session but should not write this into their workbook until the workshop session.

When the Poolside Duties Form has been completed, the Candidate should meet with their Course Leader to complete the remaining review questions. Remember the completion of the workbook questions should be done by the Candidate in an "independent and autonomous" manner – (simulating actual poolside conditions)

Following completion of the workbook and poolside duties, a final assessment will be undertaken. Each Candidate should meet with a Referee nominated by their Course Leader on a one to one basis for a review of their training and assessment in order to assess their suitability to gain the qualification of Judge Level 2.

A similar process should be undertaken in relation to the Starter practical elements of the Judge Level 2 (S) qualification.

INDEX

Introduction

Record of Progress Form Judge Level 2

Record of Poolside Duties Form Judge Level 2

1. Judges of Stroke

2. Chief Finish Judge & Finish Judge

Record of Progress Form Judge Level 2(S)

Record of Poolside Duties Form Judge Level 2(S)

3. Starter

Record of Progress JUDGE LEVEL 2

Reg/Dist		Authorised Signature:			
Name:				Reg No:	
Address:				Club	
				Tel:	
Post Code:				Mobile:	
Email address:					
No.	Workshop Sessions	Date	Course Leader	Co-Ordinator/Referee	
1	Initial Group Session				
	Comments				
2	Intermediate Session (as agreed by Course Leader and Candidate)				
	Comments				
3	Workbook Completion Session (On completion of Poolside Duties Form)				
	Comments				
PASS			FAIL		
General Comments of Course Leader					
Signed:					

Record of Poolside Duties

(Each module to be signed off when the Referee is satisfied that the Candidate has displayed competence in the duty)

Candidate Judge Level 2

Name:

	EVENT/SESSION	DATE	DUTY	level of event	MENTOR SIGNATURE	REFEREE SIGNATURE	Referee Reg. No.
1			(A) Shadow				
2			(B) Judge				
3			(C) Freestyle				
4			(C) Backstroke				
5			(C) Breaststroke				
6			(C) Butterfly				
7			(D) Relays (Med)				
8			(D) Relays (free)				
9			(E) Finish				
10			(F) Full (DQ Slips)				

- Notes: 1 Your Mentor/Referee (**who shall be appointed by your Course Leader prior to the meet**) shall sign to indicate that duties were carried out successfully.
 2 On completion, return the Record Sheet to your Course Leader.

Form & Briefing Material Issued by Course Leader	Completed Poolside Form Received by Course Leader	Workbook completed Approved & Authorised by Course Leader	Record Updated By Course Leader	Record Updated By Regional Organiser
Date _____	Date _____	Date _____	Date _____	Date _____
Sig _____	Sig _____	Sig _____	Sig _____	Sig _____

Candidate Judge 2 Programme

- For those involved in the Candidate Judge 2 programme the following guidelines are to be observed:
- Poolside duties have 10 areas of responsibility that must be undertaken and carried out in the order alphabetical order listed below (no specific order within each designated letter)
- Only the pre-appointed Mentor/Referee may sign for each successfully completed duty
- It may be necessary for the Candidate to carry out the specified duty more than once prior to sign-off
- At the end of the session, the Mentor shall carry out a debrief with the Candidate prior to sign-off
Mentors are encouraged to make comments upon completion of each duty in the space provided below

<p>(A) SHADOW This is the Candidate's introduction to the practicalities of Judging and positioning – The Mentor will explain the general procedures and allow the Candidate to observe and ask questions.</p>	
<p>(B) JUDGING The Candidate shall be allowed to go through the procedures and practicalities of judging.</p>	
<p>(C) JUDGING FREESYLE AS ABOVE</p>	
<p>(C) JUDGING BACKSTROKE AS ABOVE</p>	
<p>(C) JUDGING BREASTSTROKE AS ABOVE</p>	
<p>(C) JUDGING BUTTERFLY AS ABOVE</p>	
<p>(D) JUDGING RELAYS (FREESTYLE) AS ABOVE</p>	
<p>(D) JUDGING RELAYS (MEDLEY) AS ABOVE</p>	
<p>(E) JUDGING FINISH</p>	
<p>(F) JUDGING (FULL) DQ REPORTS</p>	

