



## USMS Deck Officials Roles and Responsibilities Stroke Briefing

**Freestyle:** Forward start. The swimmer may start on the block, on the deck or in the water. For an in water start; the swimmer may utilize a backstroke start in a freestyle event. Head must surface by 15-meter mark. Some part of swimmer must touch wall at turn and finish. No pulling on lane lines, walking or pushing forward off bottom.

**Backstroke:** In water backstroke start. Swimmer may not stand in the gutter or curl their toes over the gutter, before or after the start. Head must surface by 15-meter mark. Shoulders must be past vertical toward back throughout race except at turn. Shoulders *may* turn past vertical as part of a continuous turning action at the turn only. Continuous single or simultaneous double arm pull may be used to execute turn, any kicking or gliding must be part of the turning action. Swimmer must be past vertical toward back when they leave the wall. Swimmer must remain on back and may not be completely submerged except at touch at finish. The swimmer who turns past the vertical, and in a continuous motion grabs the wall before pushing off with the feet while on the back, is considered to have executed a continuous turning action.

**Breaststroke:** Forward start. The swimmer may start on the block, on the deck or in the water. After the start and after each turn when the swimmer leaves the wall, the shoulders must be past vertical toward the breast. After the start and after each turn the swimmer is permitted one full arm pull (beyond hipline); the swimmer is also permitted a single butterfly (dolphin) kick, which must be followed by a breaststroke kick while submerged; head must surface by the widest part of the 2nd stroke (before hands turn inward). Arm pulls shall be in same horizontal plane (parallel to water surface). Hands shall be pushed forward from the breast on or under the water (elbows must remain in water except at turn or finish). Stroke cycle consists of one arm pull and one kick in that order; the head must break water surface at least once each cycle. Swimmer's leg motions must be simultaneous; feet must be turned out in downward propulsive part of kick. Scissors, alternating or downward butterfly (dolphin) kick is allowed, except as described above. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick. On the turn & finish, a simultaneous two-hand touch is required; at, above or below the surface.

**Butterfly:** Forward start. The swimmer may start on the block, on the deck or in the water. Swimmer is allowed one arm pull and as many kicks as desired at start and turn, but head must surface by the 15-meter mark. The first arm pull must bring the swimmer to the surface. Arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the swim. The arm is considered that portion of the body from the shoulder to the wrist. Up and down movement of legs and feet must be simultaneous. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race.

However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each kick, except after the last such kick before the turn or finish. After the start and after each turn, if the breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface. At the turns & finish, both hands must touch simultaneously, but do not have to be on the same level. At the turn, shoulders must be past vertical toward the breast when swimmer leaves the wall.

**IM:** Butterfly, back, breaststroke, and free in that order. When changing from one stroke to another, the touch must conform to the finish rules for the stroke just completed.

## Briefing for Relay Take-Off Judges (RTO)

**At each end of the pool** (note: actual placement of “side” judges will be at the referee’s discretion. It will depend on the configuration of the pool, glare, etc.) **RTO should be in position to clearly see the incoming swimmer touch the wall, even if that means getting wet.**

Take-off judges should stand up straight. Look at toes of departing swimmer. Once swimmer’s toes have lost contact with wall, look down for touch of incoming swimmer. Relay take-off judges will *not* raise their hands if they see an early take-off. (Note: stroke & turn judges still raise their hands if they see a stroke or touch violation.)

After each and every exchange of swimmers, judges must mark their relay take-off slips—an “O” if the exchange was good; an “X” if it was early. Judges must make sure to mark the correct row, the number corresponding to the swimmer who is taking off, and the event number on the slip. After the last swimmer has entered the water, the referee will designate an official to collect and compare the relay take-off slips. If both judges on a lane at the same end of the pool saw the same infraction, the referee will disqualify that team.

Side judges must be in position to see all lanes for which they are responsible. They will mark an “O” or an “X” for each exchange for each lane.

Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold onto the lane line, in a position that will not interfere with the touch pads or the incoming swimmers, until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

### Sample Relay Take Off Slip

<b>USA Swimming</b>			
Relay Take Off Judge			
EVENT#	_____		HEAT# _____
(Circle one: SIDE or LANE)			
	<u>Swimmer Number</u>		
Lane 1	2	3	4
Lane 2	<del>2</del>	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4
Lane 9	2	3	4
Lane 10	2	3	4
_____ Signature			