CANDIDATE RECORD CARD. – Candidates to record experience in the various roles

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) JUDGING		
(C) JUDGING FREESTYLE		
(C) JUDGING BACKSTROKE		
(C) JUDGING BREASTSTROKE		
(C) JUDGING BUTTERFLY		
(D) JUDGING RELAYS (FREESTYLE)		
(D) JUDGING RELAYS (MEDLEY)		
(E) JUDGING FINISH		
(F) JUDGING FULL (D/Q SLIPS)		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) JUDGING		
(C) JUDGING FREESTYLE		
(C) JUDGING BACKSTROKE		
(C) JUDGING BREASTSTROKE		
(C) JUDGING BUTTERFLY		
(D) JUDGING RELAYS (FREESTYLE)		
(D) JUDGING RELAYS (MEDLEY)		
(E) JUDGING FINISH		
(F) JUDGING FULL (D/Q SLIPS)		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) JUDGING		
(C) JUDGING FREESTYLE		
(C) JUDGING BACKSTROKE		
(C) JUDGING BREASTSTROKE		
(C) JUDGING BUTTERFLY		
(D) JUDGING RELAYS (FREESTYLE)		
(D) JUDGING RELAYS (MEDLEY)		
(E) JUDGING FINISH		
(F) JUDGING FULL (D/Q SLIPS)		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) JUDGING		
(C) JUDGING FREESTYLE		
(C) JUDGING BACKSTROKE		
(C) JUDGING BREASTSTROKE		
(C) JUDGING BUTTERFLY		
(D) JUDGING RELAYS (FREESTYLE)		
(D) JUDGING RELAYS (MEDLEY)		
(E) JUDGING FINISH		
(F) JUDGING FULL (D/Q SLIPS)		

Extract from FINA

“Swimming Rules exist for no other purpose than to regulate fair play. They are designed not only to keep the swimming strokes pure and correct, but also to ensure that all swimmers in a race are subject to the same restrictions and limitations”

Officials are key to successful swimming competitions. They have the duty to contribute to consistent officiating anywhere. They should promote this by always bearing in mind the following, which apply, to all officials and every level

Always

- Promote positive attitudes and impress upon athletes the need to maintain the highest standards of fair play
- Maintain honesty and integrity and make every effort to ensure that the rules are applied consistently and with absolute impartiality
- Encourage openness
- Display decisiveness
- Demonstrate a willingness to admit mistakes, but never express any criticism of athletes, coaches or fellow officials
- Acknowledge the use of good judgement
- Act in a ‘professional’ manner - be dressed smartly and appropriately
- Avoid the use of offensive or abusive language. Never drink alcohol before officiating
- Make a personal commitment to maintain a complete understanding of the rules and their application by expanding opportunities for further experience and training

What makes a good Judge?

- Swim meets are for swimmers
- Officials should be unobtrusive, inconspicuous and not officious
- Officials will gain the respect of Swimmers and Coaches by being approachable, responsible, knowledgeable, and competent. However, it must be clearly understood that the discussion with Swimmers, Parents and Coaches during an event should only be undertaken by the Referee. Officials should not discuss rule infringements with anyone other than the Referee
- Swimmers must be taken seriously at all levels. They have worked hard to excel and may be under a great deal of pressure
- For competent stroke and turn judging, it is as important to learn what variations in strokes are legal, not all variations are illegal
- Any irregularity must be reported to the Referee

Reporting of Infringements

- The pre-competition briefing should inform you whether there is a requirement to notify the Referee immediately upon observing an infringement, or when the race is over. Try to be discreet when reporting to the Referee, in case the report should be over-ruled
- Say what the swimmer did that was prohibited. Do NOT say what you think you saw or what the swimmer should have done. If you need to preface a report with “I think...” or “I am not happy with...” that is an indication of doubt. In the case of doubt, the benefit goes to the swimmer
- When making reports of infringements always use the language of the rules to ensure correct understanding and identification of the rule broken

Remember – The swimmer always gets the benefit of any doubt

1 Judge of Stroke

FINA Swimming Rules

SW.2.7 *Judges of Stroke*

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

SW 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 to assist the Inspectors of Turns.*

SW 2.7.3 *Judges of Stroke shall report any violation to the Referee on signed cards detailing the event, lane number, and the infringement.*

Pool Position

Judges of Stroke: Shall operate on both sides of the pool.

Strokes are best judged from the side of the pool, walking abreast or slightly behind the swimmers.

For Backstroke, do not walk where you are staring into the faces of the swimmers.

Give all lanes equal attention; - do not concentrate on the closest.

The Judge of Stroke in assisting at the Start and Turns during a race should monitor where the swimmer surfaces in relation to the 15m distance in relevant strokes.

The Swimming Rules do not set out specific areas of responsibilities for Judges of Stroke. As a general guidance, unless told otherwise by the Referee, concentrate your observations in your half of the pool, although not ignoring observed infringements in any lane. The number of Judges of Stroke appointed will have an impact upon the method of carrying out the duties.

For Freestyle – Whilst there are fewer stroke technicalities to monitor, the Judge of Stroke still is required to observe the swimmers. In a 25m pool, this should be possible by standing approximately half-way along the poolside – moving as appropriate to observe the swimmer surfacing in relation to the 15m distance. In a 50m pool with one Judge, some movement between the 15m marks will improve observation. Should two Judges be available either side of a 50m pool then standing at the 15m points will give good fields of observation.

For other strokes when only one Judge per side is available walk on the poolside in such a position as to give a good view of the swimmers.

When two Judges per side are available, the following practice should be adopted. At the start of the race, the Judges should position themselves at approximately 5m and 15m from the start and commence observation from the starting signal. The Judges should move along the pool tracking the swimmers observing approximately half the field each. The Judge commencing at 15m from the start should observe the swimmer's head breaking the surface of the water when relevant to the 15m distance, before tracking the leading swimmers and continuing to observe the turn. The Judge commencing at 5m from the start tracking the last swimmer up to the 15m distance from the turn. Following the turn, the Judge at the 15m position should track the leading swimmers the second judge following the rear of the race. The distance between the Judges will be determined by how far apart the swimmers are.

Remember that not only do you Judge the Stroke you are also required to assist the Inspectors of Turn to observe the Turns and Finishes.

FINA Swimming Rules as they relate to a Judge of Stroke assisting the Inspector of Turns

SW 2.6 Inspector of Turns

SW 2.6.2 *Each Inspector of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning. The Inspectors of Turns at the start end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with the completion of the first arm stroke. The Inspectors of Turns at the finish end of the pool shall also ensure that the swimmers finish their race according to the current rules.*

SW 2.5 Chief Inspector of Turns

SW 2.5.1 *Shall ensure that Inspectors of Turns fulfil their duties during the competition*

SW 2.5.2 *Shall receive the reports from the Inspector of Turns if any infringement occurs and shall present them to the Referee immediately.*

SW 10 THE RACE

SW 10.1 *A swimmer swimming over the course alone shall cover the whole distance to qualify.*

SW 10.2 *A swimmer must finish the race in the same lane in which he started.*

SW 10.3 *In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.*

SW 10.4 *Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.*

SW 10.5 *Pulling on the lane rope is not allowed.*

SW 10.6 *Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.*

SW 10.7 *No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.*

SW 10.8 *Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.*

- SW 10.9** *There shall be four swimmers on each relay team.*
- SW 10.10** *In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.*
- SW 10.11** *Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.*
- SW 10.12** *The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.*
- SW 10.13** *Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.*
- SW 10.14** *Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.*
- SW 10.15** *No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.*

THE STROKE RULES - COMMON TO ALL STROKES

Legal

- Swimmer must complete distance. SW 10.1
- Swimmer must complete race in same lane as started in. SW 10.2
- Must touch end wall at each turn. SW 10.3
- Turn must be made from wall and swimmer must not take a step or stride from bottom of pool. May stand on bottom during freestyle events but shall not walk. SW 10.4

Infringement

- Swimmer did not complete race
- Swimmer finished in the 'wrong lane' (e.g. swimmer starting in lane 4 completed race in lane 5)
- Failure to touch at the turn or finish. (In Freestyle a swimmer may return and touch the wall at any time prior to completing the length following the missed touch)
- Turn made before reaching end wall
- Swimmer stepped in direction of course after turn
- Walking along bottom during freestyle
- Standing during backstroke, breast, or butterfly

- Obstructing another swimmer by swimming across lane or otherwise interfering with another swimmer
- Failure to surface at the 15 metre mark, at the start \ following the turn. (Except in the Breaststroke, when the head must break the surface of the water before the hands turn inwards at the widest part of the second stroke – SW7.4)

SW 5 - FREESTYLE

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

Stroke Judging:

CONSIDER

- the stroke cycle for any infringements common to all strokes above.

Finish or Turn Judging:

OBSERVE

- that the swimmer touches the end wall with some part of his body
- if swimmer surfaces in wrong lane – whilst this in itself is not an infringement the occurrence may well lead to later infringement of a rule. e.g. not finishing in the lane in which the swimmer started the race
- that the swimmer's head surfaces within 15m after the Start and after each Turn.

SW 6 - BACKSTROKE

- SW 6.1** *Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.*
- SW 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 SW6.4. 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.*
- SW 6.3** *Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn, at the finish 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.*
- SW 6.4** *When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast, after which a continuous single arm pull or continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall..*
- SW 6.5** *Upon the finish of the race the swimmer must touch the wall while on the back.*

Stroke Judging:

Consider infringements common to all strokes

Virtually any stroke or combination may be used as long as it is swum on the back. The mention of 90 degrees is used only to determine if the body is on or towards the back or not.

SW 6.3 permits the body to be submerged at the touch/finish. The "touch" and the "finish" are to be considered the same.

OBSERVE

- that the swimmer remains on their back for the whole race excluding the turn. The shoulders may roll almost to the vertical i.e. not including 90 degrees.
- that some portion of the head surfaces by \ at the 15 metre mark after the start and after each turn , remember that the head includes the face and chin
- that some part of the swimmer breaks the surface throughout the race other than at the start and turns.
- That the swimmer must have returned to a position on the back after leaving the wall.

Turn Judging:

Legal

- Single arm pull to execute turn
- Double arm pull to execute turn

Infringement

- More than one single arm or double arm pull before executing turn.
- Whilst on the breast any arm or leg action which does not initiate the turn.

One of the essential elements of judging the backstroke turn is to observe the swimmers arm(s). Whilst the arm(s) are moving as part of the continuous single or double arm pull the swimmer may continue to kick. Once the arm(s) have completed the pull then the swimmer must commence or continue the rotational element of the turn. There must not be a period of inactivity (glide) or leg action independent of the continuous turning action.

Whilst a swimmer has rotated onto the front the type of turn is not set out in the rules, a 'tumble turn' is not a requirement. A swimmer may complete an arm action and immediately touch the wall with one or two hands before turning in any manner they wish – so long as it is continuous, it is not an infringement.

There are many and varied methods of turning, Judges must have a clear understanding of the rules in order to correctly assess turns used by swimmers.

Finish Judging:

Upon the finish of the race, the swimmer must touch the wall while on the back.

SW 7 - BREASTSTROKE

- SW 7.1** *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. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.*
- SW 7.2** *All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.*
- SW 7.3** *The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under 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.*
- SW 7.4** *During each complete cycle some part of the swimmer's head shall break the surface of the water. After the start and after each turn the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.*
- SW 7.5** *The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.*
- SW 7.6** *At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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.*

Stroke Judging:

Consider infringements common to all strokes.

At Start:

The head must break surface of the water before the hands turn inward at the widest part of the second stroke. *(after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged, cycle of one arm stroke and one leg kick, in that order)*

Infringement

- Head has not broken the surface of the water before the hands turn inwards at the widest part of the second stroke.

During the Race:

The body is to be kept on the breast.

All movements of the arms are simultaneous and in the same horizontal plane.

All movements of the legs are simultaneous and in the same horizontal plane and without alternating movement.

The feet are turned outwards in the backward or propulsive movement.

Infringement

- Arm movement not simultaneous
- Elbows out of the water – except during the final stroke before the turn, during the turn, and for the final stroke at the finish.
- Feet not turned outward during the propulsive part of the kick, i.e. consider are they imparting a downward dolphin thrusting motion?
- The head does not break the surface during each stroke cycle
- The stroke cycle does not commence with an arm stroke, e.g's commencing with a leg kick after a start or turn – or a single arm pull and double kick

Turn Judging:

The touch is made with both hands simultaneously.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the finish touch.

During Push-off, the swimmer may not roll onto the back at any time.

Swimmer may take one arm pull completely back to the legs and one leg kick and may commence the second arm pull as long as head breaks the surface before the hands turn inwards at the widest part of the second arm stroke.

Legal

- Hands not at same level:

Infringement

- Hands do not touch simultaneously
- Single handed touch

It is accepted that the wording of the Rule in relation to the permitted dolphin leg action is not clear. FINA Technical Swimming Committee has stated:

“The amendment has been introduced to remove the uncertainty between an intentional downward dolphin kick and a body undulation during or following the swimmer initial arm stroke back to the legs at the start and after each turn. For that reason the dolphin action may only take place after the commencement of the initial arm stroke – not before.”

“A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick.”

The reference to ‘whilst completely submerged’ relates to the sequence of the stroke, it is not a requirement that the swimmer has to be completely underwater.

Any upward movement of the legs was not a cause for disqualification prior to the rule clarification hence only reference to a downward dolphin kick – therefore nothing should be read into the stroke rule exception to introduce an infringement for an upward movement.

SW 8 - BUTTERFLY

- SW 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. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.*
- SW 8.2** *Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.*
- SW 8.3** *All up and down movements of the legs must be simultaneous. The position of 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.*
- SW 8.4** *At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.*
- SW 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 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.*

Stroke Judging:

Consider infringements common to all strokes.

At the Start:

The swimmer may take no more than one arm stroke while totally submerged. He may kick as often as desired.

During the Race

OBSERVE

- that both arms are brought forward over the water together and brought backward simultaneously throughout the race. Over the water does not require there to be clear air between the swimmers arms and the water level.
- that the legs do not alternate with each other. One is allowed to be carried higher than the other – so long as this is consistent throughout the distance of the length being swum. A swimmer may change leg position during a turn.
- Breaststroke kick is not allowed in butterfly. (except in Masters)

Legal

- Arm recovery over the general water level
- One leg higher than the other

Infringement

- Arm recovery not over the water
- Alternating leg action

During the Turn

The swimmer shall not recover his arms underwater in order to touch. This would be an underwater recovery and therefore outside the accepted stroke description.

The touch is made with both hands simultaneously.

Once a legal touch is made a swimmer may turn in any manner. It is not permitted to roll on the back at any time.

Legal

- Hands touching not at the same level

Infringement

- The touch is not made with both hands simultaneously.
- The touch is only made with one hand
- Swimmer takes more than one arm stroke while totally submerged

SW 9 - MEDLEY SWIMMING

- SW 9.1** *In Individual Medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.*
- SW 9.2** *In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.*
- SW 9.3** *Each section must be finished in accordance with the rule which applies to the style concerned*

Stroke Judging an Individual Medley or Medley Relay:

CONSIDER Infringements common to all strokes.

OBSERVE

- that the strokes are swum in the proper order, individual or medley relay.
- Each leg of the medley must be swum according to the rules of that stroke. Last touch of each stroke must be a finish touch for that stroke.
- that the last leg shall be freestyle, a stroke other than butterfly, backstroke or breaststroke. If a stroke is like butterfly, backstroke or breaststroke e.g. breaststroke arms, butterfly legs it should be considered illegal.

At the Start of each leg

The swimmer must make the push-off or dive according to the rules of the stroke for that leg.

During the Race

Ensure that the stroke rules relating to the individual relevant stroke are followed

Ensure that the correct stroke order is followed

Turn Judging an Individual Medley:

Butterfly – Backstroke – Breaststroke - Freestyle

OBSERVE

- that the swimmer makes the approach and touch according to the rules of the incoming stroke.

Turn Judging a Medley Relay:

Backstroke– Breaststroke – Butterfly – Freestyle

OBSERVE

- that the swimmer makes the approach and touch according to the rules of the incoming stroke.

2 Chief Finish & Finish Judge

SW 2.10 - CHIEF FINISH JUDGE

SW 2.10.1 *The chief finish judge shall assign each finish judge his position and the placing to be determined.*

SW 2.10.2 *After the race, the chief finish judge shall collect signed result sheets from each finish judge and establish the result and placing which will be sent directly to the referee.*

SW 2.10.3 *Where Automatic Officiating equipment is used to judge the finish of a race, the chief finish judge must report the order of finish recorded by the Equipment after each race*

This role whilst featured in the FINA handbook is rarely seen within the British Swimming environment and is as can be seen an administrative role

SW 2.11 - FINISH JUDGE

SW 2.11.1 *Finish judges shall be positioned in elevated stands in line with the finish where they have at all times a clear view of the course and the finish line, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push button" at the completion of the race*

SW 2.11.2 *After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges other than push-button operators shall not act as timekeepers in the same event.*

Where Automatic Officiating Equipment (AOE) is in use and functions correctly, the AOE will take precedence over manual placing. Where there is no AOE with three manual watches available for each lane then placing will be by officials' times as recorded.

Finish Judges should be positioned at either side of the pool at the finish with a clear view of the finish as it takes place. Close observation of the finish will assist in ensuring that underwater touches are seen.

Finish Judges should watch the finish and record it by Lane order as they observe. Recording of the finish should be independent.

The finish of a race occurs when any part of the swimmers body touches the wall or touch pad. Finish Judges are not required to report observations with regards to the legality of stroke or finish and should not comment upon the legality of the finish. However if Finish Judges in a competition are also acting as Inspectors of Turn, then, in that capacity they are required to observe that the finish is in compliance with rules of the stroke.

When they have independently recorded their finish order Judges may compare their finish orders before reporting to the Referee the agreed finish order. When manual placing is being used to decide the result of a race, the finish order agreed by the Judges shall be the Finish order. In circumstances where Finish Judges placing orders do not agree the finish order as recorded by the Referee will take precedence where Judges disagree

Review Questions – Level 2 Judge

1) State precisely how officials should make their decisions

2) What is the specific duty of a Judge of Stroke at the finish of a race?

3) In which events would lap cards be used and what information do they give to the swimmer?

4) Where should Judges of Stroke be positioned throughout a race?

5) Should the Finish Judges not agree an order of finish what should they do?

6) What are the duties of a Judge of Stroke?

Freestyle

7) By what distance from the start or turn should a swimmer have broken the surface of the water, and with which part of the body?

8) A swimmer during a race holds the lane rope while adjusting his goggles before releasing the rope and continuing to swim. What action do you take?

9) During a 200m Freestyle race a swimmer having completed 100m swimming front crawl continues to the end of the race swimming backstroke. What action do you take?

Report

No Report

Reason:

10) A competitor during the freestyle leg of a relay race stands to rest before stepping forward to continue his swim. What action do you take and why?

Backstroke

11) Describe fully the finish as stated in FINA rules.

12) In a backstroke event, a swimmer stands up just after the first turn, does not walk or spring from the bottom of the pool but rests then resumes swimming on his back

Report

No Report

Reason:

13) Excluding the turn - describe any limitations regarding 'on the back' as stated in FINA rules

14) A swimmer after turning on to the breast somersaults and fails to touch the wall. The swimmer sculls back to touch the wall before swimming on, what action do you take?

Report

No Report

Reason:

Breaststroke

- 15) Describe the movements of the arms as stated in FINA rules.

- 16) Describe fully the movements of the feet and legs during the Breaststroke excluding the start and turning action

- 17) What are the differences between swimming Breaststroke in a Breaststroke event and the Individual Medley event?

- 18) Describe fully the movements of the feet and legs during the Breaststroke turn

- 19) Whilst observing a swimmer at approximately 10 metres from a turn you notice that his body position is not horizontal to the surface of the water. What action do you take?

Report

No Report

Reason:

Butterfly

- 20) In the 100m Butterfly event a swimmer has nearly completed an arm pull when they quickly push their hands forward under the water with both hands touching simultaneously.

Report

No Report

Reason:

- 21) You observe a swimmer finish by touching with his right hand only. What action do you take?

Report

No Report

Reason:

- 22) Describe fully the movements of the feet and legs excluding the start and the turn

- 23) You see that a swimmer consistently has his right foot higher than his left whilst swimming a length of the pool. Following a turn, you see that his feet are together. What action do you take?

Report

No Report

Reason:

Medley/Relay Swimming

24) In medley events the swimmers will cover the four swimming styles in the following order
i) Individual Medley: ii) Medley Relay

i)

ii)

25) Each stroke must be finished in accordance with the rules as applicable to the style concerned. Describe the finish of each stroke

FREESTYLE

BUTTERFLY

BACKSTROKE

BREASTSTROKE

26) How many members shall be in a relay team?

27) What must the Judge observe when Judging a Relay take over?

28) In an individual medley event what is the meaning of Freestyle?

Finish Judge

29) What violation might a Finish Judge report to a Referee?

30) Should the Finish Judges not agree an order of finish, how is the result determined?

31) What are the duties of a Chief Finish Judge?

- 32) In a Butterfly event, you observe a swimmer finish by touching with his right hand only.
What action do you take?

Report

No Report

Reason:

Record of Progress JUDGE LEVEL 2S

Reg/Dist		Authorised Signature:			
Name:				Reg No:	
Address:				Club	
				Tel:	
Post Code:				Mobile:	
Email address:					
No.	Workshop Sessions	Date	Course Leader	Co-Ordinator/Referee	
1	Initial Group Session				
	Comments				
2	Intermediate Session (as agreed by Course Leader and Candidate)				
	Comments				
3	Workbook Completion Session (On completion of Poolside Duties Form)				
	Comments				
PASS			FAIL		
General Comments of Course Leader					
Signed:					

Record of Poolside Duties

Candidate Judge Level 2(S)

Name:

	EVENT/SESSION	DATE	DUTY	Mentor to verify level of event	MENTOR SIGNATURE	REFEREE SIGNATURE	Referee Reg. No
1			(A) Shadow				
2			(B) Start (No Swimmers)				
3			(C) Start (Swimmers)				
4			(C) Start (As above)				
5			(C) Start (As above)				
6			(D) Reports (DQ report)				
7			(D) Reports (DQ report)				
8			(D) Reports (DQ report)				
9			(E) Full				
10			(E) Full				

- Notes: 1 Your Mentor/Referee (**who shall be appointed by your Course Leader prior to the meet**) shall sign to indicate that duties were carried out successfully.
 2. On completion, return the Record Sheet to your Course Leader.

Form & Briefing Material Issued by Course Leader	Completed Poolside Form Received by Course Leader	Workbook completed. Approved & Authorised by Course Leader	Record Updated By Course Leader	Record Updated By Regional Organiser
Date _____	Date _____	Date _____	Date _____	Date _____
Sig _____	Sig _____	Sig _____	Sig _____	Sig _____

Trainee Judge 2(S) Programme	
<ul style="list-style-type: none"> • For those involved in the Trainee Judge 2 (S) programme the following guidelines are to be observed: • Poolside duties have 10 areas of responsibility that must be undertaken and carried out in the alphabetical order as listed below. It is required for some duties to be repeated as indicated. • Only the <u>pre-appointed Mentor</u> may sign for each successfully completed duty • It may be necessary for the Trainee to carry out the specified duty more than once prior to sign-off • At the end of the session, the Mentor shall carry out a debrief with the Trainee prior to sign-off • Mentors are encouraged to make comments upon completion of each duty in the space provided below 	
(A) SHADOW This is the Trainee's introduction to the practicalities of Starting – The Mentor will explain the general procedures and allow the Trainee to observe and ask questions.	
(B) START – NO SWIMMERS The Trainee shall be allowed to go through the starting procedures as a practice.	
(C) START – SWIMMERS The Trainee shall be allowed to go through the starting procedures as a practice(Only when confidence of Trainee and Referee is satisfied)	
(C) START – SWIMMERS AS ABOVE	
(C) START – SWIMMERS AS ABOVE	
(D) REPORTS Starting the race and making reports of observed violations	
(D) REPORTS AS ABOVE	
(D) REPORTS AS ABOVE	
(E) FULL The Trainee now has full control of the starting of the race	
(E) FULL The Trainee now has full control of the starting of the race	

CANDIDATE RECORD CARD. – Candidates to record experience in the various roles

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) START (NO SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(E) FULL		
(E) FULL		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) START (NO SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(E) FULL		
(E) FULL		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) START (NO SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(E) FULL		
(E) FULL		

CANDIDATE –	DATE	MENTOR
(A) SHADOW		
(B) START (NO SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(C) START (WITH SWIMMERS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(D) START-REPORTS (DQ REPORTS)		
(E) FULL		
(E) FULL		

1 Starter

FINA Swimming Rules

SW.2.3 Starter

- SW 2.3.1** *The Starter shall have full control of the swimmers from the time the Referee turns the swimmers over to him until the race has commenced. The start shall be given in accordance with SW 4.*
- SW 2.3.2** *The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.*
- SW 2.3.3** *The Starter shall have the power to decide whether the start is fair, subject only to the decision of the Referee.*
- SW 2.3.4** *When starting an event, the starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and or hear the starting signal and the swimmers can hear the signal.*

STARTER'S ROLE & POOL POSITION

The Role

The Starter position is critical in the running of a successful meet. The Starter and the Referee must function as an effective team to ensure that fair starts are achieved consistently throughout the session.

The central point of the starter's role is to ensure a fair start for all swimmers.

To be a good Starter, you:

- Must have a good working knowledge of the rules;
- Must be consistent and exercise sound judgement;
- Must have a clear understanding of what they are trying to achieve
- Must earn the confidence of the swimmers; and
- Must respect the swimmers and enjoy the sport

Only by practice, can a Starter achieve these goals!

Before the Event

Arrive early – preferably at least one hour before the start in order to check the starting equipment and become familiar with the pool layout.

Consider:

1. Is a gun or electronic starting equipment to be used?
2. Have the electronics been set up and operating? Test the equipment.
3. Are all loudspeakers, horns, and strobe lights working?
4. Set and test the volume levels.

Are any races to be started from the turn end of the pool?

1. If so, is the starting equipment to be moved and how?
2. Or is there equipment set up at both ends? Test all equipment. (Including every time it has been moved or switched off)

Briefing with the Referee

The relationship between Referee and Starter is crucial to the conduct of any event. There must be close liaison with the Referee in order to establish the following:

- Confirm that the Meet is being run under FINA Swimming Rules and establish any local requirements.
- Check out what type of meet it is: Age Group, Masters, Open Meet ensure you have reviewed and are conversant with the appropriate rules.
- Be aware of any requirements the Referee may have regarding your role.
- Set up a process to handle equipment problems, or movement of equipment.
- Are there different Starters (and referees) for male & female? or only one Starter for all?
- How have other sessions gone in regards to starting? Any DQ's or other problems?

Establish the Procedure for Normal Starts

It is the starter's responsibility to decide whether or not they advise swimmers" to adjust their foot position prior to the start.

There is a practical decision to be made between Referee and starter regarding the process to be adopted for clearing the pool following the completion of each race.

Are over the top starts going to be in operation during the competition?

Establish the Procedure for Unfair Starts

Whilst the Referee makes the final decision concerning disqualification, the Starter has the authority to stop a race at anytime if he considers that an unfair start has taken place. Such circumstances emphasise the need for the close working relationship between Referee and Starter.

As a Starter you should not report a swimmer for consideration of disqualification if you have any doubts as to the infringement

Preparing for the start of the race.

- SW 2.1.5** *At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.*

At this point the swimmers are passed to the Starter to continue the starting sequence. It is imperative that the Starter has considered the position in which he stands within the confines of the requirements of SW 2.3.4 to ensure that the swimmers can hear and the timekeepers see and or hear the starting signal

SW 4 THE START

- SW 4.1** *The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.*
- SW 4.2** *The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.*
- SW 4.3** *In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.*

SW 4.4 *Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.*

The command "Take Your Marks" should be delivered in a calm, clear and confident voice pausing between the instruction and the starting signal. (emphasise the "s")

A starter must establish an even, consistent cadence with his/her starting command; a hurried command can lead to unsettle swimmers who are already tense on the blocks awaiting the start signal.

When the Starter is satisfied that all competitors are stationary and complying with the starting rules. (SW 4.1 & SW 4.2) the starting signal shall be given.

If for some reason, the swimmers are not steady or one swimmer does not respond promptly to the command "Take you Marks" but not so as to be delaying the start the Starter shall instruct the swimmers to "Stand Down". Upon this instruction, control of the swimmers will then be passed back to the Referee to recommence the starting sequence.

Should a swimmer fall into the water after the command "Stand Down" has been given they may not be disqualified subject to the decision of the Referee.

It is a good practice for the Starter to keep notes of any disqualifications or occurrences at the start for a reasonable time in order to ensure that should a protest arise, the incident can be recalled if necessary.

Delays at the Start

The Starter cannot disqualify a swimmer for undue delay of the start. However, they should report the incident/swimmer to the Referee for subsequent action.

It is the responsibility of the Starter to ensure that all swimmers comply with the laws of the relevant stroke starting position.

Swimmers do not all prepare to receive the starting signal in the same manner, or at the same speed. In addition, there are a variety of starting stances employed by swimmers. It is a judgement call by the Starter as to whether the actions of a swimmer are deemed to be delaying the start. In addition, if, for example, a swimmer suddenly mounts the blocks in an empty lane after the race has been handed over to the Starter, or if a swimmer who has no intention of holding on at the start and dives into the water, the Starter shall ask the swimmers to "Stand Down" and then confer with the Referee. It must be the Referee who makes the disqualification.

Unfair Starts

Loud noises or camera flashes from other parts of the building can affect the swimmers. The Starter along with all other officials has to be aware of and watch out for external occurrences, which could lead to an unfair start.

The starter shall not start the race until all swimmers are stationary.

Some swimmers will fidget until the referee turns the race over to the starter; (this is OK) The position of the feet is not defined in rule SW 4.1, so swimmers may stand wherever they wish on the starting platform prior to the starter's command "take your marks". After the command, at least one foot must be at the front of the starting block.

Swimmers may also take the starting position immediately upon the Referee's long whistle.

If any swimmers are moving, the Starter must not give the starting signal. If swimmers are moving and the Starter gives the signal, causing an "untidy" (unfair) start, the race should be recalled with no disqualifications, due to a "faulty start" in giving the signal while swimmers were not stationary.

If all are stationary and somebody "jumps the gun", that swimmer is disqualified after the race.

The rule infringement is 'starting before the signal.' The Starter has to decide if the action of the swimmer constituted an element of the starting sequence.

A race may be recalled with no "a faulty start" declared when a fair start has not been achieved.

Many judgment calls have to be made on the poolside, remember:

THE SWIMMER ALWAYS GETS THE BENEFIT OF THE DOUBT

Review questions Judge Level 2 (S)

1) When starting an event where should the Starter take up a position?

2) Upon lining up for a re-start in a Team race, it is noticed that the swimmer in Lane 4 is not the one that was there before the false start

Report **No Report**

Reason:

3) At the start of a race, there is a public announcement over the PA system just as the starting signal is given. What action, if any, should the Starter take?

4) During a break in proceedings at a gala, you observe two Officials smoking near the fire exit on the poolside. What action should you take?

5) A Coach approaches you immediately after a race and enquires as to why the swimmer in lane 5 was not disqualified for moving before the starting signal was given. What do you do and why?

6) When shall a Starter give the starting signal in a Butterfly event?

7) A swimmer in lane 2 informs you that he is going to swim Backstroke in the next event, which is 200m Freestyle. The Referee hands over the race to you with the swimmer in lane 2 standing on the Starting Platform. What action should you take?

Report **No Report**

Reason:

8) In a Backstroke event, the swimmers are in the water and the Referee signals to the Starter to start the race. Immediately after the starting signal has been given, a swimmer is seen to move his toes into the gutter prior to pushing off. What action do you take?

Report **No Report**

Reason:

9) When starting a Freestyle Race from a Starting Platform what should be the position of a swimmer's feet when the start signal is given?

10)

At the start of a Backstroke race, a swimmer dives into the pool surfacing 10 metres from the start line after the first long whistle blast. When the Referee gives the second long whistle blast, the swimmer is very slow in returning to the start line. The remaining competitors have by this time adopted their correct starting positions. What course of action should the Starter take?

Report

No Report

Reason:
